

the atlas breakfast

good morning

breakfast boost

soursop smoothie bowl roasted cashew nut, pumpkin seed, clove dust, almond milk (n) (gf) (v)
passion fruit smoothie bowl caramelised almond, frozen watermelon, honey (n) (gf) (v)
vanilla almond granola with stirred yoghurt, dried fruits & nuts (n) (v)
cereal muesli, corn flakes, cocoa pops, weetabix, with your choice of milk - full cream, low fat, skimmed, soy (v)
curd/yoghurt buffalo curd, stirred, fruit or low-fat yoghurt (v) (gf)
skimmed milk oatmeal with apple & strawberry (v)
daily special herbal porridge herbal purée, mashed red rice, 'kithul' jaggery (gf) (v)
avocado toast sourdough bread, avocado, fresh tomato, basil, mozzarella cream (v)
baked carrot hummus feta cheese crumble, fried chickpeas, pomegranate, micro cress, sourdough bread (v)

mains

full english breakfast smoked bacon, gluten-free home-made sausage, roasted tomato, braised mushroom, hash brown, brace of eggs - your choice of fried, poached or scrambled (gf)
ranch-style eggs beetroot & chia tortilla, smashed avocado, black beans, tomato, coriander, smoked pepper oil, topped with a fried egg
royal hash truffle-infused potato rosti (not your normal hash brown), topped with a poached egg & truffle hollandaise sauce (gf)
plant-based breakfast sautéed potatoes, braised mushroom, roasted plum tomato, house beans, plant-based spinach & seed focaccia (v)
eggs on muffins toasted english muffin, poached eggs, hollandaise sauce with your choice of: royale - salmon, florentine - sautéed spinach (v), benedict - ham, mimi - mashed avocado (v)
croque monsieur bread slice, butter, pork ham, gruyere cheese, bechamel, mustard cream
coconut jam stuffed french toast brioche bread, spicy pineapple compote, mixed berry sorbet, 'kithul' treacle
cardamom-infused pancakes cinnamon & apple compote, home-made granola, coconut cream, 'kithul' treacle, snow sugar (n)
coconut & chocolate waffle coconut sand, 50% chocolate sauce, coconut whipped ganache (n)
pandan-infused crêpe caramelised banana, 'kithul' treacle, cinnamon ice cream
fruits selection of local & seasonal

*all european breakfast items are served with freshly baked bread, pastries, home-made jams & marmalade

southern sri lankan breakfast

'appa' - hoppers crispy edge coconut & rice flour crêpe - plain or with an egg (gf)
'indi appa' - string hoppers steamed rice flour noodle (gf) (v)
'pol roti' - coconut & wheat flour flat bread (v)
'kiribath' - milk rice prepared with coconut milk (v) (gf)
all dishes served with your choice of chicken, fish, prawn, or beef curry with dhal & traditional condiments

sides

home-made chicken sausage (gf), sautéed spinach (v) (gf), crispy bacon (gf), baked beans (gf) (v), grilled tomato (v) (gf), hash brown (gf) (v)

beverages

selection of dilmah tea

'yata watte' low grown, 'meda watte' mid grown, 'uda watte' high grown, 'ran watte' nuwara eliya, brilliant breakfast, earl grey, green tea with jasmine, ceylon young hyson green tea, ceylon ginger tea, moroccan mint green tea, the first ceylon oolong

coffee espresso, cappuccino, café latte

hot chocolate

smoothies strawberry-ginger-watermelon, banana-dried prunes-yogurt, pineapple-mango

freshly squeezed fruit juices orange, pineapple, papaya, mixed fruit, watermelon, king coconut water

juice of the day please ask our service team for today's special



(v) vegetarian (vg) vegan (gf) gluten-free (a) contains alcohol (n) contains nuts
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the atlas lunch

