



ONLY
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LOUNGE

FOOD MENU

CATEGORIES

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ALL DAY BREAKFAST

NEW

MUNG KIRIBATH SUPREME   
TRADITIONAL MUNG KIRIBATH SERVING WITH POLOS
CURRY, FISH AMBULTHIYAL, COCONUT SAMBAL,
KOCHCHI LUNU MIRIS WITH PARMESAN CHEESE

1790.00

NEW

ONLY KITHUL IMBUL KIRIBATH  

1490.00

HELA KITHUL RANBATHA   
AUTHENTIC SRI LANKAN RICE DELICACY INFUSED WITH MUNG
BEANS, COCONUT, JAGGERY, CASHEW, PLUMS, DATES WITH
SPICES, AND A RICHNESS OF KITHUL SWEETNESS

1290.00

KITHUL PITI THALAPA   

990.00

**BANANA YOGHURT KITHUL TREACLE
BOAT**    
GRANOLA, DRY FRUITS, KITHUL TREACLE, NUTS
& STRAWBERRY

1290.00

BREAKFAST BURRITOS  
SPINACH, SCRAMBLED EGG, CHEESE, TOMATO
(SIDE SALAD OR SWEET POTATO FRIES)

1290.00

BUFFALO CURD POT  
• KITHUL TREACLE
• GRANOLA & MIXED NUTS

690.00

990.00

**CRUSHED AVOCADO TOAST WITH
POACHED EGG** 

1550.00

KITHUL PANCAKE    
BANANA, MIXED NUT, YOGHURT & TREACLE

1290.00

ONLY KITHUL MUESLI   
OATS, YOGHURT, BANANA, MANGO,
PEANUTS, GREEN APPLE, PUMPKIN SEEDS & TREACLE

1290.00

WESTERN KING BREAKFAST
EGGS ANY STYLE, SAUSAGE, CHICKEN BACON, BAKED
BEANS, MUSHROOM, TOMATO, SAUTÉED SPINACH & TOAST

2550.00

OATS EGG OMELET 
TOAST & SIDE SALAD

1550.00

SPICY SRI LANKAN OMELET  
TOAST & SIDE SALAD

1150.00

KITHUL DRIZZLE FRENCH TOAST     

1490.00



GLUTEN FREE



GLUTEN INCLUDED



DAIRY INCLUDED



SPICY FOOD



KITHUL INCLUDED FOOD



NUTS INCLUDED



VEGAN



VEGETARIAN

APPETIZERS

KITHUL GLAZED CORN RIBS 🌶️🌿🥑	990.00
CAJUN SPICED SWEET AND SAVOURY KITHUL GLAZED SWEET CORN RIBS WITH RAITA	
RUSTIC TOMATO BRUSCHETTA 🌿🥬	950.00
SUN DRIED TOMATO SALSA ON HERB GARLIC BREAD	
PINK HUMMUS WITH PITA CHIPS 🌱	1150.00
KITHUL CHICKEN WINGS 🌿🥑	1790.00
KITHUL FIRE PRAWNS 🌿🥑	1950.00
STICKY KITHUL CALAMARI BITE 🌿🥑	1890.00
NEW	
KITHUL AVOCADO PRAWN SHELLS 🌿🌱🥬🥛	990.00
PRAWNS, AVOCADO, CUCUMBER, AND KITHUL MAYONNAISE WITH LIME AND KOCHCHI CHILLI, SERVED IN MUSSEL SHELLS.	
NEW	
KITHUL CRAB PANI PURI 🌿🥑	1490.00
SPICED CRAB MEAT SERVED WITH A KITHUL TAMARIND DIP AND CRISPY PANI PURI SHELLS.	

