

ALL day BRUNCH



SMOOTHIE in a BOWL

Avocado Toast

Seasoned avocado, green leaves, pickled pink onions, grilled tomato, sautéed mushrooms, toasted seeds, toasted rye bread

1780 rs
(+250 for adding an egg)

Tofu Scramble

Seasoned minced tofu served on a toasted bagel with pesto, toasted seeds, pickles, sun-dried tomatoes, and a salad

1690 rs

Gram Omelette

Seasonal vegetables folded into a chickpea flour omelette, served with toasted gluten-free bread, salad and a fresh tomato concasse

1790 rs

Overnight Chia

Soaked chia in coconut milk served between layers of fruits and topped with granola

1330 rs

Hot Porridge

Creamy hot porridge served with bananas, tree honey, cinnamon and superseeds

1690 rs

Oatmeal Pancake

American style, banana and oatmeal mixed pancakes, topped with seeds, vegan chocolate and honey

1890 rs

Style Your Eggs

Three eggs of your choice, served with toast, grilled vegetables, potatoes, sautéed mushrooms, hummus, and a side salad

1890 rs

Lox and Loaded

Toasted bagel spread with cream cheese and topped with premium smoked salmon, thinly sliced red onions, ripe tomatoes, and capers. Finished with a sprinkle of fresh dill and sliced avocado.

2590 rs

Egg Sandwich

Softly cooked egg and tomato, sandwiched between toasted buttery white bread

1690 rs

Shakshuka

Poached eggs or tofu nestled in a rich, spiced tomato and bell pepper sauce. Infused with flavors of cumin, paprika, and garlic. Served with Whole grain bread

1890 rs

All smoothie bowls are served with diced fruits, in-house granola, chia, pumpkin, sunflower, and sesame seeds, dates, and sweetened with Sri Lankan tree honey (Gluten-free option available)

Ella Booster

Blended mango, pineapple, banana and coconut milk

1690 rs

Green Paradise

Blended kale leaves, avocado, banana, green spirulina and almond milk

1780 rs

Choco Banana

Blended banana and peanut butter, chocolate, soy milk, activated charcoal

1790 rs

Ocean Bliss

Blended banana with butterfly pea flower, coconut water and coconut milk

1690 rs

Love Island

Blended Papaya, passion fruit and banana, yogurt and dates

1790 rs

ADD ony

gv •	Sliced or smashed avo	420 rs
gv •	Grilled tofu	380 rs
g •	Smoked salmon	1490 rs
g •	Sautéed chicken	690 rs
g •	Poached egg	250 rs
gs •	Grilled Prawns	990 rs

gv •	Tomato concasse	280 rs
gv •	Red pepper hummus	380 rs
gv •	Pumpkin mash	340 rs
gv •	Pesto	460 rs
gv •	Grilled veggies	480 rs
gv •	Baba ghanoush	490 rs
v •	Extra piece of bread	290 rs

Replacing Toast with Artisan Gluten-free seeded bread is +470rs



After 11am

Sharing IS CARING

v Nachos 1690 rs

Homemade nacho chips, loaded with guacamole, tomato salsa and salad

v Tacos 1790 rs

Mixed beans served inside three homemade soft-shell crispy tacos topped with mango salsa and guacamole

v Ratatouille 1880 rs

Slow-cooked fresh eggplant, zucchini, bell peppers, tomatoes, and onions, infused with aromatic herbs, served with potatoes and sourdough

We always try to add more things
to the dish with love
so please inform us of any dietary
requirements when ordering

Local TASTE

gv Curry in a hurry 1240 rs

Three traditional curries served alongside green leafy mullum, coconut sambol, gluten-free papadam and chutney. Served with steamed rice

v Fried Rice or Noodles 1380 rs

Stir fried vegetable rice or noodles served with salad and mixed raw vegetables

v Kottu 1360 rs

Shredded roti mixed with vegetables. Served with salad and coconut sambol

• chicken + 690 rs • seafood + 790 rs • egg + 250 rs

Lean & GREEN

gv Raw Rainbow Rolls 1890 rs

Three raw vegetable rolls wrapped in rice paper and served with sweet chilli sauce

v Garden Greens 1690 rs

Fresh garden leaves served with red kidney beans, cucumber, grilled tomato and pineapple, with a tree honey garlic dressing

gv Open Lettuce Wrap 1760 rs

Crisp lettuce leaves, filled with marinated tofu, fresh julienned vegetables, and herbs. Served with a mushroom cream and tangy pickled vegetables.

