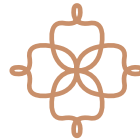




R U K G A L A

HEALING MENU CONCEPT





3 HEALING MENUS

A SIMPLE APPROACH

Our menu options are designed in three phases; Shanti, Bodhi & Dharma, with each menu building on the last. Rather than re-inventing the recipes each time, we work on a basis of addition, building up from the core menu (Shanti) and adding new ingredients/options each time – you will see these additions appear as colour-coded extras.

This keeps things streamlined in the kitchen so we can offer you the tastiest, freshest and most innovative food in a remote location. The dishes focus on locally-sourced ingredients – if it's not available in Kandy, or the local Ayurveda shop, it is ethically sourced from Australia and South America.

The dishes can be served in a communal/sharing style or can be served A La Carte, depending on the number of guests.

Please note that these are set menus, and alterations are not possible due to limitations of stock and kitchen facilities.

MENU 1

SHANTI



{peace}

IDEAL FOR: HEALING, DETOXIFICATION, WEIGHT LOSS,
MEDITATION, CHAKRA BALANCING

vegan • gluten free • many raw dishes • elixirs • fresh juices • smoothies
• soups • salads • no refined sugar • herbal teas • herbal lattes

MENU 2

BODHI



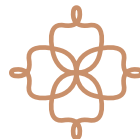
{awakening}

IDEAL FOR: REBUILDING MICROBIOME, BOOSTING IMMUNITY,
BALANCING HORMONES, NOURISHING

vegetarian • more cooked foods • wholefoods • grains • breads
• inclusion of eggs & dairy • sri lankan curries • coffee

MENU 3

DHARMA



{harmony}

IDEAL FOR: GENERAL HEALTH, WEIGHT MAINTENANCE, FITNESS RETREATS

flexitarian • includes healthily prepared chicken & fish

MENU 1

SHANTI



ELIXIRS

ginger, lime & black pepper
cardamom, ginger & turmeric
ashwaganda & coconut milk
soma rasa (fountain of youth)

JUICES

papaya, ambarella, watermelon, apple, pineapple, carrot, beetroot,
lime, ginger, narang, orange, gotu kola

SMOOTHIES

raw cacao & coconut, spinach & avocado, mango & banana, berry coconut

MYLKS

golden mylk, spiced cinnamon coconut milk, chai, cardamom milk

BREAKFASTS

fruit platters & smoothie bowls
sprouted bread with avocado
mushrooms, tomatoes & spinach on sprouted bread
kola kanda (sri lankan herbal porridge)

DIPS, SMEARS & SNACKS

hummus, baba ganoush, carrot dip,
coriander pesto, guacamole, salsa
seeded crackers
bliss balls & bars

MENU 1

SHANTI



ENTREÉS

lotus root & zucchini rolls
beetroot, carrot & orange salad
mung bean & coconut salad
avocado & mango salad
asian slaw
middle eastern fattoush
pineapple / mango salsa
watermelon & mint salad
san choi bao

SOUPS

beetroot, pumpkin, zucchini, tomato, sweet potato, cauliflower

MAIN MEALS

raw lasagne & pizza
oyster mushroom ceviche
zucchini noodles
cauliflower fried rice
mushroom laksa
cabbage rolls
lighter sri lankan curries (green beans, beetroot & jackfruit)
sri lankan malum
sunday BBQ / jungle dinner

DESSERTS

chia & mango puddings
mango raw cheesecake
beetroot avocado cake
raw chocolates
avocado chocolate mousse
coconut yoghurt parfait

MENU 2

BODHI



ELIXIRS

ginger, lime & black pepper
cardamom, ginger & turmeric
ashwaganda & coconut milk
soma rasa (fountain of youth)

JUICES

papaya, ambarella, watermelon, apple, pineapple, carrot, beetroot,
lime, ginger, narang, orange, gotu kola

SMOOTHIES

raw cacao & coconut, spinach & avocado, mango & banana,
berry coconut, mango lassies

