

Menu

3 Sisters in Sri Lanka



Snacks on the Beach \$ 6

*Seeni Sambol Cheese Melt Toastie (*V)*

*Pol Sambol Omelette Toastie (*V)*

Tuna Cheese Melt Toastie

Ham and Cheese Melt French toast style

*Cheesy Tomato Melt Toastie (*V)*

*Vegs slow roasted & wrapped in Rotis with Pesto and Cream Cheese (*V)*

Tuna Veg Roti Wrap with Tuna Salad, Greens & Cream Cheese

Fish or vegetable cutlets the true Lankan not-so-spicy savoury potato-based patty

*Crunchy Cashews & Kaddala (Chick peas) curry leaf roasted (*V)*

*Tropical Müsli Crunch with fresh fruit cup, dates, nuts & probiotic Curd (*V)*

Beach Salads \$ 6

*Tomato Cucumber Onions with Curry Leaves Dressing(*V)*

*Apple Coleslaw with Cashew Dressing (*V)*

*Fresh mixed Salad (*V)*

Soothing Soups (*V) \$ 6

served with crispy coconut roti

Curried pumpkin dhal, orange flavored

Sweet potato soup with leeks & roasted garlic

Rasam traditionally prepared using tamarind juice as a base

Classic tomato cream soup served with a dollop of creamy curd

Kolakenda nutritious green herbal porridge served with juggary,

a chrystalised palm honey piece to balance the savoury and sweet morning palate

Pasta \$ 10

Seafood Tomato Spaghetti

*Pesto Spaghetti with a Sri Lankan twist of cashews and curry leaves (*V)*

*Vegetable Tomato Spaghetti (*V)*

*Tomato Spice Spaghetti a Classic with chilli, garlic, onion (*V)*

Chicken-creamy Fettucini

Classic Bolognese Spaghetti

Matara Specials \$ 12

served with Chick Pea Salad and curried Garlic Roti

Banana Leaf roasted Seerfish

Fried Matara Fish

Handello - hot and spicy fried sprats dipped in a tangy onion curd

Prawns / Fish - fresh from the fish market - have it coconut curried or devilled

Cuttlefish - have it hot-butter-fried / black-curried / white coconut curried / devilled

Pork / Beef / Chicken - have it devilled, curried or peppered

BBQ \$ 18 per person (minimum order 2 persons)

Grills Mains (Choice of 4)

Fish
Prawns
Cuttlefish
Chicken
Beef
Pork Chops
Sausages

Vegetarian BBQ (Choice of 4)

The ultimate vegetarian Burger (with brown rice, chick peas, onions, cashew nuts)
Vegetarian Sausages
Kebabs of Mushroom, Zucchini, Paneer
Potato Slice Kebabs
Baked sweet potatoes with chilli Salsa
Pumpkin parcels with chilli and lime
Roasted balsamico and honey onions
Crispy garlic potato skins
Grilled herb tomatoes
Chargrilled veg slices with pesto (sweet potatoes, red peppers, pumpkin, aubergines)

Side BBQ dishes (Choice of 3)

Potato salad
Chick pea salad
Mixed tropical salad with greens
Curried Garlic Bread
Baked / Roast Potatoes

BBQ desserts (Choice of 1)

Chocolate Arrack roasted Bananas
Grilled pineapple with arrack and ginger butter
Chargrilled mixed fruit kebabs with vanilla ice cream
Marshmellow melted chocochip cookie sandwiches with banana or vanilla ice cream

Breakfast choices \$ 10

always served with fruit or fresh juice / coffee / black or green tea

Toast (Kade Pan / Sri Lankan white bread)

Jam & Butter

Eggs of choice,

we recommend Sri Lankan Omelette (Onions, Capsicum, Tomato)

Optional

*Roti - Sri Lankan whole meal Coconut flat breads,
with Seeni Sambol and Lunu Miris*

*Kiribath - in Coconut milk boiled white or red rice
served with fresh Lunu Miris*

*Mung atta - Green Gram Cereal are the Sri Lankan Breakfast
Pulses served with freshly scraped coconut flakes
and a Onion Sambol*

*Indiappa - String Hoppers are steamed rice noodle pancakes
served with Alle Hodi Potato in a mild Coconut Gravy,
Pol (Coconut) Sambol & a Fried Egg*

