



# SILENTUM IN ROOM DINNING MENU


**Please dial zero (0) to place your order**

**For those with allergies, intolerance or special dietary requirements and would like to know more about the ingredients used, please ask a Team member for assistance.**

**All prices include services and government taxes**

06.30 am – 10.00 am

# -Breakfast-

**KOLA KENDA WITH CROUTONS** 

LKR.1490

Calories: 220kcal

Warm herbal porridge made with gotukola, red rice, ginger, coconut milk and served with toasted wholegrain croutons and jaggery

**EGG MAYONNAISE**

LKR.1690

Calories: 280kcal

Served with soft boiled egg, homemade mayonnaise, fresh tomato and lettuce

**KURAKKAN PITTU WITH COCONUT SAMBOL & RED LENTIL CURRY**  

LKR.2090

Calories: 350kcal

Steam softened kurakkan flour layered with fresh coconut and served with spicy red lentil dhal and fresh coconut sambol

**EGG & AVOCADO WHOLEGRAIN TOAST**

LKR.2590

Calories: 320kcal

Served with toasted whole grain, creamy egg and avocado topping

**MULTIGRAIN TOAST**  

LKR.2890

Calories: 300kcal

Served with toasted red multigrain sliced bread, hummus, zucchini, feta cheese and pepitas

**MUESLI BOWL**  

LKR.2990

Calories: 350kcal

Rolled oats served with Greek yoghurt and cashews

**SILENTUM MANIOC LEAF POL ROTTI**  

LKR.3090

Calories: 280 kcal

Coconut flatbread with tender manioc leaves, served with traditional Sri Lankan chili sambol

 VEGETARIAN

 VEGAN

 CONTAIN NUTS

 GLUTEN FREE

 NON-VEGETARIAN

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11.00 am - 10.30 pm

# -Lunch & Dinner-

- ## SALADS

### CORN AND AVOCADO SALAD 🥑

Calories: 280kcal  
A creamy salad served with sweet corn, ripe avocado, crunchy cucumber and fresh herbs tossed in zesty lemon juice and olive oil

LKR.1590

### BEETROOT AND RIPE MANGO SALAD

🥑 🌱  
Calories: 220kcal  
Served with Boiled beetroot, mango, lettuce and raisins

LKR.1690

### MARKET SALAD 🥑

Calories: 180kcal  
Served with mixed market greens, radish, carrot, cucumber, tomato & toasted sesame dressing.

LKR.1790

### GREEN BEAN SALAD 🥑 🌱

Calories: 160kcal  
Served with beans, veggies, and a light dressing.

LKR.1990

### POTATO, PEA AND EGG SALAD

Calories: 300kcal  
Served with soft boiled eggs, peas and tender potatoes tossed in a wholegrain mustard.

LKR.2590






### BEETROOT, FETA & ROCKET SALAD

Calories: 350kcal  
Served with beetroot, rocket, feta, and walnuts in a tangy balsamic dressing.

LKR.2590

### ROAST CHICKEN AND VEGETABLE SALAD

Calories: 400kcal  
Served with tender roast chicken, seasonal roast veggies and fresh salad leaves lightly tossed with olive.

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# SOUPS

(All soups served with wholegrain bread )

## HEALING CABBAGE SOUP

LKR.1090

Calories: 120 kcal  
A light, nourishing soup made with cabbage, carrots, and turmeric in a soothing veggie broth

## CARROT GINGER SOUP

LKR.1190

Calories: 130 kcal  
Smooth, vibrant soup blending sweet carrots and zesty ginger

## MUSHROOM CAPPUCINO

LKR.1190

Calories: 180 kcal  
Creamy mushroom soup served with tomato basil bruschetta

## CREAMY BROCCOLI SOUP

LKR.1490

Calories : 180 kcal  
Rich and velvety broccoli soup made with fresh broccoli and a creamy base

## SPLIT PEA SOUP

LKR.1590

Calories: 310 kcal  
A hearty protein rich soup made with slow simmered split peas, carrots and herbs

## CHICKEN AND WHITE BEAN STEW

LKR.1690

Calories: 310 kcal  
Hearty stew served with tender chicken, creamy white beans and savory herbs

## SCOTCH BROTH

LKR.1890

Calories : 250 kcal  
Hearty Scottish soup served with barley, root vegetables and tender lamb

## SOUP OF THE DAY

LKR.1990

Chef’s special soup of the day



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VEGAN



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# SANDWICHES

(All sandwiches served with baked sweet potato wedges )

## AVOCADO AND CHICKPEA MASH



Calories: 280kcal

Mashed chickpeas, ripe avocado, lemon juice and cucumber slices

On wholegrain bread

LKR.1090

## KURAKKAN FRESH LAYERED DELIGHT



Calories: 320kcal

Layered with poached chicken, ripe avocado, lemon juice and Cucumber slices on kurakkan bread

LKR.1190

## MAIZE SANDWICH



LKR.1190

## TUNA & WHITE BEAN SANDWICH



LKR.1490

## BEETROOT & COTTAGE CHEESE SANDWICH



LKR.1590

## GREEK YOGURT CHICKEN SALAD SANDWICH



LKR.1690

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# -Mains-

## SRI LANKAN STYLE RED RICE AND CURRY ×

Steamed red rice served with jackfruit and dhal curry , fresh Mallum leaves and any kind of following curry

- Vegetable
- Chicken
- Cuttlefish
- Prawns

LKR.2290  
LKR.2590  
LKR.2790  
LKR.2790

## KURAKKAN THALAPA WITH SPICY RED LENTIL CURRY 🍃 🌱

Calories: 400kcal  
Nutritious kurakkan flour cooked creamy and served with Spicy red lentil curry and coconut sambol

LKR.1790

## SWEET POTATO AND BLACK BEAN BOWL

Calories: 350kcal  
Served with roasted sweet potatoes, black beans , red cabbage and cinnamon dressing

LKR.2290

## ROASTED CAULIFLOWER STEAK 🍃 ✓ 🌱

Calories: 420kcal  
Served with roasted cauliflower puree, nut crumble, butter glazed beans and savory polenta

LKR.2390

## VEGETABLE BURGER 🍃

Calories: 380kcal  
Served with vegetable patty with moringa leaf bun and a fresh salad

LKR.2490

## VEGGIE AND QUIONA BOWL ✓ 🌱 🍃

Calories: 480kcal  
Roasted sweet potatoes , peppers, and zucchini on quinoa topped with avocado and pumpkin seeds with lemon tahini dressing

LKR.2498

## MARINATED CHICKEN BOWL ×

Calories: 480kcal  
Served with grilled chicken breast, mash potatoes, sweet corn And mayo and lemon sauce

LKR.2690



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## -Dessert-

### **CURD WITH COCONUT TREACLE**

**LKR.1090**

Calories: 180kcal

Served fresh buffalo curd with coconut treacle

### **PINEAPPLE SAGO PUDDING**

**LKR.1590**

Calories: 220kcal

Served with sago, coconut milk with pineapple pieces

### **NO BAKE OAT TART**

**LKR.1890**

Calories: 250kcal

Gluten free oat served with oranges , banana , crushed almonds drizzled of dark chocolate

### **GREEK YOGHURT NUT BOWL**

**LKR.2090**

Calories: 280kcal

Served with granola , Greek yoghurt , strawberry and mango pieces

### **SEASONAL FRESH FRUIT PLATTER**

**LKR.2590**

Sliced seasonal fruits



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