



Athula's

River Restaurant

Breakfast

Menu

Breakfast for non Ayurveda Guests.

Included in room price. RS 1,500 per person for non-resident.

Tea / Coffee / Water

Coffee, Green Tea, Vata Tea, Pitta Tea, Kapha Tea or Mineral Water.

Fresh Juices

1 Glass of Juice, free of choice when available:

All juices are freshly squeezed. Please allow 10 minutes for your juice to be prepared. No additional water or extracts are added except from the Lime.

Lime juice, Lime soda, Watermelon, Pineapple, Papaya, Carrot, Tomato, Beetroot, Orange, Mango, Grape Fruit, or Mixed Fruit and Vegetable Juices of your Choice. No Cordials!

Bread

Brown-, White- or “Staff-“ bread. Butter, Cheese or Homemade Marmalades.

Yogurt

Whole Grain Cereal or Corn Flakes with Yogurt, or plain Yoghurt

Egg & meat

Boiled; 3 minutes, 5 minutes or 10 minutes. (Start from cool water plus boiling time). Fried; Sunny side, Two sides, Omelet Naturel, Omelet of your choice.

Bacon, Ham or Sausages.

Sri Lankan

Today’s Staff Breakfast (Very Hot), or Sri Lankan String hoppers with different Curries

Fresh Fruit

Watermelon, Pineapple, Papaya, Orange, Mango, Grape Fruit, Banana, Pomegranate, Lime slices.

Coconut Pancakes

Served with Honey or Jaggrey

Breakfast for Vata unbalance.

Included in room price.

Please remember that it is not good for your body to eat more than two full hands every meal

String hoppers

Served with Green soup, Coconut, Potato curry Fresh Juice, Fruits

Pittu

Served with Green soup, Mix vegetable curry, Fresh Juice, Fruits

Milk rice

Served with Green soup, Honey, Fresh Juice, Fruits

Levariya

Served with Green soup, Honey, Fresh Juice, Fruits

Green gram

Served with Green soup, Coconut, Fresh Juice, Fruits

Innala

Served with Green soup, Coconut, Fresh Juice, Fruits

Coconut Pancakes

Served with Green soup, Honey, Fresh Juice, Fruits

***Most fruits are good for Vata but should avoid
Pomegranate. Vata can but doesn't need to eat;
Banana Sour and Grape Fruit.***

Breakfast for Pita unbalance.

Included in room price.

Please remember that it is not good for your body to eat more than two full hands every meal

String hoppers

Served with Green soup, Coconut, Potato curry Fresh Juice, Fruits

Pittu

Served with Green soup, Mix vegetable curry, Fresh Juice, Fruits

Milk rice

Served with Green soup, Honey, Fresh Juice, Fruits

Levariya

Served with Green soup, Honey, Fresh Juice, Fruits

Green gram

Served with Green soup, Coconut, Fresh Juice, Fruits

Gram

Served with Green soup, Coconut, Fresh Juice, Fruits

Innala

Served with Green soup, Coconut, Fresh Juice, Fruits

Coconut Pancakes

Served with Green soup, Honey, Fresh Juice, Fruits

Avocado, Green Banana, Red Banana, Grape, Grapefruit, Mandarins, Water Melon, Pomegranate are good for Pita. Pita should avoid Amberella, Durian, Mangosteen, Orange, Passion Fruit, Pineapple, Rambutan and Star Fruit. Pita can but doesn't need to eat; Apple, Banana Sour, Lime, Mango, Slime Apple, Star Fruit.

Breakfast for Kapha unbalance.

Included in room price.

Please remember that it is not good for your body to eat more than two full hands every meal

Pittu

Served with Green soup, Mix vegetable curry, Fresh Juice, Fruits

Levariya

Served with Green soup, Honey, Fresh Juice, Fruits

Coconut Pancakes

Served with Green soup, Honey, Fresh Juice, Fruits

Helapa

Served with Green soup, Fresh Juice, Fruits

Durian, Grapefruit and Orange are good for Kapha. Kapha should avoid Avocado, Banana Sour, Banana Red, Mango, Mangosteen, Papaya, Rambutan, Star Fruit. Kapha can but doesn't need to eat; Amberella, Apple, Banana Green, Grape, Lime, Mandarins, Slime Apple, Water Melon