

BREAKFAST

Vegan Smoothie Bowl ●● Rs. 2000

Frozen beetroot, banana and soy milk, granola, coconut flakes, tropical fruits

Banana Smoothie Bowl ●● Rs. 2000

Frozen banana with peanut butter, chocolate and milk, topped with banana and granola

Pancakes ● Rs. 2100

Gluten-free fluffy pancakes served with fried banana, tropical fruits and honey

Sri Lankan Egg Hoppers ●● Rs. 2300

Street food speciality of nested eggs in crispy bowl-shaped pancake, raw vegetable sticks, smashed avo

Hummus Shakshuka ● Rs. 2400

Two eggs in chunky tomato sauce and hummus, focaccia slices

Mashed Avo ● Rs. 2400

Crispy bread, mashed avo, poached eggs, grilled mushroom and tomatoes, salad, roasted baby potatoes

BEACH BITES

Potato Wedges ●● Rs. 1100

Thick wedges of potato with herbs

Bruschetta ● Rs. 1500

Crispy Bread with cut tomato, onion, garlic, olive oil

Tropical Fruit Bowl ● Rs. 2000

Seasonal tropical freshly cut fruits

Battered Prawns Rs. 2250

served with cocktail sauce

Grilled Vegetable Focaccia ● Rs. 2500

Homemade woodoven italian soft-bread filled with grilled veggies and mozzarella

Jackfruit Focaccia ● Rs. 2500

Homemade woodoven italian soft-bread filled with pulled baby jackfruit, cabbage, juicy sauce

Fish & Chips Rs. 2800

Fried fish with potato wedges and dip

BEACH PLATTERS

Tropical Fruit Platter ●● Rs. 3500

Seasonal tropical freshly cut fruits, vanilla ice cream, Nutella dip

Mediterranean Mezze Platter ● Rs. 5500

Fresh vegetable sticks (carrot, cucumber, bell pepper), falafel, olives, feta cheese, grilled eggplant, hummus, beetroot dip, focaccia slices

Seafood Platter Rs. 9000

Selection of today's catch of fresh fish and prawns, marinated and grilled, with dips

SALAD & BOWLS

Chickpea Salad ● Rs. 2100

Local Sri Lankan salad with seasond chickpeas, tomato, avocado, onion, lemon sauce, focaccia slices

Quinoa Salad ● Rs. 2200

Quinoa, avocado, cucumber, tomato, onion, lemon sauce, focaccia slices

One Love Tropical Salad ● Rs. 2400

Fresh garden greens, mango, avocado, cherry, tomato, cucumber with passionfruit dressing, focaccia slices

Pasta Bowl Salad ● Rs. 2400

Penne with grilled eggplant, paneer, cherry tomato and mushrooms, parmesan cheese and seeds

Tropical Rice Bowl ●● Rs. 2400

Red rice, carrots, beetroot, cucumber, mango, pineapple, Tahini sauce

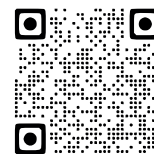
Falafel Bowl ● Rs. 2400

Homemade falafel balls on garden greens, feta cheese, hummus, focaccia slices

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APPRECIATE
YOUR FEEDBACK





STAY HYDRATED

Bottle of Water	Rs. 350
Cola, Sprite, Fanta, Soda	Rs. 420
King Coconut	Rs. 450
Detox Water	Rs. 750
Lime Soda	Rs. 800

JUICES

Arugamyay! Watermelon, Pineapple, Mint	Rs. 1100
Passioncoco Passionfruit, Coconut Water	Rs. 1100
Energy Booster Papaya, Ginger, Mint	Rs. 1100
Tropical Feel Banana, Mango, Passionfruit	Rs. 1100

SMOOTHIES

One Love Smoothie Banana, Mango, Pineapple, Coconut Water	Rs. 1250
Vitamina Smoothie Banana, Apple, Orange, Lime	Rs. 1250
Tropical Smoothie Banana, Mango, Pineapple, Passionfruit	Rs. 1250

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HOT COFFEE

Espresso	Rs. 700
Americano	Rs. 900
Flat White	Rs. 1000
Cappuccino	Rs. 1000
Latte	Rs. 1000
Raspberry Latte Espresso, Milk, Raspberry Syrup	Rs. 1200
Mocca coffe Espresso, Cacao Milk, Choco Syrup	Rs. 1200
CoCo Cardamon Cortado Espresso, Cardamom, Milk	Rs. 1200
RAF Jungle Double Espresso, Milk, Salted Caramel Syrup, Kithul	Rs. 1600
RAF Raspberry Double Espresso, Milk, Caramel Syrup, Raspberry Syrup	Rs. 1600
RAF & Nutzz Double Espresso, Milk, Almond Syrup, Crashed Cashew	Rs. 1600
Almond/Soya/Coconut milk	Rs. 200

