



Villa Abiman
S R I L A N K A

Food and Drink

Meals

Breakfast is included in the villa rental. For other meals, our cook can prepare group lunches, dinners, snacks, juices and milkshakes. You pay the cost of ingredients, plus a cooking fee of USD 15 per group per meal. The cook can shop for you, or you can provide the ingredients. There is also a well-equipped guest kitchen in case you want to prepare food for yourselves.

The cook can prepare a wide variety of Sri Lankan dishes we recommend you try throughout your stay. Spice levels can be adjusted to suit your group. Non-Sri Lankan meals can also be prepared. **Please inform the Villa Manager of any food allergies and preferences.**

We don't have a restaurant and cooking is done on the basis of a shared family/group meal, not individual, plated meals. However, alternative and additional dishes can be prepared to accommodate children and any special dietary needs or preferences.

Please inform the cook in the morning if you require lunch and dinner to allow time for shopping and cooking.

Listed here are some meal suggestions. You are welcome to discuss different ideas and the cook will be happy to try something new and take tips from you. Staff go off duty at 10pm.

**Kindly note that some ingredients are seasonal e.g., mangoes/avocados. Fish, seafood and chicken are readily available. Local mutton, beef and pork make good curries. Premium cuts of meat (steaks, fillets, lamb chops/racks etc.) are not sold in the local area stores. We have a guest fridge and freezer space if you want to bring anything with you.*

Local produce is plentiful and reasonably priced, but imported vegetables, fruits and ingredients like cheeses, cold cuts and choice of coffee varieties are harder to source and expensive.

We recommend you bring your favourite coffee with you. We have coffee plungers, a bean to cup espresso machine and a coffee percolator.

Please bring your own wines and spirits. You can buy local brand spirits and a limited selection of wine in the Cargills supermarket in Dikwella, or in Matara Town for a better selection.



Breakfast

Tea & Coffee

Fruit Platter or Fresh Fruit Juice

Toast, Butter, Jam

&

Choice of Western or Sri Lankan cooked breakfast

Western

Eggs any style with bacon, sausage, tomato and potato

Or

Sri Lankan omelette with onion, capsicum, tomato and chillies

Or

Pancakes or waffles served with jam, sugar & lime or treacle

Sri Lankan*

Coconut (pol) roti served with chicken fish or egg curry, dhal and seeni sambal
(a sweet and spicy onion relish)

Or

String hoppers (indiappa) served with chicken, fish or egg curry, kiri hodi
(coconut gravy) and pol (coconut) sambal

Or

Milk rice (kiribhat) served with fish, chicken or egg curry and lunumiris (sambal
of red chillies, onion and lime)

** Please order evening before if you would like a Sri Lankan breakfast.*



Soups

Spiced lentil soup with garlic bread

Mulligatawny soup with cumin bread

Pumpkin and ginger soup with garlic bread

Tom Yam with seafood, chicken, tofu or vegetables with garlic bread

Tomato soup with garlic or herb bread

Vegetable soup with garlic or herb bread

Lunches/light meals

Spring rolls - vegetable, chicken or fish

Prawn cocktail with avocado (in season)

Omelette - plain, cheese and tomato or Sri Lankan style

Flat bread pizzas (margarita, vegetable, bacon, sausage, prawn, spicy chicken)

Platter of Sandwiches or wraps Choose from

- Egg, tuna, prawn or chicken mayonnaise
- Cheese and tomato
- Sausage, egg and tomato
- Pol sambal and fried egg
- Toasted cheese, tomato, onion, basil

Club sandwich with chips

Stir-fried noodles or rice with egg, vegetables, chicken or seafood

Chinese special fried rice or noodles

Pasta salad with vegetables, prawns, chicken or tuna

Asian mixed vegetable salad with cashew, tuna, prawn, calamari, or chicken

Chickpea salad

Thai green mango or papaya salad with cashew nut, chicken seafood or sprats



Sri Lankan cuisine

Sri Lankan food takes time to prepare well. **Please order at breakfast for lunch, and at lunch for dinner.** Spice levels can be adjusted.

