

NO. 39  
GALLE FORT

WELLNESS MENU



an elite haven.

No.39 Galle Fort Ayurvedic inspired wellness menu is based in ancient Ayurvedic tradition of slow cooking in medicinal herbs and spices like turmeric, cinnamon, nutmeg, cumin, coriander seeds, coriander leaves, lemon grass, ginger and many more that were used in Sri Lankan cooking for centuries.

We use only locally produced vegetable varieties traditionally used in home cooking. Many of our dishes are accompanied by one of the 38 varieties of locally grown rice, traditional flat breads or yams.

According to Ayurvedic principles there are three body types or Doshas, VETA, PITTA AND KAPHA. Our menu includes bowls with the right combination of ingredients to suit each body type. These menus are paired with freshly made juices for cleansing and detoxing the body.

There are three types of menus to choose from: vegan, vegetarian and nonvegetarian. Our set menus are to be used as a rough guide to your daily meal plan. Once you communicate your dietary preference it's best to leave it to our cook to work his magic in preparing Ayurvedic inspired simple, nutritious and delicious dishes with fresh local ingredients that you may have never tasted before.

Our meals are served family style so, each set menu is meant to be shared by the whole group.

\*Complimentary Wellness breakfast is included in your room rate.

VEGETARIAN SET MENU 1 - PRICES ARE PER PERSON.  
**Full board USD 29.00**

COMPLIMENTARY BREAKFAST

Seasonal fruit platter  
Warm healing Ayurvedic ginger and lemon water  
Whole boiled eggs lightly sautéed in sesame oil, mustard seeds and curry leaves  
Kurakkan (bran Flour) toasted bread with jam or Kithul honey  
Golden milk (turmeric and hot soymilk or coconut milk)

LUNCH

Red country rice  
Sweet potato cooked in coconut cream with freshly blended traditional spices  
Sautéed garden-fresh okra with onions and mustard seeds  
Ash plantain cooked in saffron coconut cream  
Gotukola (raw shredded pennywort) sambol with grated fresh coconut  
Okra sambol  
Crispy Papadums  
**Rs.2,500**

JUICE OF THE DAY — SERVED BETWEEN MEALS

King-Co-Pine Detox Juice  
Cucumber | Pineapple | Lemon | King coconut  
**Rs.400**

DINNER

Coconut roti,  
Grated coconut sambol  
Curried Chickpeas  
**Rs.1,500**

DESSERT

Tropical seasonal fruit salad  
**Rs.400**

\*Prices may change without prior notice.



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VEGETARIAN SET MENU 2 - PRICES ARE PER PERSON  
**Full board USD 29.00**

COMPLIMENTARY BREAKFAST

Warm golden milk spiced with cardamom pods  
(fresh Turmeric root and soy or coconut milk)

Seasonal fruit platter

Coconut milk rice with spicy onion sambal

Buffalo Curd with Jaggery

LUNCH

Green salad topped with steamed vegetables, boiled eggs, sweet  
potatoes, cashew nuts with vinaigrette sauce

\*Buffalo curd with Kithul treacle

**Rs.2,000**

JUICE OF THE DAY — SERVED BETWEEN MEALS

Orange Obsession Vitamin C boosting Juice

Carrot | Narang | King coconut | Turmeric | Ginger | Honey

**Rs.400**

DINNER

Savory vegetable filled Atta flour wraps

Watermelon & mint salad

Chickpea and orange salad

**Rs.2,000**

DESSERT

Banana pancakes with treacle

\*Buffalo curd and Kithul treacle

**Rs.400**

\*Prices may change without prior notice.

AYURVEDIC VEGAN SET MENU 1 - PRICES ARE PER PERSON  
**Full board USD 24.00**

COMPLIMENTARY BREAKFAST

Healing Hot lemon and cinnamon water

Seasonal fruit platter

Kola Kanda (a traditional Ayurvedic style Sri Lankan herbal rice porridge  
deliciously cooked in coconut milk and the juice  
of traditional medicinal herbs)

LUNCH

Hearty mixed vegetable and lentil stew with garlic Bran flour toasts.

Lightly roasted cashew nuts tossed in fragrant curry leaves

Fresh sun ripened Paw Paw

**Rs.1,500**

JUICE OF THE DAY — SERVED BETWEEN MEALS

Glorious Sun Cleansing Juice

Fresh tamarind | Turmeric root juice

**Rs.400**

DINNER

Steamed red Samba rice

Turmeric dhal

Sautéed green beans with Sri Lankan Spices

Beetroot curry in coconut cream

Sambol of shredded raw greens and grated coconut

Crispy papadams

**Rs.1,500**

DESSERT

Sago pudding with fresh mint and jaggery

**Rs.400**

\*Prices may change without prior notice.