small plates

- black pepper tempura prawns** tempura tiger prawns, black pepper-curry leaf sauce, coconut sambal 18
- yellowfin tuna carpaccio** thinly sliced fresh tuna, black olive tapenade, honey mustard dressing, mixed greens (gf) 15
- two ceylon tacos** batter fried snapper with tomato, onion, coriander sambal, roti & garlic cream 11
- sri lankan rice paper roll** filled with onion-chilli sambal & choice of vegetables (v), chicken or prawn with peanut caramel (n) 18
- aromatic vegetable & tofu soup** chinese style soup with seasonal vegetables, steamed tofu (v) 16
- green mango chilled soup** green mango soup, pickled mango & cucumber, coriander leaves (v) 7

soups

- aromatic vegetable & tofu soup** chinese style soup with seasonal vegetables, steamed tofu (v) 18
- green mango chilled soup** green mango soup, pickled mango & cucumber, coriander leaves (v) 8

large plates

- chilli calamari pasta** homemade squid ink pasta, spring onion, red chilli, baby calamari, white wine (a) 16
- the atlas surf & turf ciabatta sandwich** pork bacon, chicken, fish, avocado, 'seeni sambal', chilli butter spread, coleslaw, cheddar cheese & fries 19
- vegetable pad kra pao** stir-fried tofu, steamed bok choy, fried peanuts, fragrant rice (v) (n) 19
- ahi tuna poke bowl** marinated tuna, avocado, mango, sushi rice, wasabi cream 21
- tamarind vermicelli** spring onion, fried egg, peanuts, bok choy, dried red chilli sambal with a choice of chicken, prawns, or vegetables (n) 14
- grilled trincomalee barramundi** roasted vegetables, pomelo & herb salad (a) (gf) 20
- beef rendang** fragrant rice, peanuts with fried sprats, pickled cucumber, spicy sambal (n) (gf) 20
- chicken shawarma wrap** flatbread, chicken thigh, harissa sauce, lettuce, yogurt sauce 19
- kottu roti** popular sri lankan street food, torn roti & vegetables tossed with a choice of spiced vegetables (v), chicken, prawn, or fish 20
- sri lankan rice & curry** cape's famous curry selection with rice & condiments. please ask for today's selection 23

sides

- crispy fries** chilli salt, aioli (v) 5
- market fresh vegetables** with extra virgin olive oil (gf) (v) 5
- stir-fried greens** (v) 5
- garden salad** with mustard vinaigrette (v) (gf) 5



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dessert

banana cream caramel

caramel banana, egg custard, & coconut crumble with
roasted cashew nuts (n) 12

marble cheesecake

chocolate brownie, cream cheese, & chocolate ganache
with vanilla ice cream 12

baked yogurt

yogurt, tropical fruit salsa, with passion fruit sauce (gf) 12

date and jaggery pudding

date jaggery pudding with strawberry sauce, chocolate crumble,
& caramel ice cream (n) 12

coconut mousse

coconut cream, coconut dacquoise, & coconut jelly (n) 12

tropical fresh fruit salad with passion coulis

fresh fruit platter 10

selection of homemade ice cream and sorbet 6



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the atlas dinner

starters

ceylon spicy marinade grilled octopus salad pickled cucumber, red pepper confit, onion, cherry tomatoes, passion fruit citrus vinaigrette (gf) 18

homemade pot steamed lobster dumpling lemon ginger tamarind sauce, chives, chili, peanut oil (n) 18

white snapper ceviche red pepper, mango, cherry tomatoes, red onion, cilantro, shaved coconut & spiced broth (gf) 15

salt baked beets variations of beetroot, goat cheese & walnuts (v) (n) 12

healthy green salad & buffalo curd labneh tomato, cucumber, avocado, greens, with mustard-coconut vinaigrette (v) (gf) 12

healthy quinoa & pickled tofu salad roasted pumpkin, parsley, tomato, avocado, lemon herb dressing, soy honey reduction (v) (g) (vg) 16

gamboge spice coated yellowfin tuna carpaccio cucumber, avocado, fennel & orange salad, creamy wasabi dressing 15

black angus beef steak tartare fried quail egg, spring onion, onion, lemon, olive oil, parmesan crackers 20