SOUP & PORRIDGE

KITHUL SAGO HARMONY 🌿🥬🥑🥛🌱	1150.00
KURAKKAN PROTEIN BOOST 🌿🌱🥑🌱	890.00
KARAPINCHA WELLNESS PORRIDGE 🌿🌱🌱	700.00
WITH SUWANDAL RICE & KITHUL JAGGERY	
KITHUL PITI KENDA 🌱🌿🥑🌱	990.00
NEW	
HELA RAWANA PORRIDGE 🌿🥬	990.00
A TRADITIONAL BLEND OF THANA HAAL, MENERI, MUNG PIYALI, IRINGU HAAL, KALU HEENATI, SUWANDAL, KURULU THUDA, THALA, KURAKKAN FLOUR, AND IRINGU PITI.	
GOLDEN ROASTED PUMPKIN SOUP 🥬🥛🌿🥑	1350.00
WITH SESAME BREADSTICK	
CREAM OF MUSHROOM SOUP 🥬🥛🌿🥑	1450.00
WITH SESAME BREADSTICK	
NEW	
JAFFNA COCONUT SEAFOOD SOUP 🌿🌱	2190.00
TIGER PRAWNS, CALAMARI, FISH, AND CRAB IN A RICH, JAFFNA-STYLE COCONUT CURRY BROTH.	



GLUTEN FREE



GLUTEN INCLUDED



DAIRY INCLUDED



SPICY FOOD



KITHUL INCLUDED FOOD



NUTS INCLUDED



VEGAN



VEGETARIAN

SALADS & WELLNESS BOWLS

RAINBOW SALAD

LETTUCE, WHITE CABBAGE, CHERRY TOMATO, CARROT, BEETROOT, THREE COLOURED CAPSICUM, PUMPKIN SEEDS, NUTS, SESAME WITH KITHUL VINAIGRETTE & BREAD STICK

- **WITH GRILLED SALMON** (NORWEGIAN) 3250.00
- **WITH GRILLED TUNA** 2450.00
- **WITH GRILLED CHICKEN** 1750.00

CAESAR SALAD

- **CLASSIC SALAD**    1300.00
- **WITH CHICKEN**   1990.00
- **WITH GRILLED SHRIMP**   2590.00

GREEN BOOST AVOCADO SALAD 1190.00

KITHUL- ROASTED PUMPKIN SALAD

KITHUL ROASTED PUMPKIN, SOYA BEANS, MUNG BEANS, MIX LETTUCE, CUCUMBER, ONION, FETA CHEESE WITH VINAIGRETTE DRESSING

- **CLASSIC SALAD**  1250.00
- **WITH CHICKEN** 2100.00

NICOISE SALAD WITH GRILLED TUNA 2590.00

MIXED LETTUCE, CHERRY TOMATOES, GREEN BEANS, POTATO, BLACK OLIVES, CUCUMBER, BOILED EGG

KITHUL GLAZED CHICKEN WELLNESS BOWL 2250.00

JASMINE RICE, CARROT, GRILLED CHICKEN, PUMPKIN, GREEN BEANS, GREEN PEAS, SPRING ONION WITH SPICY VINAIGRETTE DRESSING

TUNA WELLNESS BOWL 2450.00

JASMINE RICE, TUNA, SWEET CORN, MANGO, MIXED LETTUCE, CUCUMBER, AVOCADO WITH SPICY VINAIGRETTE DRESSING

KITHUL GARDEN SALMON BOWL 2890.00

GRILLED SALMON, JASMINE RICE, CUCUMBER, CARROT, RED CABBAGE, MANGO, CASHEW, BEETROOT, CHERRY TOMATO WITH SPICY VINAIGRETTE DRESSING

CEYLON KITHUL SHRIMP BOWL 2390.00

GRILLED SHRIMPS, JASMINE RICE, AVOCADO, MANGO, CHERRY TOMATO, CUCUMBER, SOYA BEANS, RED CABBAGE, PINEAPPLE SALSA WITH SPICY VINAIGRETTE DRESSING



GLUTEN FREE



GLUTEN INCLUDED



DAIRY INCLUDED



SPICY FOOD



KITHUL INCLUDED FOOD



NUTS INCLUDED



VEGAN



VEGETARIAN

SANDWICHES & WRAPS

(ALL SERVED WITH SIDE SALAD OR HOMEMADE SWEET POTATO FRIES)