Rice and curry. Fish, prawns, chicken, beef, pork or mutton served with vegetable curries, dhal, mallung and papadums

Pol (coconut) roti with fish, chicken or meat curry, dhal and seeni (sweet, spicy onion) sambal

Red or white rice-flour string hoppers with chicken or fish curry, kiri hodi (coconut milk gravy) and pol (coconut) sambal

Hoppers, plain and egg, with chicken, fish or meat curry and pol (coconut) sambal

Kiribhat (milkrice) with chicken or fish curry and lunumiris (chilli, lime, onion relish)

Red or white rice-flour pittu with fish or chicken curry, kirihodi (coconut milk gravy) and katta (chilli, lime, Maldivian fish) sambal

Roasted paan (bread) with crab or prawn curry

Kothu roti. Stir fried, chopped roti mixed with vegetables and spices with egg, chicken, seafood or cheese

Devilled dishes. Fish, chicken or prawns or calamari stir-fried with red chillies, green capsicum, tomatoes and onions

Black pepper or hot butter cuttlefish

RICE & CURRY a classic Sri Lankan meal with a great variety of curries to choose from. A Rice & Curry meal typically consist of a protein (fish, egg, chicken, meat), vegetable curries, dhal, a mallung, rice and papadam.

Be sure to try... fish mustard curry, white fish curry made with coconut milk, Amulthiyal, a hot, sour, dry fish dish, red chicken curry, strong, mutton or beef curry, black pork curry, spicy prawn or crab curry...

Vegetable curries... green beans, string beans, wing beans, pumpkin, butternut squash, kekiri/cooking melon, bitter gourd, snake gourd, spine gourd, ridge gourd/luffa, drumsticks, polos/ young jack fruit, jack fruit seed, capsicum, cabbage, oyster mushroom, plantain, tomato, green mango, ambarella, brinjal, potato, beetroot, kankung, leek, okra, lotus stem, banana flower, cashew, kohila...

Mallung - a salad of shredded leaves, grated coconut, lime and spices, raw or slightly tempered, made from many different leafy greens such as gotukola, mukunuvana, kale, spinach, cabbage, passionfruit leaves...



Globetrotting

Nasi Goreng Indonesian spicy rice with egg, chicken, fish or prawns

Biryani with vegetables, egg, chicken, beef or mutton

Tandoori chicken or fish

Sweet and Sour chicken, fish or prawns

Teriyaki chicken or fish

Red Thai curry with prawn, fish, chicken, tofu or vegetables

Pasta

Pesto with prawns, cuttlefish or chicken.

Carbonara

Tomato, garlic and basil with prawns or seafood with or without chilli

Cheesy pasta with or without bacon

Sausage and tomato sauce (spicy or non-spicy)

Pizzas

Choose toppings: Tomato, onion, basil, brinjal, capsicum, mushroom, chilli, olives, bacon, sausage (spicy/non spicy), chicken, prawns, calamari

Seafood

Whole fish, fish steaks, jumbo prawns, prawns, calamari or crab cooked with your choice of flavours: Garlic, ginger, lime and kochi chillies

Garlic butter

Lemon mustard

Tomato, red chillies, ginger and garlic

Battered, fried fish, calamari or prawns

Lobster (in season), poached, grilled or gratinated

Yellow Fin Tuna



Sides

Potatoes - roasted, boiled, mashed, tempered, French fries, sweet potato fries

Rice - red rice, white rice, yellow rice, tempered rice, coconut rice

Stir-fried rice or noodles with vegetable, egg, chicken or seafood

Stir-fried vegetables with soy, ginger, garlic or oyster sauce

Vegetables - steamed, boiled, oven roasted, gratinated

Side salads - Mixed vegetable

Green salad

Tomato and basil (and avocado in season)

Tomato, onion and cucumber

Cucumber and mint (and avocado in season)

Thai green mango or papaya

Beetroot salad

Bitter melon, tomato and onion

Snake melon, onion and green chilli

Desserts

Curd and honey

Ice cream

Fruit salad

Crème caramel

Coconut and lemongrass crème caramel

Pineapple and banana fritters with ice cream

Watalapan

Coconut pancakes

Chocolate biscuit pudding



Drinks

Complementary local coffee and Sri Lankan teas (black tea, green tea, fruit teas, ginger tea with jaggery, chai)

Hot chocolate

Ice-Tea

Fruit Juices - Banana, lime, papaya & lime, lime & mint, watermelon, mango, passionfruit, narang (local orange), pineapple, soursop, guava, mixed fruit

Lassi - Plain, banana, mango, avocado and papaya

Milkshakes - Vanilla, banana or chocolate

Snacks

Fish or vegetable cutlets

Papadums

Popcorn

Cheese toast

French fries

Sweet potato fries

Manioc chips or fried plantain

Fruit



Please ask the cook if you would like to freeze some fresh juice or ice-tea lollies