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AYURVEDIC VEGAN SET MENU 2 - PRICES ARE PER PERSON  
**Full board USD 21.00**

COMPLIMENTARY BREAKFAST

Slow boiled warm tamarind and fresh turmeric water with honey

Seasonal fruit platter

Boiled breadfruit and freshly grated coconut

Bran flour pancakes with honey

LUNCH

Rice flour noodles with savoury mixed vegies

**Rs.1,000**

JUICE OF THE DAY — SERVED BETWEEN MEALS

Orange Obsession Cleansing Juice

Carrot | Narang | King coconut | Turmeric | Ginger | Honey

**Rs.400**

DINNER

Turmeric rice

Curried baby jack fruit

Lentils & spinach curry

shredded leafy greens sautéed in light coconut oil)

Carrots in coconut cream

Crispy papadum

**Rs.1,500**

DESSERT

Chia seeds soaked in fresh cinnamon laced

Coconut milk and kithul honey

**Rs.400**

\*Prices may change without prior notice.



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NON-VEGETARIAN SET MENU 1 - PRICES ARE PER PERSON  
**Full board USD 37.00**

BREAKFAST

Warm cleansing tamarind, nutmeg and honey water  
Cowpea with freshly grated coconut  
Sri Lankan style omelet with onions, tomato, and fragrant curry leaves  
Turmeric latte

LUNCH

Steamed Brown rice  
Slow cooked pumpkin in coconut cream with health giving local spices  
Sautéed ridge guard with onions and mustard seeds  
Mukunu wenna mallung (leafy greens sautéed in virgin coconut oil)  
Spicy potatoes with curried prawns

**Rs.3,000**

JUICE OF THE DAY — SERVED BETWEEN MEALS

Green Glow Healing Juice  
Gotukola | Karapincha | Thambili | Naarang

**Rs.400**

DINNER

Grilled whole fish with pineapple salsa with buttered mixed vegetables  
and mashed sweet potato

**Rs.2,500**

DESSERT

Sweet local mango drizzled with chia seeds and passionfruit sauce

**Rs.400**

\*Prices may change without prior notice.



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NON-VEGETARIAN SET MENU 2 - PRICES ARE PER PERSON  
**Full board USD 37.00**

BREAKFAST

Chilled homemade barley water with a hint of lime  
Fresh seasonal fruit platter  
Boiled sweet potatoes with freshly grated coconuts and green chilli salsa

LUNCH

Rice cooked in turmeric coconut milk,  
Lime and ginger marinated white fish steamed in a banana leaf  
Curried chickpeas  
Tempered long beans  
Bitter guard salad  
Carrot sambal  
Fresh mango  
**Rs.3,000**

JUICE OF THE DAY — SERVED BETWEEN MEALS

Yolo Yellow Detox Juice  
Lemon | Apple Cider Vinegar | Honey | Water  
**Rs.400**

DINNER

\*Fresh grated coconut roti (flat bread).  
Coconut sambol  
Mixed curried seafood  
**Rs.2,500**

DESSERT

Fruit salad topped with black Chia seeds and fresh mint  
**Rs.400**

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NON-VEGETARIAN SET MENU 3 - PRICES ARE PER PERSON  
**Full board USD 37.00**

BREAKFAST

Hot Ayurvedic water infused with ginger, lemongrass and lemon water

Seasonal fruit platter

Red kidney beans with freshly grated coconut

Sri Lankan style scrambled eggs with Turmeric

LUNCH

Mixed vegetable rice

Steamed whole fish in sesame ginger sauce

Sliced pineapples and coconut cream with a touch of kithul honey

**Rs.3,000**

JUICE OF THE DAY — SERVED BETWEEN MEALS

Garden Greens Skin Boosting Juice

Cucumber | Guava | Mango | Mukunuwenna | Star fruit | Thebu

**Rs.400**

DINNER

\*Egg hoppers (a local version of a crepe with an egg in the center)

Curried prawns

**Rs.2,500**

DESSERT

\*Buffalo curd and mango

**Rs.400**

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# AYURVEDIC-INSPIRED BALANCE BOWLS

## PITTA BOWL

*Sweet, bitter, astringent tastes with cool warm flavour*

Lemon turmeric rice, avocado, finely shredded raw cabbage, crisp fried bitter gourd, roasted sweet potatoes, cucumber mint raita, mango chutney, buffalo curd, and mint dressing.

**Rs.1,900**

## KAPHA BOWL

*Fragrant, bitter astringent tastes with heated flavours*

Chia seeds, chickpeas and mustard seeds suted in coconut oil, ripe tomatoes and oranges, Kale with lime juice, cashew nuts sprinkled with chilli powder, and Tahini dressing.

**Rs.1,800**

## VATA BOWL

*Sweet, salty, and sour tastes with warm cooked foods*

Red country rice, seared tuna, raw young guava slices, warm golden pumpkin with leaks, lemon, garlic, water cress leaves, toasted sesame seeds, mango chutney, lemon, and sesame dressing.

**Rs.2,200**

\*Prices may change without prior notice.