KITHUL GOLD CHEESE MELT SANDWICH 1790.00

JAGGERY SPREAD, MOZZARELLA, CHEDDAR CHEESE

KITHUL POLOS CHEESE MELT SANDWICH 1850.00

POLOS CURRY, CHEESE AND POLSAMBAL IN SOUR DOUGH BREAD

HELA KITHUL FALAFEL WRAP 1800.00

MUNG BEAN, CHICK PEA & KITHUL FLOUR, HUMMUS, LETTUCE, CARROT, TOMATO, ONION, AVOCADO, WRAP TORTILLA

NEW

KITHUL POLOS BURGER 1450.00

POLOS-SOYA VEGETARIAN PATTY WITH FRESH VEGETABLES, CHEESE AND KITHUL KOCHCHI SAUCE

THAI KITHUL CHICKEN WRAP 1990.00

THAI INFUSED COCONUT CHICKEN CURRY & CABBAGE, CARROT, TORTILLA

KITHUL FIRE CHICKEN BUN 2150.00

KITHUL-MARINATED HOT CHICKEN BREAST, GRILLED PINEAPPLE, LETTUCE, TOMATO, ONION AND CHEESE WITH KITHUL TABASCO SAUCE

MALAYSIAN CHICKEN ROTI WRAP 1890.00

MALAYSIAN CURRIED CHICKEN WRAPPED IN PARATHA

CEYLON CHICKEN CLUB SANDWICH 2190.00

CHICKEN, ONION, TOMATO, CUCUMBER, LETTUCE, CHEDDAR CHEESE AND FRIED EGG

NEW

KITHUL CHICKEN SHAWARMA 1590.00

MARINATED CHICKEN, FRESH VEGETABLES, POTATO FRIES, PICKLED VEGETABLES AND A SWEET, SAVOURY, SPICY KITHUL SAUCE

NEW

KITHUL WELLNESS CHICKEN BURGER 1950.00

GRILLED CHICKEN PATTY, FRESH VEGETABLES, CHEESE, OATS, DIJON MUSTARD, MAYO, CURD AND AVOCADO

KITHUL PERI PERI CHICKEN BAGUETTE 1900.00

KITHUL ONION SAMBAL WITH PERI PERI CHICKEN AND CHEESE IN BAGUETTE BREAD

TUNA MELT SANDWICH 2100.00

TUNA MAYO CUCUMBER FILLING, CHEESE

FISH AMBULTHIYAL COCONUT WRAP 1590.00

TUNA FISH, COCONUT SAMBAL, FRIED EGG

NEW

KITHUL PRAWN PARATHA QUESADILLA 1790.00

SPICED PRAWNS, MELTED CHEESE AND VEGETABLES IN CRISPY PARATHA

 GLUTEN FREE  GLUTEN INCLUDED  DAIRY INCLUDED  SPICY FOOD
 KITHUL INCLUDED FOOD  NUTS INCLUDED  VEGAN  VEGETARIAN

THALAPA SPECIALS

ONLY KITHUL GREEN THALAPA

KITHUL KURAKKAN THALAPA WITH THAI FUSION GREEN CHICKEN CURRY

• CHICKEN   

2250.00

• VEGETABLE CURRY    

1650.00

3 SEAS ON THALAPA

KITHUL COCONUT KURAKKAN THALAPA WITH MALAYSIAN MUSSEL CURRY, JAFFNA TIGER PRAWN CURRY, THAI GREEN TUNA CURRY WITH COCONUT SAMBAL