• chicken + 690 rs • seafood + 790 rs

Kiddos CORNER

v Beans on Toast 1240 rs

Delicious baked beans cooked in a tomato sauce. Served on toasted white bread. Perfect for a tasty and simple meal

Plain Pasta 1540 rs

Butter mixed al-dente spaghetti served with parmesan cheese

g Egg Rice 1280 rs

Slow cooked basmati rice mixed with scrambled eggs and served with grilled veg

Chicken Nuggets 1660 rs

Crispy, golden-brown chicken nuggets made from tender, all-white chicken meat, served with home-made tomato sauce and a salad

Fish Sticks 1560 rs

Crunchy breaded fish sticks made from Pangasius white fish, served with a side of tangy tartar sauce and baby potatoes

Build your Own Burger

Select at least 3 items to have the best experience

All burgers come with Tomato / Pickled onion / Cucumber / Lettuce / Shredded cabbage

Choose your Protein

v Curried vegan meatballs	690 rs
gv Grilled tofu	590 rs
v Crumb-fried chunky mushrooms	620 rs
v Jackfruit patty	660 rs
Crispy-fried chunk of chicken	890 rs
Seafood patty	960 rs

Choose your bun

v Regular burger bun	390 rs
v Black charcoal bun	590 rs
v Ciabatta	680 rs
v Rye bread	620 rs
v Bagel	560 rs
gv Multiseed gluten-free bread	690 rs

Choose a Side

vg Potato wedges	590 rs
vg Green salad	490 rs
vg Coleslaw	590 rs
vg Mashed potatoes	620 rs
vg Roasted baby potatoes	580 rs

Pimp it up

vg Guacamole	360 rs
vg Pesto	340 rs
vg Hummus	260 rs
v Vegan BBQ sauce	380 rs
vg Caramelized onions	290 rs
vg Sautéed mushrooms	240 rs
v Vegan mayo	320 rs

From the Farm

g Mozzarella	590 rs
g Cheddar	580 rs
g Feta	590 rs
g Cream cheese	620 rs
g Fried egg	250 rs

Fusion

A Rainbow spin on popular dishes

v Rainbow Bowl

A colorful mix of raw veggies served on a bed of grains topped with toasted seeds and soy sauce
(Gluten-free option available)

1890 rs

v Aubergine Katsudon

Crispy Crumbed eggplant mixed with vegetables and Japanese Katsu sauce served with steamed rice

1790 rs

v Falafel Bowl

An open falafel wrap loaded with pickled and raw vegetables, mixed greens and hummus

1890 rs

Tropic Thunder

A tower of coconut Rotti served with smashed masala vegetables and vegan bbq gravy

1790 rs

v Gnocchi

Homemade gnocchi with pumpkin purée, fried onions and mushrooms

1690 rs

Quesadilla

Traditional Sri Lankan style seafood stew and mozzarella wrapped in a homemade tortilla served with our in-house tomato sauce and sprinkled with dukkah

2790 rs

g Sweet And Sour

Choose between tofu or chicken. Served with vegetables, tossed in a sticky sweet and sour sauce, steamed rice and toasted sesame seeds

v Tofu 1780 rs
Chicken 1980 rs

Fish Ambul Tiyal

A traditional Sri Lankan dish. Chunks of tuna fish simmered in a tangy and aromatic blend of spices. Served with steamed rice and a salad

2490 rs

Pesto Pasta

Spaghetti with basil pesto, tomatoes, aubergine and Parmesan

2260 rs

v Vegan Bolognese

Minced soya meat cooked in a rich and hearty sauce made with a medley of finely chopped vegetables, kale, and mushrooms, all simmered in a robust tomato base, served with spaghetti
add Mozzarella +590rs

1890 rs

We accept

and



RAINBOW TEA & COFFEE EXPERIENCE

A POT OF ——— ORGANIC ——— TEA

Sky meets sea

Experience the beauty of blue with our Butterfly Pea Flower Tea. A caffeine-free herbal tea promoting brain health, diabetes support, inflammation reduction, and holistic benefits including healthy hair growth, body detoxification, and improved memory and immunity