COLD COFFEE

Iced Americano	Rs. 950
Iced latte	Rs. 1050
Iced Espresso Tonic Double Espresso, Caramel Syrup, Ice Tonic	Rs. 1300
Iced Bambara Double Espresso, Kithul, Ice Orange Juice	Rs. 1400
Iced Wet Bambara Double Espresso, Kithul, Ice Orange Tonic	Rs. 1400
Cool Mocca Double Espresso, Ice, Cacao Milk, Choco & Caramel Syrup, Whipped Cream	Rs. 1600
Cold Iceberry RAF Double Espresso, Milk, Caramel Syrup, Raspberry Syrup	Rs. 1600
Cool & Nutzz Double Espresso, Ice, Coconut Milk, Caramel & Almond Syrup, Crashed Cashew	Rs. 1600
Pistachio Affogato Double Espresso, Pistachio Ice Cream, Nutella	Rs. 1600
Almond/Soya/Coconut milk	Rs. 200



Arugam Bay Evening

BITES

- Potato Wedges** ●● Rs. 1100
- Bruschetta** ● Rs. 1500
Crispy Bread with cut tomato, onion, garlic, olive oil
- Battered Prawns** Rs. 2250
served with cocktail sauce

BEACH PLATTERS

- Tropical Fruit Platter** ●● Rs. 3500
Seasonal tropical freshly cut fruits, vanilla ice cream, Nutella dip
- Mediterranean Mezze Platter** ● Rs. 5500
Fresh vegetable sticks (carrot, cucumber, bell pepper), falafel, olives, feta cheese, grilled eggplant, hummus, beetroot dip, focaccia slices
- Seafood Platter** Rs. 9000
Selection of today's catch of fresh fish and prawns, marinated and grilled, with dips

SALAD & BOWLS

- Chickpea Salad** ● Rs. 2100
Local Sri Lankan salad with seasoned chickpeas, tomato, avocado, onion, lemon sauce, focaccia slices
- Quinoa Salad** ● Rs. 2200
Quinoa, avocado, cucumber, tomato, onion, lemon sauce, focaccia slices
- One Love Tropical Salad** ● Rs. 2400
Fresh garden greens, mango, avocado, cherry, tomato, cucumber with passionfruit dressing, focaccia slices
- Pasta Bowl Salad** ● Rs. 2400
Penne with grilled eggplant, paneer, cherry tomato and mushrooms, parmesan cheese and seeds
- Tropical Rice Bowl** ●● Rs. 2400
Red rice, carrots, beetroot, cucumber, mango, pineapple, Tahini sauce
- Falafel Bowl** ● Rs. 2400
Homemade falafel balls on garden greens, feta cheese, hummus, focaccia slices

PASTA

- Pasta Pesto** ● Rs. 2200
Pesto out of ground basil leaves and herbs, parmesan
- Pasta alla Norma** ● Rs. 2200
Eggplant and tomato sauce, parmesan
- Pasta Carbonara** Rs. 2400

● vegan ● vegetarian ● gluten-free
All prices are subject to 10% service charge.

WOOD-FIRED PIZZA

- Marinara Pizza** ● Rs. 1600
- Garlic Bread Pizza** ● Rs. 1750
- Margherita Pizza** ● Rs. 2200
- Spicy Pizza** ● Rs. 2350
selection of local fresh chilis
- Pesto Pizza** ● Rs. 2350
basil leaves pesto, topped with fresh cherry tomatoes
- Vegetable Pizza** ● Rs. 2500
eggplant, mushroom, tomato
- Mushroom Pizza** ● Rs. 2500
- Chicken Bacon Pizza** Rs. 2850
- Chicken Pepperoni Pizza** Rs. 2850
- Gluten-free dough** ● Rs. 350

BURGERS

- Vegan Jackfruit Burger** ● Rs. 2500
Homemade jackfruit patty, vegetables, onion *
- One Love Chicken Double Burger** Rs. 3000
Two chicken patties, fried egg, chicken bacon, cheese and onion *
*in a homemade bun, served with salad and potato wedges

REGIONAL DISHES

- Lamprais Veggie** ● Rs. 2200
- Lamprais Chicken and Egg** Rs. 2400
Sri Lankan dish from the mountains
curries wrapped banana leaf, coconut sambol, papadam
- Biriyani Egg** ● Rs. 2200
- Biriyani Chicken** Rs. 2450
- Chicken Fried Rice** Rs. 2450
- Seafood Fried Rice** Rs. 2900
- Yellow Fin Tuna Steak** Rs. 3000
Fish fillets seasoned with garlic and lemon, yellow rice, salad

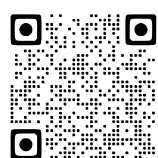
SWEETS

- Banana Fritters** Rs. 1200
Crispy fried banana slices, served with vanilla ice cream
- Nutella Banana Pizza** Rs. 2400
Sweet pizza with melted chocolate and freshly cut banana

