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 > 2

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

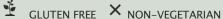
Coconut flatbread with tender manioc leaves, served with traditional Sri Lankan chili sambol











All prices include services and Government taxes

-Lunch & Dinner-

• SALADS

LKR.1590

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.1690

BEETROOT AND RIPE MANGO SALAD

RÉ

Calories: 220kcal

Served with Boiled beetroot, mango, lettuce and raisins

LKR.1790

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.

VEGETARIAN

✓ CONTAIN NUTS

GLUTEN FREE

NON-VEGETARIAN

All prices include services and Government taxes

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 CAPPUCCINO

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 **№** ½

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 × ½

LKR.1890

Calories: 250 kcal

Hearty Scottish soup served with barley, root vegetables and tender

lamb

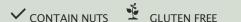
SOUP OF THE DAY

LKR.1990

Chef's special soup of the day











SANDWICHES

(All sandwiches served with baked sweet potato wedges)

AVOCADO AND CHICKPEA MASH ♥ LKR.1090

Calories: 280kcal

Mashed chickpeas, ripe avocado, lemon juice and cucumber slices

On wholegrain bread

LKR.1190 **KURAKKAN FRESH LAYERED DELIGHT** × §

Calories: 320kcal

Layered with poached chicken, ripe avocado, lemon juice and

Cucumber slices on kurakkan bread

LKR.1190

LKR.1490

LKR.1590

MAIZE SANDWICH

Calories: 310kcal

Rustic grilled vegetables, roasted capsicum, marinated feta cheese, Sundried tomato, pickled vegetables and relish in grilled maize bread

TUNA & WHITE BEAN SANDWICH ×

Calories: 310kcal

Tuna mixed with mashed white beans, olive oil, lemon, herbs and

layered with lettuce and tomato on kurakkan bread

BEETROOT & COTTAGE CHEESE SANDWICH \$

Calories: 270kcal

Grated beetroot, low fat cottage cheese and mint between

Kurakkan bread

GREEK YOGURT CHICKEN SALAD SANDWICH× §

Calories: 320kcal

Shredded poached chicken mixed with creamy Greek yogurt,

Herbs, celery, cucumber and soft kurakkan bread

LKR.1690



-Mains-

SRI LANKAN STYLE RED RICE AND CURRY \times

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

Vegetable
Chicken
Cuttlefish
Prawns
LKR.2590
LKR.2790
LKR.2790

KURAKKAN THALAPA WITH SPICY RED LENTIL CURRY ▼ ½

Calories: 400kcal

Nutritious kurakkan flour cooked creamy and served with

Spicy red lentil curry and coconut sambol

SWEET POTATO AND BLACK BEAN BOWL LKR.2290

LKR.1790

LKR.2390

LKR.2490

LKR.2498

LKR.2690

Calories: 350kcal

Served with roasted sweet potatoes, black beans, red

cabbage and cinnamon dressing

ROASTED CAULIFLOWER STEAK 🗫 🕏

Calories: 420kcal

Served with roasted cauliflower puree, nut crumble, butter

glazed beans and savory polenta

VEGETABLE BURGER •

Calories: 380kcal

Served with vegetable patty with moringa leaf bun

and a fresh salad

VEGGIE AND QUIONA BOWL 🗸 🕏 🔊

Calories: 480kcal

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

MARINATED CHICKEN BOWL ×

Calories: 480kcal

Served with grilled chicken breast, mash potatoes, sweet corn

And mayo and lemon sauce



-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

LKR.1890

NO BAKE OAT TART 🕏 🔊 🗸

Calories: 250kcal

Gluten free oat served with oranges, banana, crushed

almonds drizzled of dark chocolate

LKR.2090

GREEK YOGHURT NUT BOWL • ~

Calories: 280kcal

Served with granola, Greek yoghurt, strawberry and mango pieces

SEASONAL FRESH FRUIT PLATTER ** LKR.2590

Sliced seasonal fruits