

SERVICE & TAX FREE FOR YOU!



PRICE IN LKR



VEGAN



VEGGIE



TELL US,
FOR SPICY

STARTER

TUNA AVOCADO MANGO TANGO	2900
RAW YELLOWFIN TUNA, TOMATO, CUCUMBER, AVOCADO, MANGO, LIME, HOMEMADE PESTO, OLIVE OIL & FRENCH BAGUETTE	
TUNA MANGO SALSA DANCE	2900
SEARED YELLOWFIN TUNA, MANGO SALSA, OLIVE OIL & CRISPY SALAD	
TROPICAL COCONUT PRAWNS	2900
PRAWNS, COCONUT, HOMEMADE TARTAR SAUCE & CRISPY SALAD	
CIAO ITALIA BRUSCHETTA	2400
FRENCH BAGUETTE, TOMATO, PESTO, CHEESE, BLACK OLIVES, BASIL, GARLIC & OLIVE OIL	
7ELEMENTS FRIES	1900
FRIES, HOMEMADE HOT SAUCE, CRISPY SALAD, TOMATO KETCHUP & MAYO	

SALAD

TUNA SASHIMI REFRESHER	3300
RAW YELLOWFIN TUNA, SESAME, SUN DRIES TOMATOES, MANGO, HOMEMADE FRENCH VINAIGRETTE & MIXED CRISPY SALAD	
TOFU IN THE GREEN GARDEN	3100
MIXED SALAD, GRILLED TOFU, BLACK OLIVES & HOMEMADE FRENCH VINAIGRETTE	
BEETROOT & TOFU WELLNESS	3100
LETTUCE, STEAMED BEETROOT, GRILLED TOFU, TOMATO, BALSAMIC REDUCTION & HOMEMADE FRENCH VINAIGRETTE	

POKE BOWL

CHICKEN PROTEIN PACKAGE	3300
HERB MARINATED GRILLED CHICKEN, BOILED BARLEY, BLACK BEANS, AVOCADO, MIXED SALAD, BEANS SPROUT, CHICKPEAS, GARLIC, LEMON & OLIVE OIL	
7ELEMENTS TUNA HARMONY	3300
RAW YELLOWFIN TUNA, HOMEMADE PONZU SAUCE, RICE, CUCUMBER, TOMATO, LETTUCE, AVOCADO, MANGO, BEANS SPROUT, CABBAGE & CORIANDER	

SOUP

SOUP OF THE SEA	3300
SEAFOOD BROTH, TUNA, PRAWNS, CALAMARI, SESAME OIL & GARLIC TOAST	
CREAMY CHICKEN DREAM	3300
CHICKEN, CREAM, WHITE WINE, CHOP PARSLEY & GARLIC TOAST	
VEGETABLE ELIXIR	3000
VEGETABLE BROTH, TOFU, SAISON MIXED VEGETABLES, SESAME OIL & GARLIC BREAD	
HEARTY CHICKEN RAMEN	3500
CHICKEN BROTH, CHICKEN, EGG NOODLES, SAUTEED SPINACH/PAK CHOY (VARIES BY SAISON) POTATO, BEANS SPROUT, GREEN BEANS, BOILED EGG & GARLIC BREAD	

INDIAN OCEAN

SRI LANKA LOVE - RICE & CURRY	
TRADITIONAL COOKED. RICE, 5 SEASONABLE VEGETABLES, PAPADAM & CHUTNEY	
CHOOSE:	
FRIED TOFU	2200
CHICKEN	2900
YELLOFIN TUNA	2900
INDONESIA LOVE - NASI GORENG	
RICE, VEGETABLES, FRIED EGG, PINEAPPLE, PRAWN CRACKERS & SWEET MANGO CHUTNEY	
CHOOSE:	
FRIED TOFU	2200
CHICKEN	2900
YELLOFIN TUNA	2900
INDONESIA LOVE - MEE GORENG	
EGG NOODLES, VEGETABLES, FRIED EGG, PINEAPPLE, PRAWN CRACKERS & SWEET MANGO CHUTNEY	
CHOOSE:	
FRIED TOFU	2200
CHICKEN	2900
YELLOFIN TUNA	2900