3150.00

KITHUL MATTI THALAPA

KITHUL COCONUT KURAKKAN THALAPA WITH COCONUT LAGOON MUSSEL CURRY AND PARATHA

3450.00

KITHUL VILLAGE CRAB THALAPA

KITHUL COCONUT KURAKKAN THALAPA WITH VILLAGE STYLE COCONUT CRAB CURRY

2350.00

ISSOI THALAPAI

KITHUL KURAKKAN THALAPA WITH AUTHENTIC JAFFNA TIGER PRAWN CURRY

2990.00

NEW

THALAPAI KORALI

TRADITIONAL KORALI FISH CURRY WITH KURAKKAN-KITHUL THALAPA

1690.00

NEW

KITHUL TUNA THALAPA

MALAYSIAN- AND JAFFNA-SPICED TUNA CURRY WITH KITHUL KURAKKAN THALAPA

2150.00

HELA KITHUL PANI THALAPA

SPICED KITHUL BUTTER JAGGERY SAUCE WITH KITHUL COCONUT KURAKKAN THALAPA

1890.00



GLUTEN FREE



GLUTEN INCLUDED



DAIRY INCLUDED



SPICY FOOD



KITHUL INCLUDED FOOD



NUTS INCLUDED



VEGAN



VEGETARIAN

ALL PRICES ARE SUBJECT TO A 10% SERVICE CHARGE.

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KITHUL RAA MANDI HOPPERS

(3.00 PM TO 06.00 PM)

PLAIN    	250.00
(SERVED WITH KOCHCHI LUNUMIRIS AND GRAVY)	
MOZZARELLA CHEESE    	590.00
(SERVED WITH KOCHCHI LUNUMIRIS AND GRAVY)	
EGG   	350.00
(SERVED WITH KOCHCHI LUNUMIRIS AND GRAVY)	
NEW	
MUSHROOM CURRY   	420.00
CURRIED CHICKEN   	690.00
BUTTER CHICKEN HOPPER WITH EGG & MOZZARELLA CHEESE  	1490.00
CURRIED SEAFOOD   	1590.00
TREACLE & JAGGERY   	450.00
NEW	
CHOCOLATE DESSERT HOPPER     	950.00
(KITHUL ICE CREAM, PANI POL, STRAWBERRY, CHOCOLATE CHIPS, CHOCOLATE SAUCE, KITHUL TREACLE AND JAGGERY)	

KURAKKAN PITTU

VILLAGE STYLE POLOS PITTU   	1350.00
(SERVED WITH COCONUT SAMBAL & LUNU MIRIS)	
NEW	
CURRIED CHICKEN PITTU   	1590.00
(SERVED WITH COCONUT SAMBAL & LUNU MIRIS)	
NEW	
ASIAN-SPICED TUNA PITTU   	1950.00
(SERVED WITH COCONUT SAMBAL & LUNU MIRIS)	
JAFFNA TIGER PRAWN PITTU   	1950.00
(SERVED WITH COCONUT SAMBAL & LUNU MIRIS)	
JAFFNA CRAB PITTU   	1790.00
(SERVED WITH COCONUT SAMBAL & LUNU MIRIS)	
CURD AND BANANA WITH KITHUL TREACLE    	1690.00
NEW	
KITHUL PANI-POL PITTU   	1950.00



GLUTEN FREE



GLUTEN INCLUDED



DAIRY INCLUDED



SPICY FOOD



KITHUL INCLUDED FOOD



NUTS INCLUDED



VEGAN



VEGETARIAN

THE PASTA COLLECTION

PENNE VEGETABLE PESTO PASTA 1900.00

PENNE PASTA WITH TRIO CAPSICUM, MUSHROOM, ZUCCHINI, BROCCOLI WITH FRESH BASIL PESTO, PARMESAN, AND HERBS IN A CREAMY, FLAVOURFUL SAUCE.

PENNE CHICKEN PESTO PASTA 2250.00

PENNE PASTA WITH GRILLED CHICKEN, TRIO CAPSICUM, MUSHROOM WITH FRESH BASIL PESTO, PARMESAN, AND HERBS IN A CREAMY, FLAVOURFUL SAUCE.

