

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 <i>Beetroot contain liver protective antioxidants that aid detoxification</i>	
Herbed salmon rice paper rolls	4,800
Seared salmon, seasonal vegetables, fresh herbs, rice paper roll, sesame chilli sauce	
<i>Good source of heart-healthy anti-inflammatory Omega 3 fats</i>	

^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

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360° ARTISAN PIZZA

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 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

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

^{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

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

^{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

^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	

^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

^{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>	

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	

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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