



# Meda Gedara

## BREAKFAST MENU

### Teas & Coffee

We have a wide range of teas, Earl Grey, English breakfast or fruit teas.  
Imported coffee.

### Juices

**Thambili:** King coconut water

**Green Juice:** Gotakola, apple, cucumber, celery, and ginger

**Yellow Juice:** Narang, mango, passion fruit and banana

Apple juice

Pineapple juice

### On the table

Fresh fruit. Buffalo curd. Dikwella treacle.

Fresh bread. Honey. Jams. Peanut butter.

### On the side

Cereals, raisins, prunes and cashews & almonds.

Eggs, however you'd like them!

Boiled eggs and soldiers

Poached or fried eggs with bacon, baked beans and grilled tomato

Omelette with any combination: onion, tomato, chilli, mushroom or spinach

### Sri Lankan Breakfast

**For many in Sri Lanka this is the best meal of the day.  
There are plenty of alternatives to delight your taste buds.**

**Talk to the chef about the daily special, which could be:**

String Hoppers with pol sambol, manioc curry, chicken curry, potato curry & dahl

Pol roti with katta sambol and eggs

Hoppers, plain or egg served with seen sambol and pol sambol

Kiribath, coconut milk rice with chicken curry and katta sambol

Pittu served with curries

Halapa, caramelised coconut wrapped in kenda leaves





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## WEEKLY MENU

### DAY 1

#### Lunch

**Calamari fritti with home-made tartar sauce  
Grilled prawns with a pepper, tomato and cucumber salad and a lemon dressing**

#### Dinner

A SPECTACULAR SRI LANKAN CURRY FEAST WITH ALL OF THE TRIMMINGS - AN EXPERIENCE TO BEHOLD

MAIN

**Chicken, prawn and fish curries with side dishes of cashew nut curry, beetroot curry, pumpkin curry and breadfruit curry, accompanied by popadoms, dahl and white rice, and served with spicy chutneys.**

PUDDING

**Watalappan with vanilla ice cream**

*Watalappan is a sweet steamed pudding, made from cardamom spiced coconut custard - it's one of Sri Lanka's most famous desserts.*

### DAY 2

#### Lunch

**An exquisite lemongrass consommé served with garlic bread and deliciously flavoured chicken, prawn or vegetable wraps, marinated in Roshan's secret recipe**

#### Dinner

WATCH AS CHEF ROSHAN PUTS ON A BRILLIANT SHOW AND PREPARES DINNER IN FRONT OF YOU, CREATING HIS SPECIAL KOTHU WITH FLAVOURS YOU WILL NEVER FORGET

MAIN

**Kothu: Chicken, prawn or vegetable**

*Kothu Roti is a delicious street food descending from the Indian Tamils. The ingredients are thrown on a hot cast-iron griddle lubricated with oil. These are minced and mixed by repeated pounding with heavy iron spatulas, the sound of which is ubiquitous with Sri Lankan kitchens.*

PUDDING

**Sago pudding served with caramelized cashew nut**

*Sago is a traditional Sri Lankan pudding made from the spongy centre of palm starch, rolled into tiny balls. It can be cooked in a number of ways. Roshan's speciality is cooking the 'pearls' in creamy coconut milk, adding some kithul jaggery to deepen the flavour and cashews for a nutty bite that melts into your taste buds.*

### DAY 3

#### Lunch

**Baby chicken marinated in Sri Lankan herbs with sautéed tomatoes and crispy potato wedges**

#### Dinner

AN EVENING TO INDULGE IN A SELECTION OF SRI LANKA'S INCREDIBLE SEAFOOD

STARTER

**Seafood chowder with garlic crostini**

MAIN

**Fresh Tuna in a sesame crust with bell pepper and raisin salad with roasted aubergine served on a bed of mashed potato**

PUDDING

**Pistachio crème brûlée, served with ginger biscuits**



DAY 4

Lunch

Fish & chips with home-made tartar sauce

Dinner

A SUMPTUOUS BBQ, THE LIKE OF WHICH YOU WILL NEVER HAVE TASTED BEFORE,  
SERVED DOWN BY THE BEACH IN OUR BEAUTIFUL GARDEN

MAIN

Catch of the day baked in herbs; King prawn, chicken and pepper skewers; Lamb cutlets  
Served with a selection of outstanding salads and new potatoes roasted in foil

