

ALL DAY BREAKFAST	LKR
DIYA BATH WITH LIME PICKLE (7 TO 10AM) VG	300.00
KOLA KANDA WITH KITHUL HAKURU (7 TO 10AM) VG	300.00
BREAD & OMELETE	1100.00
<i>Your choice of two eggs with brown or white bread</i>	
CHEESY OMELETE	1400.00
<i>W/Baked Beans & Chicken Sausage</i>	
LANKAN BREAKFAST COMBO VG	1400.00
<i>Hoppers (Plain, Milk, Egg), Ulundu Vada, Mint Sambal and Lunumiris Filter Coffee/Nescafe/Milk Tea</i>	
THE GREEN BRUNCH	2000.00
<i>Brown French Bread with Avocado Cream, Poached Egg, Green lettuce, Two Veg or Chicken Sausages, Scrambled Tofu, Grilled Tomato and Pineapple</i>	
MEATY BREKKIE	2200.00
<i>Two Eggs of Your Choice, Bacon, Chicken or Pork Sausage, Button Mushrooms, Masala Baked Beans, Crispy Baby Potatoes, Spinach, Grilled Tomato and Toast of Your Choice (Brown or White Bread)</i>	
VEGAN BREAKFAST VG	2200.00
<i>Vegan Burger, Two Vegan Sausages, Button Mushrooms, Baked Beans, Crispy Baby Potatoes, Spinach, Grilled Tomato, Hummus, Avocado and Toast of Your Choice (Brown or White Bread)</i>	
VEGAN BREAKFAST BURRITO VG	2200.00
<i>Scrambled Tofu, Two Vegan Sausages, Jalapenos, Potatoes, Button Mushroom, Onion, Tomato, Garlic, Coriander Served with Chili Ketchup and a Small Side of Baby Potatoes</i>	
TROPICAL CHARCOAL DETOX SMOOTHIE BOWL VG	2200.00
<i>Oats & Greek Yogurt topped W/Tropical Fruits, and Activated Charcoal Cream with Almond Flakes & Hemp Seeds</i>	
GRANOLA BOWL WITH FRUIT & CRUNCH VG	2200.00
<i>Greek Yogurt Topped W/Banana, Strawberries, Mango & Nuts W/Peanut Butter or Chocolate Topping</i>	
ROASTED BREAD / PAROTTA	
Roast Paan / Parotta with Egg Curry	1100.00
Roast Paan / Parotta with Vendhaya Kuzhambu Curry	1100.00
Roast Paan / Parotta with Black Chicken or Fish Curry	1300.00
Roast Paan / Parotta with Jaffna Pork Curry	1500.00
Roast Paan / Parotta with Jaffna Mutton Curry	2800.00
<i>Served with Pol Sambol</i>	

HEALING SALADS	LKR
Vegetable Caesar Salad VG	1100.00
Greek Salad VG	1100.00
Thai Seafood Salad	1400.00
Tuna Niçoise Salad	1400.00
Caesar Salad Chicken or Prawns	2400.00
<i>Served with Garlic Bread</i>	
CROISSANT	LKR
Egg Mayo	1100.00
Scrambled Egg	1100.00
Chocolate Coated (Sweet)	1100.00
Grilled Chicken & Cheese	1300.00
WOWSOME WAFFLE & PANCAKE	LKR
Strawberry Coconut Waffle with Whipped Cream and Chocolate Sauce	1100.00
Tuna Waffle	1100.00
Bacon, Egg and Ham Waffle	1100.00
Banana Ship Waffle VG	1100.00
<i>(Waffle with Tomato & Ice cream)</i>	
Tiny Pancake Sticks VG	1100.00
<i>(Banana, Strawberry & Nutella in a stick W/Pancake)</i>	
SANDWICHES	LKR
Roast Paan Pol Sambol Sandwich VG	1100.00
Egg Sandwich	1300.00
Sandwich of Your Choice (Cheese Tomato Tuna)	1400.00
Healing Cafe Club Sandwich	1500.00
Chicken and Gherkin Sandwich	1500.00
Tuna Sandwich	1500.00
Club Sandwich	1800.00
<i>Choice of White or Brown Bread</i>	
BURGERS	LKR
Crispy Golden Fried Chicken Burger	1500.00
Kochchi Chili Chicken Burger	1700.00
Mutton Curry Burger	2400.00
KIDS MEAL	LKR
Mac & Cheese VG	900.00
Chicken Lollipop with Fries	900.00
Mini Hotdog with Fries	900.00
Mini Cheese Chicken Burger with Fries	1100.00
Nutella French Toast	1100.00