four local oysters lime wedges, chili onion salsa, coconut lime dressing (gf) 18

blue swimmer crab & coconut sambol tartare mixed greens, red radish, spicy mango salsa (sf) 18

soups

crab & coconut soup lemongrass flavoured crab bisque, crab, coconut cream (a) 18

local arrack-infused clam bowl corn, tomato, coriander, curry leaves, green beans, onion, salt-baked local capsicum (gf) (a) 18

curry-flavoured 'beruwala' style beef & lentil soup potato, carrot, celery, green lentil, tomato (gf) 16

cauliflower & cashew soup picked cauliflower, cashew crumb, chilli oil (n) (gf) (v) 16

chicken sodhi soup curried chicken broth, coconut milk rice cake 16

coconut-base healthy luffa soup coriander, fried onion, roasted curry leaves, fried vegetable wonton (v) 12



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the atlas dinner

mains

cape comfort

salt crusted barramundi fillet prosa millet (meneri), creamy lemongrass sauce (gf) (n) 30

local crustaceans (slipper lobster, sea crab or prawns)

with your choice of sauces & cooking methods served with steamed rice 45

wok fried with chilli, garlic, egg & cashew nut (n)

flash fried with black pepper & curry leaf sauce

steamed with sauvignon blanc, tomato, basil & garlic butter (a)

choice of crustaceans subject to market availability

cape ocean platter prawn, lobster, calamari, reef fish, octopus, mixed greens, chardonnay emulsion, garlic roast paan (local bread) (a) 40

sri lankan kottu roti with your choice of protein - chicken, beef, or prawn sautéed roti with vegetables, eggs, sri lankan coconut curry 20

european-inspired

roasted lamb rack rosemary roasted lamb rack, curried polenta cream, braised mushrooms, baked carrot, broccoli, herb jus (a) (gf) 55

grilled fillet of black angus angus tenderloin, fondant potatoes, buttered leeks, herb baked carrot, truffle jus (a) (gf) 55

slow roasted pork echine brown butter garlic and herb mash, winter vegetables, pineapple chutney, sage reduction (gf) (a) (l) 40

angel hair pasta with creamy crab sauce crab meat tossed with white wine & garlic butter parmesan cheese cream (a) 30

creamy chicken gnocchi with baby spinach roast chicken, sun-dried tomato, black olives (a) 30

penne arrabbiata olive oil, dried chili, tomato sauce (v) 20

seafood risotto lobster, clam, calamari, prawns, and fish tossed with chardonnay & garlic butter parmesan cheese (gf) (a) 40

unapologetically classic

spaghetti bolognese spaghetti, beef bolognese, grana padano, fresh parsley (a) 28

chicken cordon bleu crumb fried chicken breast, prosciutto, gruyère cheese, pan gravy, roasted potato, carrot 35

port wine & herb braised ossobuco corn, saffron risotto, gremolata (a) 55

the atlas dinner

contemporary pan-asian

mirin & miso marinated jack fish soy butter sauce,
cucumber carpaccio, jasmine rice, bok choy 30

grilled black angus beef chow mein flavorful and spicy fried
noodles, red bell pepper, spring onion, egg, crackers,
chilli paste (g) 45

stir-fried bok choy & tofu shiitake mushroom, spring onion,
jasmine rice, chili sambal (v) 35

duck red curry jasmine rice, eggplant, lotus root,
long beans (gf) 54

progressive sri lankan

sri lankan rice & curry

crab curry

served with 'dun thel' bath, brinjal 'moju', dhal tempered & green leaf
sambol, coconut sambol, 'papadam' 40

chicken black curry

served with 'dun thel' bath, brinjal 'moju', dhal tempered & green leaf
sambol, coconut sambol, 'papadam' 35

pork bistek pepper stew

served with 'dun thel' bath, brinjal 'moju', dhal tempered & green leaf
sambol, coconut sambol, 'papadam' 30

sri lankan coconut cream chicken stew coconut rice, capsicum,
onion, tomato, black pepper (gf) 35

