



REKAWA WELLNESS RESORT

Food Menu



LIGHT & FRESH STARTERS



SALADS & LIGHT PLATES

Green Glow Salad	Rs 1,600
<i>Spinach, cucumber, avocado, baby rocket, pumpkin seeds, lemon-ginger vinaigrette</i>	
Green Goddess Salad	Rs 2,100
<i>Kale, cucumber, avocado, pumpkin seeds, onion, lemon-tahini dressing</i>	
Garden Quinoa Bowl	Rs 1,900
<i>Tri-colour quinoa, cherry tomatoes, roasted chickpeas, pineapple peanut basil dressing</i>	
Crunchy Rainbow Roll	Rs 2,150
<i>Beetroot, carrot, cabbage, mint, coriander, red lettuce, peanut-lime dipping sauce</i>	
Avocado & Mango Tartare	Rs 1,900
<i>Avocado, mango, onion, green chilli, tomato, coriander leaves, lime, salt, pepper</i>	

SOUPS

Vegetable Soup	Rs 900
<i>Carrot, celery, kale, turmeric, green beans, ginger broth</i>	
Tomato & Basil Soup	Rs 1,100
<i>Slow-roasted tomatoes, garlic, carrots, celery, onion, lemongrass, basil, coconut cream</i>	

Open Mon – Sat · 10:00 AM – 7:00 PM

www.rekawawellnessresort.com

All prices in Sri Lankan Rupees. Please tell us about any allergies or dietary requirements.



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MAIN COURSES

Sri Lankan Classics

Red Rice Wellness Plate	Rs 1,300
<i>Sri Lankan red rice, dhal curry (low coconut milk), gotu kola sambol, steamed pumpkin or beans, fish curry or tofu</i>	
Hoppers Plate	Rs 1,400
<i>Egg hopper, two plain hoppers, dhal curry, fish ambul thiyal, lunu miris</i>	
Kurakkan Roti with Pol Sambol	Rs 1,600
<i>Flatbread of kurakkan flour, avocado, egg, tomato, onion, coriander, grated coconut</i>	
Jackfruit Kottu	Rs 1,700
<i>Jackfruit, carrot, leeks, spring onions, cabbage</i>	
Mung Bean Mallum	Rs 1,300
<i>Steamed mung beans, fresh coconut, onion, tomato, lime, turmeric, green chilli (optional)</i>	
Creamy Coconut Lentil Curry	Rs 1,200
<i>Red lentils, turmeric, chilli, onion, garlic, ginger, spinach, coconut cream, red rice</i>	
Jackfruit Sandwich	Rs 1,100
<i>Pulled jackfruit, smoky BBQ sauce, carrots, cabbage, green lettuce, kurakkan roti</i>	

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MAIN COURSES

Bowls, Grains & Garden Plates

Vegan Bowl	Rs 2,400
<i>Quinoa, chickpeas, roasted green & yellow zucchini, hummus, black olives, butter</i>	
Sweet Potato Bowl	Rs 1,400
<i>Rocca leaves, spinach, green lettuce, roasted sweet potato, black beans, corn, orange zest</i>	
Rice Noodle Energy Bowl	Rs 2,400
<i>Rice noodles, edamame, carrots, onion, bean sprouts, sesame-mint dressing, peanut crunch</i>	
Local Rice Noodles	Rs 2,600
<i>Rice noodles, edamame, carrots, onions, bean sprouts, sesame-mint dressing, matcha powder</i>	
Mushroom & Herb Risotto	Rs 1,400
<i>Oyster mushrooms, red rice, creamy cashew base, parsley, garlic, onion, basil, coconut milk</i>	
Wild Rice & Mushroom Risotto	Rs 1,600
<i>Wild rice, onion, garlic, mushroom, butter, coconut cream, basil leaves</i>	
Spinach & Chickpea Stuffed Peppers	Rs 1,500
<i>Bell peppers, spinach, chickpeas, tomato sauce, couscous, basil leaves</i>	

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FROM THE OCEAN



Landed each morning on the south coast

Thora Fish Fillet

Seer fish fillet, tartare sauce, garden salad, beetroot hummus

Rs 3,750

Prawn Curry with Ghee Rice

Prawns, ghee rice, coconut cream, garlic, ginger, curry leaves, black pepper, cinnamon