MYLKS

turmeric lattes, spiced cinnamon coconut milk, chai lattes, cardamom milk

BREAKFASTS

fruit platters & smoothie bowls
buffalo curd & granola with fruit & nuts
wholemeal sourdough with avocado
eggs, mushrooms, tomatoes & spinach on wholemeal sourdough/hoppers
kola kanda (sri lankan herbal porridge)
vegetarian sri lankan breakfast

DIPS, SMEARS & SNACKS

hummus, baba ganoush, carrot dip,
coriander pesto, guacamole, salsa, raita
seeded crackers
bliss balls & bars

MENU 2

BODHI



ENTREÉS

lotus root & zucchini rolls
beetroot, carrot & orange salad with feta cheese
mung bean & coconut salad
avocado & mango salad with rice balls
asian slaw with mayonnaise
middle eastern fattoush with falafel
pineapple / mango salsa on mini roti
watermelon & mint salad with feta cheese
tofu san choi bao

SOUPS

beetroot with yoghurt, pumpkin, zucchini, tomato, sweet potato, cauliflower

MAIN MEALS

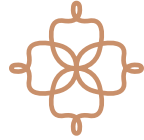
beetroot fritters with raita
red rice noodle stir fry
stuffed aubergine
laksa with tofu
grilled vegetable skewers with cous cous
heavier sri lankan curries (chickpeas, soya meat & pumpkin)
sri lankan malum
sunday BBQ / jungle dinner

DESSERTS

chia & mango puddings
mango raw cheesecake
beetroot avocado cake
raw chocolates
avocado chocolate mousse
coconut yoghurt parfait

MENU 3

DHARMA



ELIXIRS

ginger, lime & black pepper
cardamom, ginger & turmeric
ashwaganda & coconut milk
soma rasa (fountain of youth)

JUICES

papaya, ambarella, watermelon, apple, pineapple, carrot, beetroot,
lime, ginger, narang, orange, gotu kola

SMOOTHIES

raw cacao & coconut, spinach & avocado, mango & banana,
berry coconut, mango lassies

MYLKS

turmeric lattes, spiced cinnamon coconut milk, chai lattes, cardamom milk

BREAKFASTS

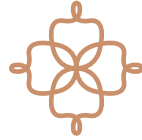
fruit platters & smoothie bowls
buffalo curd & granola with fruit & nuts
sprouted bread or kurrakan sourdough with avocado
poached eggs, mushrooms, tomatoes & spinach on sprouted bread or kurrakan
sourdough/hoppers
smoked salmon benedict
kola kanda (sri lankan herbal porridge)
flexitarian sri lankan breakfast

DIPS, SMEARS & SNACKS

hummus, baba ganoush, carrot dip,
coriander pesto, guacamole, salsa, raita
seeded crackers
bliss balls & bars

MENU 3

DHARMA



ENTRÉES

lotus root & zucchini rolls
beetroot, carrot & orange salad with feta cheese
mung bean & coconut salad
avocado & mango salad
asian slaw with mayonnaise & chicken skewers
middle eastern fattoush with falafel
pineapple / mango salsa on mini roti with grilled fish
watermelon & mint salad with feta cheese & grilled chicken
chicken san choi bao

SOUPS

beetroot with yoghurt, pumpkin, zucchini, tomato, sweet potato, cauliflower

MAIN MEALS

beetroot fritters with raita
red rice noodle stir fry with chicken
stuffed aubergine
laksa with chicken
grilled chicken/fish skewers with cous cous
grilled fish with roasted mediterranean vegetables
chicken breast with sweet potato mash & greens
freshwater crayfish curry
heavier sri lankan curries (chickpeas, pumpkin, chicken & fish)
sri lankan malum
sunday BBQ / jungle dinner

DESSERTS

chia & mango puddings
mango raw cheesecake
beetroot avocado cake
raw chocolates
avocado chocolate mousse
coconut yoghurt parfait