960 rs

The sacred Lotus

A caffeine-free herbal tea featuring The Blue Lotus Flower, celebrated for its mind-altering effects and deeply rooted in Sri Lankan culture, where the Lotus symbolises purity and spiritual growth. Enjoy its benefits, from promoting restful sleep to easing anxiety and offering mild aphrodisiac effects

970 rs

Zest Elixir

A revitalizing blend of zesty ginger, tangy lime, and sweet honey. This invigorating tea promises a perfect balance of warmth and refreshment, delivering a soothing experience with every sip. Ideal for boosting your energy and enhancing your well-being. (Vegan option available)

1490 rs

Ruby

A herbal red tea made from organic and handpicked dried hibiscus flower. The tea has many purported health benefits including lowering blood pressure and cholesterol, soothing sore throats, and aiding weight management

980 rs

Go Green

Produced from leaves of Camellia Sinensis just like oolong and black, however, green tea undergoes a distinct process, avoiding oxidation. It's steamed, pan-fried, and dried for natural goodness. With a rich history in Asian medicine, green tea promotes stress relief, cognitive support, and overall well-being

890 rs

Earl's

Many myths surround the origin of Earl Grey Tea but what we do know is this popular black tea is distinctly flavoured by using bergamot oil which is extracted from the rinds of citrus fruits (Citrus bergamia) that grow on bergamot orange trees to give the tea it's unique taste

990 rs

Chai masala

Masala Chai tea is a popular South Asian drink that dates back more than 5,000 years. Made by brewing black tea in milk and water with a special blend of spices. It's then sweetened using sugar or tree honey, we can replace the milk with coconut milk on request

(Vegan option available)

1280 rs

Tea can be served in a cup for 730rs

Replacing milk with soy, Oat, Almond milk is +640rs
Replacing milk with coconut milk is +290rs

Please note that plant-based milk and ice cream are available at an additional cost due to their higher expense

ARTISAN LOCAL ——— COFFEE

Americano

An Americano is made by diluting espresso with hot water, resulting in a rich, smooth flavour.

690 rs

Cafe Latte

A café latte is made with espresso and steamed milk, topped with a small amount of milk foam

790 rs

Cold Cappuccino

A cold cappuccino is an espresso-based drink served with chilled milk and ice, topped with milk foam or whipped cream

790 rs

Espresso

Espresso is a strong, concentrated coffee made by forcing hot water through finely-ground coffee beans

660 rs

Cappuccino

A cappuccino is an espresso-based coffee drink topped with steamed milk and a thick layer of milk foam

720 rs

Flat White

A smooth and velvety espresso-based coffee, crafted with a perfect balance of rich espresso and steamed milk. A strong coffee flavor with a creamy finish

760 rs



GROWN-UP DRINKS

WWW.RAINBOWCAFEELLA.COM



Wine

Red or White

By the bottle

7780/=

By the glass

1980/=



BEER



Lion Lager
by the bottle 625ml

1190rs

Lion Strong
By the bottle 625ml

1560rs

Lion Stout
By the bottle 625ml

1680rs

Lion Ice
by the bottle 325ml

890rs

Carlsberg
By the bottle 625ml

1680rs

Apple Cider
By the can 500ml

1590rs

Berry Cider
By the can 500ml

1590rs

gv The Governor

1890rs

The boss of cocktails. Delivering the island's famous coconut arrack alongside smoked tree honey, cardamom, clove, and lemon bitters, topped off with dry ginger ale and a slice of orange embodying the essence of refinement in every sip

gv Mojito Lime Or Passion

1880rs

A taste of the tropics. Muddled fresh mint, zesty lime, a hit of sugar, perfectly shaken with white rum and topped with sparkling soda, creating a classic Mojito that invigorates the palate. Switch out the lime for passion fruit to introduce tart and floral notes

gv Choco Train

1980rs

Embark on a journey of indulgence with our velvety blend of white rum, rich espresso, luscious chocolate syrup, smooth coconut cream, and a dash of cinnamon bitters, creating a decadent expedition for your taste buds that's sure to satisfy your cravings