PERI-PERI PENNE CHICKEN PASTA 2400.00

CREAMY PERI-PERI PINK SAUCE WITH, CAPSICUM, MUSHROOM AND PARMESAN CHEESE

KITHUL CHICKEN CARBONARA PASTA 1990.00

SPAGHETTI PASTA TOSSED WITH GRILLED CHICKEN IN A CREAMY PARMESAN CARBONARA SAUCE, FINISHED WITH EGG YOLK AROMATIC HERBS AND BLACK PEPPER

PESTO GREEN SHRIMP PASTA 2850.00

PENNE PASTA WITH SHRIMP, TRIO CAPSICUM, MUSHROOM, FRESH BASIL PESTO, PARMESAN, AND HERBS IN A CREAMY, FLAVOURFUL SAUCE

KITHUL ISLAND SEAFOOD PASTA 3990.00

SHRIMP, SQUID, MUSSELS, TUNA WITH TOMATO SPAGHETTI PASTA

NEW

KOS PASTA CHEESE KOTTU 2400.00

MOZZARELLA CHEESE, CHEDDAR CHEESE, FRESH CREAM, VEGETABLES AND EGG WITH JACKFRUIT SEED FETTUCCINE PASTA

NEW

BANGKOK KOS PASTA 1590.00

THAI RED CURRY CREAMY CHICKEN WITH JACKFRUIT SEED FETTUCCINE PASTA

NEW

KOS MARE FISH AMBULTHIYAL PASTA 1850.00

CREAMY FISH AMBULTHIYAL WITH JACKFRUIT SEED    FETTUCCINE PASTA

NEW

KOS MARE SEAFOOD PASTA 2500.00

CAJUN-SPICED SHRIMP, CALAMARI AND TUNA WITH JACKFRUIT SEED FETTUCCINE PASTA



GLUTEN FREE



GLUTEN INCLUDED



DAIRY INCLUDED



SPICY FOOD



KITHUL INCLUDED FOOD



NUTS INCLUDED



VEGAN



VEGETARIAN

MAIN MEALS

TERIYAKI STIR-FRY VEGETABLES WITH JASMINE RICE

CARROT, CAPSICUM, BROCCOLI, GREEN BEANS, BABY CORN, CABBAGE, JASMINE RICE WITH EGG YOLK

2200.00

FARM-GLAZED KITHUL GARLIC CHICKEN WITH MASHED POTATO

SWEET GARLIC CHICKEN BREAST, SAUTÉED VEGETABLES, MASHED POTATO WITH CREAMY PEPPER SAUCE

3150.00

BUTTER CHICKEN THALI

AUTHENTIC INDIAN STYLE BUTTER CHICKEN WITH GARLIC GHEE RICE, PARATHA AND RAITA

2450.00

NEW

CEYLON FISH & CHIPS

CRISPY KURAKKAN-KITHUL-SPICED COATED FISH WITH GOLDEN POTATO AND SWEET POTATO CHIPS SERVED WITH KITHUL TAMARIND TARTARE

1890.00

NEW

KITHUL TERIYAKI SEAFOOD RICE

TIGER PRAWNS, CALAMARI, MODHA FISH WITH MIXED FRIED RICE TOSSED IN A SAVOURY KITHUL TERIYAKI SAUCE

2550.00

NEW

YAAL MANIOC CRAB

TEMPERED MANIOC WITH JAFFNA-STYLE SPICED CRAB CURRY SERVED WITH PARATHA AND TRADITIONAL COCONUT SAMBAL

1950.00

NEW

CEYLON KITHUL TAMARIND MODHA FILLET

GRILLED MODHA FISH FILLET WITH KITHUL CREAM TAMARIND SAUCE SERVED WITH PUMPKIN PURÉE, BEETROOT PURÉE, GARLIC MASH AND SESAME GARLIC VEGETABLES

2750.00

NEW

SALMON CITRUS GARDEN

GRILLED NORWEGIAN SALMON STEAK, SAUTÉED VEGETABLES, GARLIC MASHED POTATO WITH CITRUS BUTTER SAUCE AND A HINT OF KITHUL

4750.00

LAGOON KING PRAWN RISOTTO

3 PCS JUMBO GARLIC BUTTER PRAWNS WITH GARLIC MUSHROOM SPINACH RISOTTO

3850.00

NEW

KITHUL SEAFOOD PLATTER

(SERVING FOR 2 PERSONS)

TIGER PRAWNS, TEMPURA CALAMARI, GREEN MUSSELS, SEA CRAB, MODHA FISH, SWEET CORN RIBS TOSSED IN KITHUL CAJUN SEASONING SERVED WITH MASHED POTATO, COLESLAW, CRISPY FRIES WITH SIGNATURE KITHUL KOCHCHI SAUCE, BBQ SAUCE AND GARLIC MAYO