Rs 3,800

Tiger Prawn

Tiger prawns, lemon butter sauce, garden salad

Rs 4,200

Yellowfin Tuna Steak

Yellowfin tuna steak, pumpkin mash, lemon butter sauce, garden salad

Rs 4,200

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Desserts



SOMETHING SWEET



Refined-sugar free, sweetened with kithul treacle & fruit

Chia Pudding Parfait	Rs 1,400
<i>Chia seeds, mango, coconut milk, honey, vanilla essence</i>	
Cacao Bowl	Rs 1,700
<i>Dark chocolate, oats, peanut butter, chia seeds, peanuts, kithul treacle, vanilla</i>	
Banana Matcha Nice Cream	Rs 1,200
<i>Frozen banana, matcha powder, coconut cream, treacle, vanilla extract</i>	
Mango Coconut Nice Cream	Rs 1,200
<i>Frozen mango, frozen banana, coconut cream, treacle</i>	
Seasonal Fruit Bowl	Rs 1,100
<i>Assorted seasonal fresh fruits</i>	
Kurumba Kithul Pani	Rs 900
<i>With local kurumba ice cream and kithul treacle</i>	

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REKAWA WELLNESS RESORT

Drinks Menu



JUICES & SMOOTHIES

Pressed and blended to order

Green Vitality Juice

Kale, cucumber, coconut water, lemon, ginger

Green Radiance Smoothie

Spinach, apple, pineapple, ginger, coconut water

Beetroot Antioxidant Smoothie

Beetroot, chia seeds, coconut milk, vanilla, coconut water

Sunshine Carrot Glow

Carrot, orange, turmeric, ginger, coconut water

Pineapple Mint Refresher

Fresh pineapple, mint, lime, coconut water

Tropical Immunity Smoothie

Mango, pineapple, banana, turmeric, coconut water

Golden Milk Latte

Turmeric, ginger, cinnamon, coconut milk

Matcha Mint Cooler

Matcha, mint, lime, light coconut milk, coconut water

Protein Green Smoothie

Spinach, avocado, banana, vegan protein, coconut milk

Chocolate Energy Smoothie

Cacao, banana, oats, peanut butter, coconut milk

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Drinks Menu



WELLNESS TEAS



Ginger Turmeric Tea

Warming, anti-inflammatory

Mint & Lemon Tea

Cleansing and cooling

Hibiscus Beauty Tea

Rich in vitamin C

Chamomile Tea

Calming, for the evening

Peppermint Tea

Soothing after a meal

Green Tea

Whole leaf, lightly steeped

Lemon Balm Tea

Grown in our garden

INFUSED WATERS

Cucumber Mint Water

Cucumber, mint

Lemon-Ginger Water

Lemon, ginger

Watermelon Mint Splash

Watermelon cubes, mint leaves

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Drinks Menu



WELLNESS MATCHA



Ceremonial-grade matcha, whisked to order

Calm & Clean Matcha Latte

Matcha, hot water, oat or almond milk, honey or maple (optional)

Matcha Ginger Immunity Tonic

Matcha, fresh ginger, lemon juice, hot water, honey

Matcha Lemon Balm Relax Tea

Matcha, dried lemon balm, hot water, treacle (optional)

Green Glow Matcha Smoothie

Matcha, banana, spinach, pineapple, coconut water or almond milk

Matcha Mint Digestive Cooler

Matcha, fresh mint, cold water, lime slice, ice

Golden Matcha

Matcha, turmeric, cinnamon, warm milk, maple syrup

Protein Matcha Shake

Matcha, vanilla protein, coconut milk, chia seeds, ice

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REKAWA WELLNESS RESORT

Coffee



THE COFFEE LIST

Single-origin Ceylon arabica from the central highlands, roasted in small batches

CLASSICS

Ceylon Filter Coffee

Hand-poured single origin, served black

Espresso / Doppio

Single or double shot, Ceylon arabica

Americano

Espresso lengthened with hot water

Flat White

Double shot, silky steamed milk

Cappuccino

Espresso, steamed milk, fine foam, dusted cinnamon

Café Latte

Espresso and steamed milk — dairy, oat, almond or coconut

ICED & COLD BREW

Coconut Cold Brew

Eighteen-hour cold brew, coconut milk, kithul treacle, ice

Iced Ceylon Americano

Cold brew, coconut water, lime, ice

SPICED & RESTORATIVE

Ceylon Cinnamon Coffee

Espresso, true Ceylon cinnamon, cardamom, coconut milk

Cacao Mocha

Espresso, raw cacao, coconut milk, kithul treacle

Golden Turmeric Coffee

Espresso, turmeric, ginger, cinnamon, warm coconut milk

Mushroom Wellness Coffee

Ceylon coffee with reishi and lion's mane, coconut milk

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Decaffeinated available on request. Oat, almond and coconut milk at no extra charge.