gv Sunrise Mimosa

1880rs

Taste the mountain sunrise with our signature Mimosa, blending vodka, locally sourced mango juice, a splash of zesty lime, a hint of grenadine syrup, and a touch of our in-house lime bitters – an island-inspired twist on the classic mimosa

gv East side

1890rs

A refreshing gin delight featuring cool cucumber, invigorating mint, zesty lime juice, and a touch of simple syrup, creating a well-balanced and slightly tart twist on the timeless Gimlet—a sophisticated sip elevated with the added freshness of cucumber and mint

gv Endless Summer

1860rs

Embrace the endless summer with this harmonious fusion of rum, vodka, fresh watermelon juice, muddled mint, a splash of lime juice, and a tantalizing blend of lemon and cinnamon bitters—a refreshing elixir that encapsulates the spirit of an everlasting summer

gv Curry Mule

1890rs

This carefully crafted cocktail infuses local gin with the zest of fresh lime, house-made ginger syrup, exotic curry leaf bitters, and a touch of simple syrup—a tantalizing and elevated rendition of the classic mule that pays homage to the great Sri Lankan chefs

gv Pinacolada

1960rs

Feel the tropical spirit with the classic Piña Colada. We blend the native fresh coconut milk and mouthwatering pineapple juice, with smooth rum to bring you this treat from the Island

gv Mount Breeze G&T

1760rs

Kick back and enjoy the ambiance of Ella with a timeless Gin and Tonic. Featuring gin, a hint of citrus, and sparkling tonic water—a refreshing concoction that captures the pure essence of the crisp mountain air

g The Dude v option

1980rs

Unwind with a classic White Russian, seamlessly blending smooth vodka, and rich coffee liqueur with a choice of creamy coconut or whipped cream—a laid-back libation that abides by the relaxed spirit of its namesake. **not included for the happy hour**

gv Espresso Martini

1980rs

The height of sophistication. Crafted with a bold shot of espresso, vodka and a touch of coffee liqueur. Delivering an intense and smooth flavour profile embodying the pinnacle of refined indulgence **not included for the happy hour**

*** All our bitters are made in-house, using locally sourced ingredients**

SOFTIES FOR THE MOXIES



Our wifi password is
Norainnoflowers

v HANGOVER TONIC 890 RS

Beetroot juice for enhanced blood flow and oxygenation, along with zesty lime juice, hydrating coconut water, detoxifying activated charcoal, and a touch of tree honey

v LOVE POTION 880 RS

A spellbinding love story of refreshing watermelon, juicy pineapple with some red chilli heat, soaked basil seeds and topped with drizzled tree honey

v TROPICAL FEELINGS 890 RS

A vibrant concoction of fresh pineapple, carrot, zesty ginger juice, housemade simple syrup, and a touch of cinnamon bitters

v VIRGIN MOJITO 870 RS

A refreshing medley of zesty lime and invigorating mint fizz that promises the taste of our breezy oasis

v PINK LEMONADE 880 RS

Quench your thirst with a blend of crushed pineapple, ripe mango, and zesty lime, infused with grenadine syrup to make it pretty in pink

vop PASSION DELIGHT 870 RS

A luscious fusion of passion fruit juice, vanilla ice cream, and a drizzle of strawberry syrup—capturing the essence of sweet tropical passion

vop TUK TUK FLOAT 890 RS

Vanilla ice cream riding on a Coca-Cola river

vop NUTBUTTER BANANA 990 RS

Freshly blended peanut butter whizzed together with banana and a choice of fresh milk or coconut milk for a creamy and yummy experience

Replacing ice cream with vegan ice cream +670rs

LASSI AND SHAKES,

860rs	Vanilla shake
890rs	Chocolate shake
880rs	Strawberry shake
890rs	Coffee & Banana
880rs	Banana lassi
890rs	Mango lassi

* Vegan Options 790rs +

Please note that plant-based milk and ice cream are available at an additional cost due to their higher expense



Coca-Cola, Sprite, Fanta
Diet Coke, Tonic, Soda
Ginger Beer, Ginger Ale
Pepsi, Miranda, 7 up