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APPRECIATE
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Evening Drinks

COFFEE

Espresso	Rs. 700
Americano	Rs. 900
Flat White	Rs. 1000
Cappuccino	Rs. 1000
Latte	Rs. 1000
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Iced Americano	Rs. 950
Iced latte	Rs. 1050
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Iced Bambara Double Espresso, Kithul, Ice Orange Juice	Rs. 1400
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Arugamyaay! Watermelon, Pineapple, Mint	Rs. 1100
Passioncoco Juice Passionfruit, Coconut Water	Rs. 1100
Energy Booster Juice Papaya, Ginger, Mint	Rs. 1100
One Love Smoothie Banana, Mango, Pineapple, Coconut Water	Rs. 1250
Vitamina Smoothie Banana, Apple, Orange, Lime	Rs. 1250
Tropical Smoothie Banana, Mango, Pineapple, Passionfruit	Rs. 1250

BEER

Lion	Rs. 1000
Lion Ice	Rs. 1100
Heineken	Rs. 1100
Carlsberg	Rs. 1200
Somersby Apple	Rs. 1320
Somersby Blackberry	Rs. 1320

WINE

Glass of Red wine	Rs. 2350
Glass of White wine	Rs. 2350
Bottle	Rs. 11000

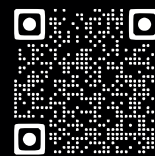
SHISHA

Ask for available flavours Rs. 3500

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COCKTAILS

Arrack Attack Rs. 1500
Arrack, Lime, Honey, Ginger Beer

Arrack Coke Rs. 1500
Arrack, Coke

Cuba Libre Rs. 1600
Rum, Lime, Coke

Whiskey Sour Rs. 1700
Whiskey, Lime Juice, Sugar

Mojito Rs. 1700
Rum, Lime, Mint, Sugar

Passionfruit Mojito Rs. 1800
Rum, Lime, Passionfruit, Mint, Sugar

Watermelon Mojito Rs. 1800
Rum, Lime, Watermelon, Mint, Sugar

Daiquiri Rs. 1900
Rum, Syrup, Lime Juice

Cosmopolitan Rs. 2000
Vodka, Triple Sec, Cranberry Juice, Lime Juice

Moscow Mule Rs. 2000
Vodka, Ginger Beer, Lime, Honey

Pina Colada Rs. 2000
Rum, Pineapple, Coconut Cream

Irish Coffee Rs. 2400
Whiskey, Double Espresso, Whipped cream

Margherita Rs. 2600
Rum, Tequila, Lime Juice

Espresso Martini Rs. 2700
Vodka, Cold Espresso

Long Island Iced Tea Rs. 3100
Vodka, Rum, Gin, Tequila, Triple Sec, Lime, Coke, Sprite

LONGDRINKS

Gin Tonic Rs. 1700

Rum Coke Rs. 1700

Whiskey Coke Rs. 1700

Red Rum Ginger Beer Rs. 1700

Vodka Orange Rs. 1700

Vodka Lime Soda Rs. 1700

Vodka Sprite Rs. 1700

Vodka Red Bull Rs. 2600

For the Bottle Menu please ask the staff.

SIGNATURES

One Love Rs. 1800
Vodka, Cranberry Juice, Sprite, Lime, Sugar

Vodka Hiccup Rs. 2000
Vodka, Caramel Syrup, Coconut Milk, Orange Liqueur, Vanilla Extract

Kurundu Rs. 2000
Whiskey, Fresh Passionfruit, Burnt Pineapple, Kithul, Dusted Cinnamon Powder

Karapinchii Rs. 2000
Ceylon Arrack, Karapincha Tincture, Smoked Kithul, Cold Milk

Co2 Rs. 2000
White Rum, Pineapple Shrub, Lime Juice, Tonic

Gin Karden Rs. 2200
Gin, Fresh Cucumber Puree, Mint, Citrus, Demarara Syrup

HOT ASF Rs. 2500
Tequila, Watermelon, Citrus, Kithul, Chili Powder

MOCKTAILS

Virgin Passionfruit Mojito Rs. 1200
Lime, Passionfruit, Mint, Sugar

Virgin Watermelon Mojito Rs. 1200
Lime, Watermelon, Mint, Sugar

Virgin Pina Colada Rs. 1200
Pineapple, Coconut Cream

SHOTS 50ml

Arrack / Gin / Vodka Rs. 1100

White / Red Rum Rs. 1100

Whiskey V&A Rs. 1300

Sambuca Rs. 1900

Baileys Rs. 2000

Bombay Sapphire Rs. 2000

B52 Rs. 2100

Black Jack Rs. 2100

Tequila Rs. 2600

JW Black Label Rs. 2600

Chivas Regal Rs. 2900

Jägerbomb Rs. 3000

Monkey Shoulder Rs. 3100

Jägermeister Rs. 3600

Martell Rs. 3900

All prices are subject to 10% service charge.