PUDDING

Pineapple & mango carpaccio served with coconut sorbet, kiwi fruit, vanilla and lime syrup

DAY 5

Lunch

A Sri Lankan black pork curry with white rice: indulge in the incredible flavours of this delicacy

Dinner

LET CHEF ROSHAN TAKE YOU TO THE HEART OF HIS PASSION FOR ITALIAN CUISINE

STARTER

Fresh mozzarella, tomato and basil salad with pesto sauce

MAIN

Home-made tagliatelle with butterfly prawns in a fresh tomato sauce (or request Roshan's renowned pesto sauce)

PUDDING

Coconut pannacotta served with mango compote and passion fruit sauce

DAY 6

Lunch

Salade Niçoise with chicken or tuna, hard-boiled eggs and baby new potatoes

Dinner

STARTER

Tuna Tartare

MAIN

Grilled pork chops with carrot and celery purée with green pepper sauce

PUDDING

Chocolate & cardamom mousse, served with burnt oranges and pomegranate

DAY 7

Lunch

Gazpacho soup with fresh bread and delicious vegetable spring rolls

Dinner

STARTER

Prawns with tamarind, chilli and peanut salad

MAIN

Your choice - ask chef Roshan to recreate your favourite dish from the week

PUDDING

Meda Gedara ice creams & sorbets, served with a selection of local fruits and passion fruit sauce





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## KIDS MENU LUNCH & DINNER

### ❧ Mains ❧

Pasta & Pesto

Chicken nuggets

Fish fingers and chips

Sausage and mashed potato

Mild curry and rice

Chicken and skewers

Lasagna

Baked potatoes, baked beans and cheese

Pizza

Chicken and ham pie

Beef burgers

Toasted sandwiches

Fajitas

### ❧ Desserts ❧

Ice creams

Jelly

Cakes

Milk shakes, made with real ice cream!





# Meda Gedara

## VEGETARIAN & VEGAN MENUS

Chef Roshan is extremely talented at creating delicious feasts for vegan or vegetarian diets; enjoy perusing the menu below, even for a committed carnivore these all sound quite delicious!

Any of the meals on the set menu can be swapped for a vegan or vegetarian meal.

### Vegetarian Ideas

#### Hand Rolled Baked Potato Gnocchi

With Milan gorgonzola, toasted walnuts and truffle oil

#### Creamy Butternut Squash Linguine

Served with toasted pine nuts and crispy sage

#### Mushroom, Lentil & Spinach Risotto

Finished with truffle oil and parmesan

#### Cumin Roasted Aubergines

Pumpkin seeds, pine nuts, pomegranate and yoghurt dressing

#### Grilled Halloumi

Cantaloupe melon, basil and pumpkin seed salad

#### Paneer Stuffed Peppers

With vegetable basmati rice

#### Sweet Potato Wedges

Served with saffron and orange yoghurt, hazelnuts and fennel seeds

### Vegan Ideas

#### Dukkah Baked Aubergine

Curried chickpeas, pomegranate, tomato and harissa sauce

#### Risotto

With mushroom, toasted walnuts and parsley

#### Roasted Vegetable, Saffron & Dried Fruit Couscous

Served with lentil and chickpea dressing

#### Turmeric Spiced Marinated Cauliflower

Served with a rice tomato and coriander sauce

#### Apple, Red Onion & Pomegranate Salad

Served with orange and mint dressing

#### Sweet Potato, Spinach, Chickpea & Coconut Curry

Served with crispy shallots

#### Green bean, Peas & Cucumber Salad

Toasted coconut and pumpkin seeds

#### Charred Butternut Squash

Roasted red onion, mixed herbs, tahini dressing

#### Fennel, Apple, Carrot & Cabbage Slaw

With radishes and tarragon

#### Kothu Parotta (Vegetable Kothu)

This can be made with or without egg