390/=



Water
380/=

v - Vegan vop - Vegan option available



sweets for

THE SWEET

BY RAINBOW

Affogato 1840rs

A scoop of artisan vanilla gelato 'drowned' in a shot of rich, aromatic espresso. A perfect blend of creamy and bold, and a nod to our Italian brothers and sisters
(**vegan option available**)

v Bibikkan 1290rs

Enjoy a traditional Sri Lankan coconut cake made with grated coconut, jaggery, and aromatic spices. This moist and dense treat offers a perfect balance of sweetness and authentic island flavours.

g Curd and Treacle 890rs

Traditional Sri Lankan buffalo yoghurt served with locally produced tree honey

Banana Split 1980rs

Three different flavoured ice cream scoops served with grilled banana, nuts and toppings
(**vegan option available**)

gv Fruit Skewers 1480rs

A vibrant assortment of fresh, seasonal fruits threaded on skewers, with smoked tree honey on the side for a perfect refreshing and healthy treat

v Vanilla Dream Sago 1190rs

Sago pearls stirred into creamy coconut milk infused with vanilla and cardamom.
(Sago is a white seed that acts similar to chia and its popular in traditional Sri Lankan desserts)

v Cake Of The Day 1160rs

Please ask your waiter for more information about our daily vegan cake.
50% of the profit from each slice of cake is donated to the Dogs Of Ella charity

Chocolate Brownie 1690rs

A rich and gooey treat made with premium cocoa and the perfect balance of fudgy goodness. Served warm with ice cream
(**vegan option available + 430rs**)

For the love of Ice Cream

Brought to you by Sri Lanka's artisan gelato producers...



v Vegan Caramel and Cashew

A Creamy coconut milk gelato, with chunks of Sri Lankan cashew and creamy vegan caramel rippled through

One scoop - 980 rs
Two scoop - 1780 rs
Three scoop - 2550 rs

Cake so Cheesy

Creamy cheesecake gelato, with a decadent Raspberry or Strawberry drizzle

One scoop - 1250 rs
Two scoop - 2150 rs
Three scoop. - 2950 rs

Thank you for choosing Rainbow Cafe

ESTD 2015

RAINBOW CAFE

PUTTING THE SPOTLIGHT ON PLANT-BASED FOODS 🌿

INTRODUCING

Welcome to our family owned restaurant in Ella Town, Sri Lanka.

We are committed to sourcing local products and employing local workers from diverse backgrounds to bring you the freshest, healthiest, and most authentic dining experience.

Our menu features a range of plant forward, fusion cuisines designed to delight your taste buds while supporting our community and the environment.



TRANSPARENT SUPPLY CHAIN

At Rainbow Cafe, we take each step consciously, carefully selecting suppliers who share our values and goals. We'd like to introduce the supplier behind our Organic Tea Range.

Neli's, founded by entrepreneur Nelka Hewage, produces environmentally-conscious organic food and drinks while creating job opportunities that uplift rural women and their communities. Nelka's dedication to supporting the rural communities inspired us to try her products, and we are consistently impressed with their high quality.

We hope you try her tea's from the menu. If you'd like to buy some tea, please ask your server. We are selling smaller boxes on behalf of Neli's.

<https://www.facebook.com/Ecofoods.Lanka>



PROUDLY VEGAN FRIENDLY

We proudly celebrate the vibrant culinary world of plant-based cuisine.

Our commitment stems from a deep-rooted belief in promoting healthier and more ethical lifestyles while catering to diverse dietary preferences. Our menu also features creative, mouth-watering vegan dishes that are nutritious and indulgent so why not give them a try?!

By sourcing our ingredients ethically and locally whenever possible, we not only support our community but also reduce our environmental footprint.

Our inclusive approach extends beyond the plate, fostering a welcoming atmosphere where everyone, regardless of their dietary choices, can come together to enjoy delicious meals and memorable experiences.

BILL PLEASE!

While we accept card payments for your convenience, we encourage customers to pay with cash. Paying in cash helps support local businesses directly by avoiding additional bank fees and ensuring more of your money stays within the community.

Additionally, we gladly accept foreign currency and cryptocurrency, making it easier for our international guests to enjoy our offerings. We encourage using these payment methods for a more convenient and efficient dining experience.