

breakfast

AVAILABLE 7AM - 12PM

SWEET

GRANOLA BOWL	1900
local curd with homemade granola and seasonal fruits	
SEMOLINA PORRIDGE 	1600
cooked with coconut milk and cinnamon, topped with apple, banana, almonds & kithul treacle	
COCONUT ROTTI <i>SWEET</i> 	1800
with homemade peanut butter, banana, nuts and kithul treacle	
SRI LANKAN PANCAKES 	1800
classic homemade pancakes with pol peni (coconut flakes with coconut honey), chocolate sauce and seasonal fruits	
TROPICAL CHIA PUDDING  	1700
chia seeds, coconut milk, mango and passion fruit	
FRUIT PLATTER  	1600

SMOOTHIE BOWLS

available all day!

CHOCO CHOC  	2000
base of banana, coconut milk, dates, peanut butter and cocoa powder, topped with banana, roasted nuts, roasted coconut and homemade dark chocolate sauce	
TROPICAL THUNDER 	1900
base of banana, mango & coconut milk, topped with papaya, pineapple, banana and homemade granola	
GREEN GODDESS 	1900
base of banana, coconut milk, spinach, flax meal & moringa, topped with banana, mango, starfruit and homemade granola	
BLACK BEAUTY  	2100
base of banana, spinach, coconut milk & activated charcoal, topped with starfruit, mango, goji berries and roasted coconut	

SAVORY

BREAKFAST BAGEL <i>CLASSIC</i>	2100
bagel with homemade cream cheese, scrambled eggs, sliced avocado and pickled onion	
BREAKFAST BAGEL <i>VEGAN</i> 	2100
charcoal bagel with beetroot hummus, scrambled tofu, sliced avocado and micro greens	
COCONUT ROTTI <i>SPICY</i>  	1200
traditionally served with dhal and onion sambol	
THE OBLIGATORY AVO TOAST	2400
2 slices of charcoal rye bread* with smashed avocado, sautéed spinach and eggs** of your choice (fried, scrambled or poached)	
*swap for gluten-free bread 	+ 300
*swap for brown sourdough bread	+ 200
**make it vegan (scrambled tofu) 	+ 200

ADD-ONS

EGG	300
FETA CHEESE	600
HALLOUMI	800
CHICKEN	600

* PLEASE NOTE THAT 10% SERVICE CHARGE WILL BE ADDED TO YOUR BILL WHICH GOES STRAIGHT TO OUR HARD WORKING STAFF. ♥



lunch & dinner

AVAILABLE 12 - 9PM

BOWLS

LIGHT MY FIRE

a light, fiery, asian inspired macro bowl

vermicelli rice noodles, zucchini, bok choy, roasted pineapple, cucumber, red bell pepper, pickled ginger and peanuts, served with peanut & chili soy dressings

choose your protein:

 sticky tofu 2700 chicken 3000 shrimps 3200

ROOT DOWN 2500

a grounding, earthy macro bowl

red quinoa, chickpeas, golden sauerkraut, beetroot, sauteed spinach and lotus root, served with tahini dressing

add extra protein:

 tempeh +600 chicken +600

DR. GREENTHUMB

a light and nutrient-dense macro bowl

vermicelli rice noodles, zucchini, sautéed kale and bok choy, avocado, green beans and sticky tofu served with green pesto dressing

choose your protein:

 sticky tofu 2800 chicken 3100 shrimps 3300

OVER THE RAINBOW 2800

a wholesome, well balanced macro bowl

red quinoa, corn, roasted sweet potatoes, tomatoes, red cabbage, avocado, sautéed spinach and black beans, served with peanut butter dressing

add extra protein:

 tempeh +600 chicken +600

DASH THE CURRY

our traditional rice & curry offering

weekly changing curries and sambols. Never gets boring!

choose your preference

 vegan/ vegetarian 1400 with chicken (150g) 1800

 vegan

 gluten-free

 spicy

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lunch & dinner

AVAILABLE 12 - 9PM

BURGERS

THE JACK 2500

"pulled pork" style jackfruit, lettuce, coleslaw, tomato, pickled onion.
Served with **homemade sweet potato fries or banana chips** and bbq dip.

CHEESEBURGER IN PARADISE 2800

halloumi, grilled veggies, lettuce & avocado.
Served with **homemade sweet potato fries or banana chips**
and beetroot hummus dip.

