

Rukgala Retreat sample menu

Breakfast

Each morning we'll serve: fresh fruit, homemade granola, curd and kithul (treacle), homemade spreads (normally pineapple jam, passionfruit jam and peanut butter and toast.

On top we have a simple a la carte menu you can choose from including: poached eggs with avocado, scrambled eggs with pol (coconut) sambal, hummus toast with mushrooms and feta, tropical fruit smoothie bowl. If ordered the evening before we can prepare a delicious Sri Lankan breakfast.

Our set menus for lunch and dinner look like:

Lunch

Roasted tumeric & cauliflower salad
Broccoli hummus
Big green salad
Dhaal and spinach curry
Pickled red cabbage
Coconut roti

*with lunch each day we offer fruit salad, curd or ice cream and treacle,

Cool cucumber and mint soup
Vegetable quiche
Green Salad
Seed bread

Tabbouleh
Hummus
Mouttabal
Roasted garlic potatoes
Tzatziki
Flat bread

Dinner

Crispy mushrooms with tomato salsa

Sri Lankan rice and curry with brinjal,
okra, dhal, and fresh Sri Lankan salad

Mango or chocolate "Nice" cream

Corn 'ribs' with tahini dip

Prawn kiri hodi (coconut 'gravy')
Beetroot and baby jack fruit curry
Rice, poppadom and mango chutney

Vegan sweet potato brownie and ice
cream

Banana blossom with sweet chilli

Dahl and pumpkin curry with mushroom
anama and bitter gourd salad
Pol roti and ambarella chutney

Raw mango cheesecake