

ALL DAY

11:00 A.M. to 11 P.M.

STARTERS

WELLNESS APPETISERS

^V Beetroot and spinach salad 1,900
Pan-roasted beetroot, baby spinach, pickled beetroot, toasted seeds, balsamic dressing

^N *Beetroot contain liver protective antioxidants that aid detoxification*

Herbed salmon rice paper rolls 4,800
Seared salmon, seasonal vegetables, fresh herbs, rice paper roll, sesame chilli sauce
Good source of heart-healthy anti-inflammatory Omega 3 fats

^V Fattoush 2,200
Romaine lettuce, cucumber, red onion, radish, tomato, mint, crisp pita, sumac olive oil dressing

^{PN} Caesar salad 1,600
Romaine lettuce, pork bacon, anchovies, croutons, Parmesan flakes, Caesar dressing

^S With grilled chicken 2,200

With grilled prawns 2,500

^N Healthy summer salad 2,900
Baby spinach, grilled chicken breast, avocado, low fat feta, pine nuts, raspberry vinaigrette

^V Creamy tomato soup 1,800
Slow roasted tomatoes blended with herbs, ricotta tortellini, basil oil

^{SH} Penang curry laksa 2,400
Yellow noodles, bean curd puff, prawns, pulled chicken, beansprout and egg in spicy coconut broth

^S Wonton noodle soup 1,900
Prawn dumpling, Chinese green vegetables, chicken broth, egg noodles

^{NV} Creamy mushroom soup 2,000
Scallion, crispy croutons

SANDWICHES AND WRAPS

Steak sandwich 5,900
Sliced beef fillet, avocado, pickles, horseradish cream, crisp baguette

^N Beef burger 5,900
Hand molded grilled Australian beef, fried egg, cheese, pickled vegetables, Dijon mustard, sesame bun

^N Fried chicken burger 3,500
Buttermilk fried chicken, curry mayonnaise, jalapeño, cabbage, mango slaw

^P Club sandwich 3,400
Pan-fried chicken, pork bacon, fried egg, lettuce, tomato, mayonnaise, aged cheddar, smoked ham

^{NV} Veggie panini 2,700
Oven-dried tomatoes, roasted eggplant, goat's cheese, hummus, mint

All sandwiches are served with French fries

Contain Pork - P | Vegetarian - V | Contain Nuts - N | Shellfish - S | Rooted in Nature -  | Spicy - H

Please let your server know should you have any food allergies or other dietary restrictions.

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360° ARTISAN PIZZA

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| Spicy tuna and olive Tuna, olives, tomato, mozzarella, oregano, basil | 2,800 |
| Beef pepperoni Beef pepperoni, onion, olives, mozzarella, tomato, oregano, basil | 2,800 |
| Hawaiian Smoke chicken, Pineapple, Onion, bell pepper, tomato, Oregano, Basil | 2,800 |
| Margherita Tomato, mozzarella, oregano, basil | 2,400 |

WELLNESS MAIN COURSES

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| ^{NV} Coconut spinach dhal with spiced okra Red lentil dhal, sautéed okra and tomato, chutney, cucumber raita, basmati rice <i>Protein packed lentils are high in cholesterol lowering fibers</i> | 2,200 |
| ^N Salmon with blueberry, almond and lime quinoa salad Seared salmon, quinoa, almonds, blueberries, lime, herbs, blueberry dressing <i>High in heart-healthy omega 3 fats and bone building nutrients</i> | 6,900 |
| Steamed local fish with ginger, lime, and tomato salsa Barramundi, pea mint purée, tomato, cucumber and olive salsa <i>Rich in bone building and immune supporting vitamin D</i> | 3,500 |

WESTERN COMFORT

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| Penne, spaghetti or fettuccini prepared with a choice of: | |
| ^V Chunky tomato basil sauce, Parmesan flakes, olives | 2,700 |
| ^V Field mushrooms, basil pesto, toasted pine nuts | 2,700 |
| ^{SH} Prawns, garlic, red chilli flakes, plum tomato, Parmesan cheese | 3,800 |
| Beef rib eye, 240g Grilled Australian grass-fed rib eye steak served with French fries, rocket and tomato salad, mushroom sauce | 13,000 |
| Corn fed baby chicken Marinated potato wedges, broccoli, barbecue sauce | 3,500 |
| Fish and chips Batter fried fish, crunchy chips, tartare sauce | 3,500 |
| ^S Seafood platter Grilled fish, prawns, calamari, savoury rice, vegetables, lemon cream, broccoli, barramundi | 5,900 |
| Grilled lamb chops (4 pieces) Crushed potatoes, beans, thyme jus | 16,000 |