5990.00

NEW

YAAL DEVI EXPRESS

(SERVING FOR 2 PERSONS)

JAFFNA-STYLE BLACK CHICKEN CURRY WITH KURAKKAN POL ROTI, GARLIC PARATHA, CUMIN RICE, CORN RIBS, BUTTER CHICKEN GRAVY, RAITA, KOCHCHI POL SAMBAL, MANGO CHUTNEY, JEERA PAPPAD AND KITHUL SAGO PORRIDGE

3990.00



GLUTEN FREE



GLUTEN INCLUDED



DAIRY INCLUDED



SPICY FOOD



KITHUL INCLUDED FOOD



NUTS INCLUDED



VEGAN



VEGETARIAN



Only Kithul (Pvt) Ltd,
No.7 Fife Road, Colombo 5
011 2505 388



ONLY
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LOUNGE

BEVERAGE MENU

CATEGORIES

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SELECTION OF COFFEE

FULL FAT MILK | LOW FAT MILK

HOT COFFEE

AMERICANO	590.00
SINGLE ESPRESSO	550.00
DOUBLE ESPRESSO	690.00
KITHUL AFFOGATO	790.00
CAPPUCCINO	690.00
CAFE LATTE	890.00
CAFE MOCHA	1090.00
FLAT WHITE	890.00
ESPRESSO MACCHIATO	790.00
KITHUL SPANISH LATTE	1090.00
SPECIAL KITHUL LATTE	1190.00
HOT MATCHA LATTE	1090.00
HOT KITHUL MATCHA LATTE	1490.00
HOT CHOCOLATE	890.00
KITHUL YAARA TEA	890.00

ICE COFFEE

ICE AMERICANO	590.00
ICE LATTE	990.00
ICE CAFE MOCHA	1290.00
ICE SPANISH KITHUL LATTE	1290.00
SPECIAL KITHUL ICE LATTE	1290.00
ICE KITHUL MATCHA LATTE	1590.00
ICE MATCHA LATTE	1290.00
ICE KITHUL CAPPUCCINO	1090.00

HOMEMADE SMOOTHIES

BREAKFAST BANANA & OATMEAL WITH KITHUL	1990.00
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OATS, BANANA, PEANUT BUTTER, CHIA SEEDS, KITHUL TREACLE AND LOW FAT MILK

BLUEBERRY DETOX	1790.00
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BLUEBERRY, BANANA AND CRANBERRY JUICE

GREEN DETOX	990.00
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SPINACH, CELERY, CUCUMBER, GINGER, COCONUT WATER, AND PINEAPPLE JUICE

SUPERCARGE DETOX WITH KITHUL	1490.00
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COCONUT WATER, SPINACH, AVOCADO, MATCHA POWDER WITH KITHUL TREACLE

STRAWBERRY FIELD	1690.00
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STRAWBERRY, MANGO, PINEAPPLE JUICE

BEET & STRAWBERRY DETOX	1750.00
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BEETROOT, STRAWBERRY, BLUEBERRY, BANANA, COCONUT WATER, GINGER AND CHIA SEED

VERY BERRY	1790.00
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MIXED BERRIES, BANANA, APPLE JUICE AND YOGHURT

FROZEN SMOOTHIES

MIXED DREAM	1590.00
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MIXED BERRIES, BANANA, MANGO,AND APPLE JUICE

BEAT THE HEAT	1290.00
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BEETROOT, GINGER, PINEAPPLE, BLUEBERRY AND APPLE JUICE

PROTEIN SHAKES

PEANUT BUTTER	1890.00
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WHEY PROTEIN POWDER, PEANUT BUTTER, ALMOND, BANANA AND LOW FAT MILK

DOUBLE BERRY & BANANA	1990.00
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WHEY PROTEIN POWDER, STRAWBERRY, BLUEBERRY, BANANA AND LOW FAT MILK