BREADS

CHEESY TUNA PANINI	3300
YELLOFIN TUNA, PANINI, CABBAGE OMELET, CHEDDAR CHEESE, TOMATO, LETTUCE, CARAMELIZED ONION, FRENCH FRIES, TOMATO KETCHUP & MAYO	
CREAMY CHICKEN PANINI	3300
GRILLED CHICKEN, PANINI, CREAMY CHEDDAR CHEESE, ONION, TOMATO, LETTUCE, FRENCH FRIES, TOMATO KETCHUP & MAYO	
HALLOUMI SOUR BREAD	3300
GRILLED HALLOUMI CHEESE, SOUR BREAD, PESTO, LETTUCE, TOMATO, CARAMELIZED ONION, CUCUMBER, FRESH BASIL, OREGANO, OLIVE OIL, FRENCH FRIES, TOMATO KETCHUP & MAYO	
CREAMY SALMON BAGEL	3800
SMOKED SALMON, BAGEL, CREAM CHEESE, LETTUCE, TOMATO, PICKLE GHERKIN, BLACK OLIVES, FRESH BASIL, FRENCH FRIES, TOMATO KETCHUP & MAYO	

BURGER

CHICKPEA PUMPKIN HEAVEN	3300
CHICKPEA PATTY, PUMPKIN, BEETROOT, LETTUCE, CARAMELIZED ONIONS, TOMATO, CUCUMBER, PESTO, FRENCH FRIES, TOMATO KETCHUP (& MAYO)	
CHARCOAL CRISPY CHICKEN	3300
PANKO COATED CRISPY CHICKEN, CHEESE, FRIED EGG, PESTO, LETTUCE, CARAMELIZED ONIONS, TOMATO, CUCUMBER, MUSTARD BUTTER, FRENCH FRIES, TOMATO KETCHUP & MAYO	
THE CLASSIC CHEESY BEEF	3300
HOMEMADE BEEF PATTY, CHEESE, FRIED EGG, LETTUCE, PESTO, CARAMELIZED ONIONS, TOMATO, CUCUMBER, MUSTARD BUTTER, FRENCH FRIES, TOMATO KETCHUP & MAYO	



TELL US, IF YOU HAVE ANY
FURTHER WISHES &
DON'T MISS OUR DAILY
SPECIALS!

ALLERGEN INFORMATION FOR YOU:

WE TAKE FOOD ALLERGIES AND SENSITIVITIES SERIOUSLY. IF YOU HAVE ANY DIETARY RESTRICTIONS OR ALLERGIES, PLEASE INFORM OUR TEAM BEFORE PLACING YOUR ORDER. OUR TEAM IS HERE TO GUIDE YOU IN SELECTING DISHES THAT MEET YOUR NEEDS.

P A S T A

ARABIATA EL SCAMPI 3500

PENNE, GRILLED PRAWNS, ARABIATA SAUCE, PARMESAN CHEESE, GARLIC, OLIVES, BASIL & OLIVE OIL

NAPOLITANO EL TOFU 3300

SPAGHETTI, GRILLED TOFU, SUNRISED TOMATO, TOMATO, ITALIAN HERBS, PARMESAN CHEESE & BASIL

SCAMPI EL AGLIO EL OLIO 3500

SPAGHETTI, PRAWNS, WHITE WINE, GARLIC, OLIVE OIL, CHILLI, TOMATO CUBES, PARMESAN CHEESE & BASIL

PESTO GRILLED CHICKEN 3500

PENNE, GRILLED CHICKEN, CREAMY PESTO SAUCE, PARMESAN CHEESE & BASIL

THE CLASSIC BOLOGNESE 3500

SPAGHETTI, RED WINE, TOMATO SAUCE, ITALIAN HERB, PARMESAN CHEESE & BASIL

CHOOSE:

BEEF
CHICKEN

CREAMY PRAWN PASTA 3500

PENNE, PRAWNS, CREAM CHEESE, WHITE WINE, PARMESAN CHEESE & BASIL

CARBONARA LOVER 3500

SPAGHETTI, EGG, BACON, CREAMY SAUCE, PARMESAN CHEESE & BASIL

MUSSELS SYMPHONY 3800

SPAGHETTI, MUSSELS, GARLIC, PARMESAN CHEESE, BASIL, TOMATO, WHITE WINE & OLIVE OIL

S E A F O O D

7ELEMENTS - TUNA STEAK 3700

GRILLED YELLOFIN TUNA, CHEF'S SPECIAL SAUCE, WHITE WINE, GARLIC, LEMON, OLIVE OIL, BUTTER, BASIL, TOMATO CUBES, SAUTEED SPINACH, FRENCH FRIES, TOMATO KETCHUP & MAYO