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COLOMBO KITCHEN

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| ^{HP} Black pork curry Diced pork slow stewed with roasted curry powder | 3,500 |
| ^H Sri Lankan chicken curry Chicken stewed with Sri Lankan spices | 2,900 |
| ^N Cashew curry Cashew nuts cooked in a thick coconut gravy | 3,900 |
| Tuna Ambulthiyal Goraka and black pepper marinated fish in tamarind gravy | 3,500 |

All curries are served with two vegetable curries, pol sambol, papadam and steamed basmati rice

INDIAN KITCHEN

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| Butter chicken masala ^{HS} Tandoor cooked chicken simmered in fresh tomato cashew gravy with butter | 3,500 |
| Dhal tadka ^V Yellow lentils scented with cumin and fresh coriander | 2,400 |
| Mutton rogan josh ^{HN} Mutton cubes cooked to tender in an aromatic tomato and cashew nut gravy | 4,900 |
| All curries are served with basmati rice or chapati, Indian pickles and yoghurt | |
| Biryani ^{HN} Fragrant basmati rice tossed with house spice mix served with raita and papad | |
| ^V Vegetable | 2,200 |
| Chicken | 3,200 |
| Mutton | 4,600 |

ASIAN HERITAGE

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| ^{HN} Malaysian chicken satay Char-grilled chicken skewers, onion cucumber salad, peanut sauce | 2,400 |
| ^{HN} Thai chicken green curry Chicken simmered in green curry, served with steamed jasmine rice | 3,200 |
| ^{SHN} Phad Thai Thai rice noodles, prawns, peanuts, beansprouts, tamarind glaze | 3,500 |
| ^{SN} Nasi goreng Fried rice, chicken satay, fried egg, prawn crackers | 3,900 |
| Vegetable fried rice with egg Assorted vegetables, mushroom, "Shang Palace" chilli sauce | 1,900 |
| ^N Stir-fried beef Thin slices of beef cooked with vegetables in Chinese black pepper sauce served with jasmine rice | 7,500 |

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BITES

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| ^H Devilled bites with a spicy tomato sauce | |
| Chicken | 2,200 |
| Fish | 2,900 |
| ^S Prawn | 3,800 |
| ^V Vegetable spring roll | 1,900 |
| Shredded cabbage, carrot, mushroom, chilli dip | |
| ^H Masala omelette | 1,400 |
| Flat omelette with tomato, onion, chilli, coriander | |
| ^{HN^V} Cashew nuts | 4,500 |
| Fried cashew nuts with chilli and curry leaves | |

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| ^V Chilli garlic cheese toast | 1,900 |
| Garlic infused buttered toast with melted cheese | |
| ^V French fries | 1,800 |
| Crispy potato wedges | 1,800 |
| Hot butter Cuttlefish | 3,500 |
| Deep fried seasoned calamari tossed in chilli, scallion and butter | |

SWEET NOTES

WELLNESS DESSERT

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| ^{N^V} Dark chocolate olive oil cake | 1,500 |
| Almond flour-based cake, raspberry compote and seasonal berries | |
| <i>A guilt free indulgence made with heart-healthy olive oil</i> | |

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| Kiri pani | 1,400 |
| Thick natural curd topped with kithul treacle | |
| ^N Watalappam | 1,400 |
| Sri Lankan classic jaggery, coconut pudding | |
| Classic crème brûlée | 1,800 |
| Crackling caramel | |
| ^N Red velvet cake | 1,800 |
| Vanilla cream cheese with strawberry macarons | |

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| New York cheesecake | 1,800 |
| Vanilla Chantilly, passion fruit sponge | |
| ^V Seasonal fresh cut fruits | 1,600 |
| ^{N^V} Artisan Italian ice cream | 1,700 |
| Vanilla | |
| Chocolate | |
| Strawberry | |

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