COFFEE BLEND	1790.00
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WHEY PROTEIN POWDER, ESPRESSO, OATS, BANANA, CASHEW AND LOW FAT MILK

FRESH FRUIT JUICE

KITHUL THELIJJA 890.00

NEW

KITHUL PANI JUICE 990.00

LIME, GINGER, WATER, KITHUL TREACLE

ORANGE 2390.00

CARROT 990.00

WATERMELON 790.00

NEW

FRESH PAPAYA (LIME OPTIONAL) 890.00

ABG DETOX 1990.00

GREEN APPLE, BEETROOT AND GINGER

ENERGIZER 1990.00

RED APPLE, CARROT, ORANGE

DETOXIFIER 1190.00

BEETROOT, CARROT, GREEN APPLE, LEMON,
GINGER

LEMON GINGER ZINGER 1550.00

GREEN APPLE, CARROT, LEMON AND GINGER

GREEN JUICE 1390.00

GREEN APPLE, CUCUMBER, CELERY, LIME AND
GINGER

PINEAPPLE SUNRISE 1650.00

PINEAPPLE, CARROT, APPLE AND LIME

ONLY KITHUL SMOOTHIES

AVOCADO KITHUL ROYALE	1390.00
CEYLON BANANA KITHUL	990.00
GOLDEN MANGO KITHUL	1490.00
KITHUL STRAWBERRY DELIGHT	1990.00
PAPAYA KITHUL BLISS LIME OPTIONAL	1090.00
PINEAPPLE KITHUL SPLASH COCONUT CREAM	1490.00
TROPICAL ISLAND KITHUL SMOOTHIE MANGO, BANANA AND PINEAPPLE	1290.00

KITHUL MILKSHAKES

KITHUL THELIJJA MILKSHAKE	1390.00
KITHUL COFFEE MILKSHAKE	1490.00
KITHUL MANGO MILKSHAKE	1590.00
KITHUL CHOCOLATE CHIP MILKSHAKE	1490.00
KITHUL MIXED-BERRY MILKSHAKE	1690.00



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SELECTION OF COFFEE

FULL FAT MILK | LOW FAT MILK

HOT COFFEE

AMERICANO	590.00
SINGLE ESPRESSO	550.00
DOUBLE ESPRESSO	690.00
KITHUL AFFOGATO	790.00
CAPPUCCINO	690.00
CAFE LATTE	890.00
CAFE MOCHA	1090.00
FLAT WHITE	890.00
ESPRESSO MACCHIATO	790.00
KITHUL SPANISH LATTE	1090.00
SPECIAL KITHUL LATTE	1190.00
HOT MATCHA LATTE	1090.00
HOT KITHUL MATCHA LATTE	1490.00
HOT CHOCOLATE	890.00
KITHUL YAARA TEA	890.00

ICE COFFEE

ICE AMERICANO	590.00
ICE LATTE	990.00
ICE CAFE MOCHA	1290.00
ICE SPANISH KITHUL LATTE	1290.00
SPECIAL KITHUL ICE LATTE	1290.00
ICE KITHUL MATCHA LATTE	1590.00
ICE MATCHA LATTE	1290.00
ICE KITHUL CAPPUCCINO	1090.00

HOMEMADE SMOOTHIES

BREAKFAST BANANA & OATMEAL WITH KITHUL	1990.00
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OATS, BANANA, PEANUT BUTTER, CHIA SEEDS, KITHUL TREACLE AND LOW FAT MILK

BLUEBERRY DETOX	1790.00
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BLUEBERRY, BANANA AND CRANBERRY JUICE

GREEN DETOX	990.00
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SPINACH, CELERY, CUCUMBER, GINGER, COCONUT WATER, AND PINEAPPLE JUICE

SUPERCARGE DETOX WITH KITHUL	1490.00
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COCONUT WATER, SPINACH, AVOCADO, MATCHA POWDER WITH KITHUL TREACLE

STRAWBERRY FIELD	1690.00
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STRAWBERRY, MANGO, PINEAPPLE JUICE

BEET & STRAWBERRY DETOX	1750.00
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BEETROOT, STRAWBERRY, BLUEBERRY, BANANA, COCONUT WATER, GINGER AND CHIA SEED