*Battalla - Boiled Sweet Potato
with scraped Coconut & Onion Sambol*

*Kola Kenda - Herbal Morning Soup (Kola Kenda)
Sri Lankan green Rice Porridge “with Juggery*

Chick Pea Cereal (Kadala) with roasted Coconut

*Kiribath (Sri Lankan milk rice made of white or red rice)
served with Onion Sambol*

Tempered Kaddala - Chick peas fried in Sri Lankan aromas

*Pol Pani Pancakes - wrapped around tempered coconut flakes
mixed with treacle or bees honey*

Classic Rice and Curry \$ 12

Choice of

Red Rice / White Rice / Vegetable fried Rice / Yellow Rice

Choice of

Fish / Prawns / Cuttlefish / Chicken / Beef / Pork

3 Choices of

Kos - Jackfruit

Del - Breadfruit

Kehelmuwa - Bananaflower

Bandaka - Ladies Fingers

Niviti Parripu - Spinach Lentils

Karavila - Bittergourd (Curry / Sambol)

Brinjal - Aubergine (Moju / Pahi / Sambol)

Rattu Ala - Beetroot

Ambarella - Golden Apple

Wattakka - Pumpkin

Haalmasso Beduma - Spicy fried sprats

Ala theldala - Tempered Chili Potatos

Mallum - Coconut tempered Greens

Anguna Kolla

Mukunuwenna

Gotukola Sambol

Accompaniments of Choice or by Recommendation

Papadam - oil fried crispy breads

Seeni Sambol is a loving marriage of sweet (sugar & grated coconut)

& sour (lime) & spicy (red chilli) blended with a scent of garlic and onions

Pol Sambol (coconut sambol) is a traditional Sri Lankan dish made from coconut

Katta Sambol - crushed red pepper, chopped onion, salt, and lime juice ground together

Lunu Miris (spicy onions) is a Sri Lankan sambol paste served as a condiment.

It consists of onions, lime, chilli pepper and sea salt, usually ground with mortar and pestle

Achcharu, seasoned fermented pickles accompaniment

Gotokula, used as a medicinal herb in Ayurvedic medicine beneficial to the nervous system and blood cleansing, here prepared as a raw green coconutty side salad

Mukunuwenna is known to purify blood and helps to increase appetite

Anguna Kola - green leaves in the curry kitchen are full of anti-oxidants, vitamins and iron

Pickles - Achcharu

Chutney - Mango or Ambarella

Fried Red Chillis

Deep Fried Dry fish

Juices \$ 4

Lassies cooling curd drink & - treacle (sweet) / spicy (salty) / mango (fruity)
Fresh blend of Pineapple / Mango / Papaya with a zesty ginger lime note
Green Smoothie Gotokula Leaves & Pineapple
Tropical Smoothie Passionfruit Banana Coconut
Tamarind Juice
Thambili (King Coconut Water, fresh from the tree) \$ 2

Lemonades \$ 3

Ginger & Lime
Lemongrass & Lime
Mint & Lime

Teas \$ 2

served with jaggery, traditional chrystalised kithul palm honey

Ceylon Ginger Tea
Sri Lankan Spice Tea Latte (spiced Milk Tea)
Belimal, calming (herbal)
Iramusu, cooling (herbal)
Essence of Lemongrass Ginger Mint (cleansing & digestive, stress relief)
Green Tea with Lemongrass

Coffees \$ 3

Cappuccino
Coconut Coffee with fresh Coconut Cream
Mocha classic
Hot hot chilli chocolate

Cool coffees & Ice teas \$ 3

Iced Teas (Lime, Passion, Black Currant)
Iced Coffee Latte

House Cocktails \$ 4

Arrack Hot & Sour
Arrack Sour Lime
Arrack Sour Passionfruit

*Due to the remote location of 3 Sisters we recommend early menu arrangements
or please do allow preparation time as all menu items are freshly cooked*

A guided Malu Pola (fish market) experience can be arranged

*We regret the possible unavailability due to seasonal conditions
of some foods such as fruit, vegetables and fish*

We do accommodate special nutritional requirements upon prior request

*All prices are subject to 10% Service Charge
Government Taxes are included*