CHICKEN JOE 2800

grilled chicken (150g), guacamole, gothukola, tomato, yellow bell pepper,
seeni sambol and micro greens.
Served with a side salad, **homemade sweet potato fries or banana chips**
and guacamole.

FISH IN THE DISH 3000

grilled seer fish or tuna (150g), beetroot hummus, spinach, rocket, pickled onion
and basil salsa.
Served with a side salad, **homemade sweet potato fries or banana chips**
and beetroot dip.

 glutenfree bun + 300

BBQ

TUNA STEAK (200g)  3200
with basmati rice and fresh veggie salad

GRILLED CHICKEN BREAST (200g)  2800
with mashed sweet potatoes and boiled veggies

MIXED BBQ STICKS  2100
fish, chicken and prawns, each combined with veggies

GRILLED CORN  1100
2x grilled corn with butter, herbs and crumbled feta

 vegan

 gluten-free

 spicy

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snacks & sweets

AVAILABLE ALL DAY!

BITES

CHICKEN WRAP 1800
wheat tortilla, 100g chicken, red cabbage, carrot, lettuce, guacamole

HALLOUMI WRAP 2000
wheat tortilla, 100g halloumi, red cabbage, carrot, zucchini, beetroot hummus

RAINBOW ROLLS   2100
rice paper rolls filled with glass noodles, raw veggies and tofu, served with chilli soy and peanut dips

CHICKPEA AVOCADO SALAD  1800
with corn, feta cheese, pumpkin seeds, black sesame and a herbal lime dressing

TEMPEH SALAD   2400
fresh garden salad with crispy tempeh strips

HUMMUS DUO  1800
served with manioc chips, raw veggie sticks and toasted charcoal bread

SWEET POTATO FRIES   1200
served with homemade dips

BANANA CHIPS   1200
served with homemade guacamole

DESSERT & SWEET TREATS

BLISS OR ENERGY BALL  700

PROTEIN NUT BALL  700

GRANOLA BAR  800

TROPICAL CHOCOLATE MOUSSE   1400

POPSICLES different flavours available

 fresh & fruity (watermelon, papaya, coconut water, lime) 400

blueberry frozen yoghurt 600
(blueberries, greek yoghurt, honey, lime)

please ask our staff for more dessert options -
availability can change daily

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COFFEE

top grade ceylon speciality coffee from Dickwells Coffee

ESPRESSO (single shot)	600
AMERICANO/ LONG BLACK	700
CAPPUCCINO (single shot)	1000
FLAT WHITE	1000
CAFE LATTE	1100
HOMEMADE COLD BREW	800

MATCHA

ceremonial grade matcha from Kyoto, Japan

MATCHA LATTE	1200
ICED MATCHA LATTE	1300
ICED MANGO MATCHA	1400
ICED STRAWBERRY OR BLUEBERRY MATCHA	1600
MATCHA COCONUT COOLER	900

OTHER

GOLDEN MILK turmeric milk with soothing spices	800
CHAI LATTE black ceylon tea with homemade spice blend	800

COOL DOWN

KOMBUCHA different flavours available	900
LIME SODA	700
MAGIC LEMONADE butterfly pea tea, lime & kithul treacle	900
KING COCONUT	300
DIRTY KING COCONUT king coconut with espresso shot	900

SMOOTHIES

DATE YOURSELF coconut milk, banana, dates, peanut butter	1200
FEEL TROPICAL coconut milk, mango, pineapple, banana, lime	1100
GO GREEN coconut milk, banana, spinach, pineapple, ginger	1000
INDULGE coconut milk, banana, peanut butter, dates, cacao	1200

COLD PRESSED JUICE

BRIGHTEN UP pineapple, mango, ginger, lime, coconut water	1700
BALANCE papaya, carrot, coconut water, lime, turmeric	1100
REFRESH watermelon, mint, lime	1200
DETOX spinach, pineapple, green apple, basil, spirulina	1500
ENERGIZE beetroot, pomegranate, king coconut, lime	1700
SLIM celery, cucumber, green apple, pineapple, ginger, lemon	1700
SRI LANKAN ORANGE sour	500

CUSTOMIZE YOUR COFFEE

+ make it iced	+ 100
+ add espresso shot	+ 300
+ make it vegan (organic coconut milk)	+ 200
+ make it vegan (locally grown, organic soy milk)	+ 400
+ make it vegan (imported oat milk)	+ 500
+ make it decaf	+ 400

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drinks