VERY BERRY	1790.00
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MIXED BERRIES, BANANA, APPLE JUICE AND YOGHURT

FROZEN SMOOTHIES

MIXED DREAM	1590.00
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MIXED BERRIES, BANANA, MANGO, AND APPLE JUICE

BEAT THE HEAT	1290.00
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BEETROOT, GINGER, PINEAPPLE, BLUEBERRY AND APPLE JUICE

PROTEIN SHAKES

PEANUT BUTTER	1890.00
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WHEY PROTEIN POWDER, PEANUT BUTTER, ALMOND, BANANA AND LOW FAT MILK

DOUBLE BERRY & BANANA	1990.00
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WHEY PROTEIN POWDER, STRAWBERRY, BLUEBERRY, BANANA AND LOW FAT MILK

COFFEE BLEND	1790.00
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WHEY PROTEIN POWDER, ESPRESSO, OATS, BANANA, CASHEW AND LOW FAT MILK

FRESH FRUIT JUICE

KITHUL THELIJJA 890.00

NEW

KITHUL PANI JUICE 990.00

LIME, GINGER, WATER, KITHUL TREACLE

ORANGE 2390.00

CARROT 990.00

WATERMELON 790.00

NEW

FRESH PAPAYA (LIME OPTIONAL) 890.00

ABG DETOX 1990.00

GREEN APPLE, BEETROOT AND GINGER

ENERGIZER 1990.00

RED APPLE, CARROT, ORANGE

DETOXIFIER 1190.00

BEETROOT, CARROT, GREEN APPLE, LEMON,
GINGER

LEMON GINGER ZINGER 1550.00

GREEN APPLE, CARROT, LEMON AND GINGER

GREEN JUICE 1390.00

GREEN APPLE, CUCUMBER, CELERY, LIME AND
GINGER

PINEAPPLE SUNRISE 1650.00

PINEAPPLE, CARROT, APPLE AND LIME

ONLY KITHUL SMOOTHIES

AVOCADO KITHUL ROYALE	1390.00
CEYLON BANANA KITHUL	990.00
GOLDEN MANGO KITHUL	1490.00
KITHUL STRAWBERRY DELIGHT	1990.00
PAPAYA KITHUL BLISS LIME OPTIONAL	1090.00
PINEAPPLE KITHUL SPLASH COCONUT CREAM	1490.00
TROPICAL ISLAND KITHUL SMOOTHIE MANGO, BANANA AND PINEAPPLE	1290.00

KITHUL MILKSHAKES

KITHUL THELIJJA MILKSHAKE	1390.00
KITHUL COFFEE MILKSHAKE	1490.00
KITHUL MANGO MILKSHAKE	1590.00
KITHUL CHOCOLATE CHIP MILKSHAKE	1490.00
KITHUL MIXED-BERRY MILKSHAKE	1690.00



Only Kithul (Pvt) Ltd,
No.7 Fife Road, Colombo 5
011 2505 388



ONLY
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LOUNGE

DESSERTS
MENU

KITHUL KISSED CHURROS	850.00
KITHUL BROWNIE BOMB	1450.00
WARM KITHUL GINGER PUDDING	1290.00
KITHUL LAVA BLISS	1100.00
BANANA CARAMEL TANGO WITH KITHUL ICE CREAM	1190.00
KITHUL WATALAPPAN	890.00
WILD KITHUL CREAM CARAMEL	890.00
KITHUL PANNA COTTA	950.00
ISLAND CUT FRUIT	750.00
KITHUL JELLY WITH ICE CREAM	990.00
KITHUL APPLE PIE PANCAKE	1690.00
KITHUL MANGO STICKY RICE	1490.00
KITHUL ICE CREAM WAFFLE MELT	1350.00
S'MORES KITHUL FRENCH TOAST	1190.00
SCOOP OF KITHUL ICE CREAM	350.00
KITHUL GULAB JAMUN	990.00

Pure

kithul



ALL PRICES ARE SUBJECT TO A 10% SERVICE CHARGE.