7ELEMENTS - SALMON STEAK 4900

GRILLED SALMON, CHEF'S SPECIAL SAUCE, WHITE WINE, GARLIC, LEMON, OLIVE OIL, BUTTER, BASIL, TOMATO CUBES, SAUTEED SPINACH, FRENCH FRIES, TOMATO KETCHUP & MAYO

7ELEMENTS - RED SNAPPER STEAK 3700

GRILLED RED SNAPPER, CHEF'S SPECIAL SAUCE, WHITE WINE, GARLIC, LEMON, OLIVE OIL, BUTTER, BASIL, TOMATO CUBES, SAUTEED SPINACH, FRENCH FRIES, TOMATO KETCHUP & MAYO

GRILLED SEAFOOD PARADISE 3500

CHEF'S SPECIAL SAUCE, WHITE WINE, GARLIC, LEMON, OLIVE OIL, BUTTER, BASIL, TOMATO CUBES, SAUTEED SPINACH, FRENCH FRIES, TOMATO KETCHUP & MAYO

CHOOSE:

GRILLED CALAMARI
GRILLED PRAWNS

SICILIAN PLATED CALAMARI 3500

GRILLED CALAMARI, CHEF'S SPECIAL SAUCE, GARLIC, LEMON, OLIVE OIL, BUTTER, BASIL, TOMATO CUBES, SAUTEED SPINACH, FRENCH FRIES, TOMATO KETCHUP & MAYO

THAI GREEN CURRY PRAWNS 3500

PRAWNS, EGGPLANT, VEGETABLES, COCONUT MILK, LEMON GRASS, RICE, CORIANDER & PAPADAM

M E A T

7ELEMENTS-BEEF STEAK

AUSTRALIAN BEEF, JUS, RED WINE, MUSHROOM SAUCE, SAUTEED SPINACH & SMASHED POTATOES

CHOOSE:

AUSTRALIAN STRIPLOIN - 200 GRAM
AUSTRALIEN BEEF FILET - 200 GRAM

8000

7500

SABI'S CHICKEN QUESADILLA 3500

GRILLED CHICKEN, CHEESE, GARLIC, ONION, MIXED PEPPERS, SWEET CORN, CORIANDER, MEXICAN MIXED SPICES, PICKLED CUCUMBER, FRENCH FRIES, TOMATO KETCHUP & MAYO

THE CHEFS GRILLED CHICKEN 3500

HERBS MARINATE GRILLED CHICKEN, RED WINE, JUS, MUSHROOM SAUCE, SAUTEED SPINACH, FRENCH FRIES, TOMATO KETCHUP & MAYO

CHICKEN KEBAB 3500

CHICKEN, ONION, TOMATO, PINEAPPLE, TORTILLA BREAD, BBQ SAUCE, SAUTEED SPINACH, FRENCH FRIES, TOMATO KETCHUP & MAYO

S W E E T

RUMMY FLAMED FRUITS 2600

FLAMMED FRUITS, RUM, HONEY, ICE CREAM

CHOOSE:

VANILLA OR CHOCOLATE ICE CREAM

RUMBA CREPE 2800

CREPE, RUM, ICE CREAM

CHOOSE:

WITH BANANA OR PINEAPPLE
VANILLA OR CHOCOLATE ICE CREAM

BANANA MEETS CHOCO 2600

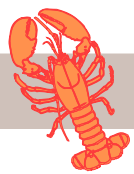
FRIED BANANA, CHOCOLATE SAUCE, ICE CREAM

CHOOSE:

VANILLA OR CHOCOLATE ICE CREAM

TROPICAL FRUIT DREAM 2400

FRESH FRUIT PLATE FROM THE CHEF



UNCLE NAMADASA FRESH LOBSTER

WE ARE PROUD TO BE LOCATED NEXT TO A FAMOUS SPOT FOR FRESH LOBSTERS.

OUR HOTEL & RESTAURANT PLACE, WHERE YOU ARE RIGHT NOW, HAS A LONG FAMILY TRADITION OF SERVING THE FINEST LOBSTERS.

WHEN IN SEASON, WE'RE EXCITED TO OFFER YOU A TRULY HEAVENLY LOBSTER EXPERIENCE.

CATCH OF THE DAY
PRICE VARY



Stay in contact?
...follow us:



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Open for you daily: 8am - 22pm