FRIES, PIZZA & PASTA	LKR
French Fries (Onion Garlic Daiyya) VG	900.00
Tapioca Chips (Onion Garlic Daiyya) VG	900.00
Ash Plantain Chips (Onion Garlic Daiyya) VG	900.00
Hot and Spicy Potato Wedges VG	900.00
Chicken Lasagna	1600.00
Cheesy Chicken Pasta (Grilled/Fried)	1600.00
Fish and Chips	1600.00
Crispy Fried Chicken Wings	1600.00
Garlic, Chicken and Spinach Pizza	2400.00
Garlic, Mushroom and Spinach Pizza VG	2400.00
Double Cheese Seafood American Pizza	2900.00
Tandoori Chicken Pizza	2900.00
RICE & KOTTU	LKR
Vegetable Kottu VG	1200.00
Egg Kottu	1200.00
Vegetable Fried Rice VG	1200.00
Chicken Kottu	1600.00
Chicken Fried Rice	1600.00
Seafood Kottu	1800.00
Seafood Fried Rice	1800.00
BIRYANI	LKR
Vegetable Biryani VG	1500.00
Chicken Biryani	2000.00
Mutton Biryani	2800.00
WRAPS - PANINI	LKR
Cheesy Vegetable and Fried Panini VG	1200.00
Fish and Chips Wrap	1500.00
Bacon, Lettuce and Tomato Wrap	1500.00
Bacon and Egg Panini	1500.00
Two Butter Naan with Traditional Spicy Greek Feta Dip, Baba Ghanoush Dip and Muhammara Dip VG	2800.00
DESSERTS	LKR
Chocolate Biscuit Pudding	400.00
Butter Cake	450.00
Red Velvet Cake	450.00
Curd with Treacle	500.00
Oats Cake	500.00
Watalappam	750.00
Coffee Caramel	750.00
Mixed Fruit Platter	750.00
Chocolate Cake	1200.00
ICE CREAM SUNDAE	LKR
Ice Cream with Nuts and Syrup	850.00
A Healing Sundae Special	1100.00
Very Berry Sundae	1100.00
Chocolate Chip Sundae	1100.00
Rocky-Road Sundae	1100.00
Brownie with Ice Cream	1100.00

MILLET CORNER	LKR
Kodo Millet - வரகு - டிஜி	
Ball Dosa with Green Chutney	1200.00
Idli with Green Chutney and Sambar VG	1200.00
Roti with Lunumiris or Seeni Sambol VG	1400.00
Upma with Green Chutney and Sambar VG	1600.00
Pittu with Fresh Coconut Milk and Coconut Sambol VG	1450.00
Rice with Dhal Curry, Dry Ashplant Curry VG and Papadam	1200.00
Little Millet - சாமை - மென்னை	
Kesari VG	500.00
Soup VG	550.00
Porridge VG	850.00
Three Hoppers with Lunumiris VG	700.00
Milk Rice with Lunumiris or Seeni Sambol VG	950.00
Roti with Lunumiris or Seeni Sambol VG	1400.00
Veg Biryani with Green Chutney and Masala Raita VG	1200.00
Chicken Biryani with Green Chutney and Masala Raita	1800.00
Mutton Biryani with Green Chutney and Masala Raita	2200.00
Pearl Millet - கம்பு - கஜி	
Veg Vada with Green Chutney VG	600.00
Porridge VG	850.00
Dosa with Green Chutney and Sambar VG	1400.00
Spicy Pan Cake with Chutney and Chickpea Curry VG	1400.00
Roti with Lunumiris or Seeni Sambol VG	1400.00
Sorghum - சோளம் - ஓடல் ஓடு	
Medu Vada with Green Chutney VG	600.00
Roti with Lunumiris or Seeni Sambol VG	1400.00
Sorghum Rice with Dhal Curry, Dry Ashplant Curry VG and Papadam	1200.00
Finger Millet - குரக்கன் - கிரககன்	
Halapa VG	500.00
Thalapa with Fresh Coconut Milk VG	500.00
Roti with Lunumiris or Seeni Sambol VG	1400.00
Pittu with Fresh Coconut Milk and Coconut Sambol VG	1450.00
Foxtail Millet - தினை - கைலாசு	
Porridge VG	850.00
Chapati with Chickpea Curry VG	1400.00
Vegetable Roti with Lunumiris or Seeni Sambol VG	1450.00
Multi Millet	
Pongal with Coconut Chutney and Sambar VG	1200.00
Dosa with Green Chutney and Sambar VG	1500.00
Kitchadi with Green Chutney and Sambar VG	1500.00
Roti with Lunumiris or Seeni Sambol VG	1500.00
Upma with Green Chutney and Sambar VG	1700.00
CURRIES	LKR
Omelette of Your Choice (Two Eggs)	700.00
Vendhaya Kuzhambu Curry VG	900.00
Eggplant Pirattal Curry VG	900.00
Potato Pirattal Curry VG	900.00
Red or Yellow Fish Curry	1000.00
Black Chicken Curry	1100.00
Black Pork Curry	1300.00
Jaffna Mutton Curry	1800.00