black tiger prawn 'badduma' red lentil coconut mullum, spinach,
chili and tamarind broth, served with garlic rice (gf) 35

seared tuna in smoke 'goraka' - gamboge & black pepper flavoured
tuna in cinnamon wood smoke with coconut rice & sour broth 35

sri lankan style local mushroom & cashew curry served with
tempered 'suwadal' rice, 'seeni sambol', lime pickle, raw carrot salad,
fried chili, banana chips (v) (gf) (n) 18

sides

truffle mashed potato (v) (gf) 12

homemade kimchi (v) 12

wok fried greens (v) 5

garlic fried rice (v) 7

cauliflower gratin (v) (gf) 25

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the atlas dinner dessert

baked buffalo curd cheesecake

buffalo curd & mango compote with soursop ice cream (n) (a) 15

southern 'meekiri' and 'pani'

buffalo curd with coconut arrack soaked 'pol-pani' crêpe (n) (a) 13

ginger crème brûlée

ginger crème brûlée with ginger finger cookies (n) (a) 13

chamomile tea layer cream

coconut cream & local arrack cinnamon syrup, finger biscuits with local berry compote (n) (a) 15

pani dodam cream

local orange cream & mango ginger compote with banana passion sorbet 14

almond chocolate fudge

brandy-infused rich delight with cashew nut ice cream (n) (a) 15

coconut sensation

coconut macaron, sago with banana, pandan coconut sorbet, 'naran kaum' (n) 13

cape signature desserts

tropical cream with chocolate sphere, 'bibikkan', coconut sauce, trio crumble with soya ice cream (n) 18

sharing dessert for two

ginger crème brûlée, baked buffalo cheesecake & almond chocolate fudge with tropical fruit tart (n) 19

tropical fresh fruit salad with passion coulis 11

fresh fruit platter 10

selection of homemade ice cream and sorbets 7



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candlelight dinner menu

starter

tuna ceviche & mango salsa

raw tuna with tamarind, chilli peppers, semi-frozen pineapple, avocado cream, & cilantro lime dressing

or

combination of textures

roasted carrot, pickled red radish, carrot crisp, potato cream, goat cheese, walnuts, & crispy green pomegranate vinaigrette (gf) (n)

soup

curried yellow lentils & coconut

floating spinach kurakkan bread (v)

sorbet

homemade beetroot champagne (a) (v)

main course

grilled angus beef tenderloin

served with garlic herb-marinated nutmeg & sweet potato gratin, cane sugar-glazed root vegetables, ceylon tea-infused beef jus (a) (gf)

or

baked mullet fillet

ginger-infused baked mullet on a bed of spinach, garlic okra, chickpea cream, lemongrass sabayon (a) (gf)

or

mushroom & cauliflower risotto

cauliflower purée, charred cauliflower, truffle & basil (v) (gf)

dessert

chocolate trio

chocolate dacquoise with dark chocolate, milk chocolate, & white chocolate avocado ice cream (n) (gf)

or

coconut panna cotta

with caramel sauce & pineapple salsa (v) (gf)

bed & breakfast \$164 per guest

half board/full board/all inclusive – \$78 per guest



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the atlas kids

mains

fish tacos battered snapper, iceberg lettuce, mayo, tomato 10

fish & chips crispy soda-battered fish, coleslaw, tartar sauce 10

mini beef or chicken burger & chips tomato, iceberg lettuce, cheddar cheese 14

spaghetti bolognese minced meat sauce, parmesan cheese 14

prawn mac & cheese cheddar cheese, prawns, parmesan cheese 13

spaghetti with tomato sauce parmesan cheese (v) 9

buttered mashed potatoes served with boiled broccoli, carrots, & spinach (gf) (v) 8

desserts

ice cream sundae vanilla ice cream with chocolate sauce, sprinkles, & a cherry on top (n) 11

fruit salad fresh seasonal fruits (vg) (gf) 5

marshmallow skewer white chocolate, dark chocolate (gf) 4

honey joys corn flakes, butter, honey 15

selection of homemade ice creams & sorbets 6



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