Meda Gedara

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