WE ARE
Open
24/7



HEALING DRINKS LKR

King Coconut with or without Lime	350.00
Coconut Water with or without Lime	350.00
Cucumber Mint	650.00
Minty Melon Crush	650.00
Murunga Juice	650.00
Aloe Vera	650.00
Liver Detox Juice (Garlic, Ginger, Cinnamon, Turmeric, Lemon and Bee Honey)	650.00
Immunity Booster (Lime, Ginger and Turmeric)	650.00
Carrot and Orange Juice	650.00

FRESH FRUIT JUICES LKR

Watermelon	800.00
Lime	800.00
Papaya	800.00
Avocado	1100.00
Mango	1100.00
Pineapple	1100.00
Passion Fruits	1100.00
Kirala (Seasonal)	1100.00
Soursop (Seasonal)	1100.00
Waraka (Seasonal)	1100.00

MOCKTAILS LKR

Passion Mojito	900.00
Strawberry Mojito	900.00
Pineapple and Orange Mojito	900.00
Classic Mojito	900.00



SMOOTHIES LKR

Beetroot Carrot and Ginger Smoothie	900.00
Spinach - Avocado Smoothie	900.00
Pineapple and Spinach Smoothie	900.00
Mango Lentil Smoothie	900.00
Banana and Date Protein Smoothie	900.00
Dark Chocolate and Oat Smoothie	900.00
Mango and Pineapple Smoothie	900.00
Mango and Coconut Milk Smoothie	900.00

SHAKES TO YOUR SHAPE LKR

Papaya Lassi	800.00
Banana Lassi	800.00
Salt Lassi	800.00
Mango Lassi	900.00
Passion Lassi	900.00
Avocado Lassi	900.00
Pineapple Colada	900.00
Vanilla Shake	900.00
kithul Avocado Shake	900.00
Falooda without Ice Cream	900.00
Falooda with Ice Cream	1100.00
Very Berry Shake	1100.00
Cookie Shake	1100.00
Rock Shake	1100.00
Chocolate Chip Shake	1100.00

HEALTHY TEA LKR

Green Tea	400.00
Gotukola Tea	400.00
Ginger Tea	400.00
Ranawara Tea	400.00
Rejuvenating Tea	400.00
English Breakfast Tea	400.00
Ceylon Supreme	400.00
Masala Chai	500.00
Iced Tea	500.00
(Lime and Mint / Peach / Passion Fruit / Strawberry/ Mango)	500.00
Yara Tea	

COFFEE LKR

Espresso	500.00
Brewed Coffee	500.00
Nescafé or Bru	500.00
Sukku Coffee	500.00
Double Espresso	600.00
Americano	600.00
Cafe Latte	650.00
Flat White	650.00
Cappuccino	700.00
Hot Chocolate (Dark/Milk)	700.00
Filtered Coffee	700.00
Bon Bon Spanish Latte	700.00
Matcha Latte	1000.00
Caramel Latte Macchiato	1000.00

FLAVORED COFFEE LKR

Cinnamon Latte	900.00
A Healing Irish Creamy	900.00
Hey Caramello	900.00
Vanilla Float Latte	900.00
Marine Mocha	900.00
Rose Latte	1200.00

ICED COFFEE LKR

Iced Americano	700.00
Iced Latte	750.00
Iced Cappuccino	800.00
Iced Mocha	900.00
Iced Caramel Latte	900.00
Affogato	900.00
Mocha Frappe	1000.00
Iced Caramel Latte Macchiato	1200.00
Caramel Frappe	1300.00
Chocolate Frappe	1300.00

BUBBLE TEA LKR

Please select one of the following flavors (Mango/Strawberry/Passion Fruit/Peach)

Avocado Boba	1700.00
Mango Green Tea Boba	1700.00
Vanilla Shake Boba	1700.00
Strawberry Shake Boba	1700.00
Fruit and Nut Shake Boba	1700.00

BUBBLE COFFEE LKR

Iced Coffee Boba	1300.00
Chocolate Shake Boba	1300.00

PROTEIN SHAKE LKR

Protein Shake with Water	1100.00
Protein Shake with Milk	1200.00

ALTERNATIVE CHOICES LKR

Milk - 100 ml	400.00
Soya Milk	650.00
Almond Milk	650.00
Oats Milk	650.00

BOTTLE OF WATER LKR

Bottle of Water - Still 625 ml	550.00
Bottle of Water - Sparkling 625 ml	650.00

