

# Moonstone

## Sri Lankan Restaurant

Moonstone is a family run business, named after the highest quality moonstone gems which are mined on the South Coast of Sri Lanka. Moonstone is also the name of decorated stone with traditional carvings used at the doorsteps of olden day castles and temples.

Moonstone's philosophy is to serve a unique variety of authentic Sri Lankan food, cooked in the traditional way by family chefs from the south coast of Sri Lanka in a relaxing environment with outstanding customer service.

Sri Lankan curries are tasty but not necessarily hot! They are distinguished by being light, delicately spicy with an abundance of fresh herbs and a dash of fresh coconut - tantalising to the palette and light to digest. All the curries are available from mild to hot.

Sri Lankan curry powder is a blend made from several spices separately roasted and then ground together. Our curry powder is home made within the family and has been handed down through the generations. This intricate blend of spices consists of coriander, turmeric, cumin, fennel, curry leaves and rumpa. The curry powder used with meat also includes cinnamon, cardamon and cloves.

As all our food is freshly prepared, please allow time accordingly.

Please note a discretionary 10% Service charge will be added to your final bill.

# starters

Soup of the Day	£5.50
Vadai with Sri Lankan Yoghurt Dressing <sup>V</sup>	£5.50
Deep fried lentil dumplings with curry leaves, dhal, onion and seasoning with Sri Lankan yoghurt dressing	
Mango Salad with Chef's Special Dressing <sup>V</sup> <sup>GF</sup>	£5.50
Tangy mango and tomato salad with fresh lime, coriander, chef's special dressing - a cross between sour and sweet	
Capsicum Stuffed with Shrimps	£6.50
Capsicum stuffed with an exotic and subtly spiced filling of shrimps and onion dipped in breadcrumbs, served with a Sri Lankan curry sauce	
Fish Ball with Sri Lankan Pineapple Chutney	£5.95
Three tuna and potato balls cooked in aromatic spices with home-made pineapple chutney	
Warm Sardine Salad <sup>GF</sup>	£6.50
Two deep fried seasoned crisp sardines, served with salad and chefs dressing	
Chicken Roll with Sri Lankan Sweet & Sour Sauce	£5.95
Chicken roll filled with chicken and savoury vegetables	

# Vegetable Curries <sup>V</sup> <sup>GF</sup>

Come and indulge in the unique variety of vegetables that we offer....

Each of the following curries are cooked in a similar way, with spices and fresh herbs, tomato, onion and coconut milk. The flavour and textures are unique, depending on the main ingredients used.

Lentil	£9.50	Butternut Squash	£9.50
Chickpea	£9.50	Bean	£9.50
Beetroot	£9.50	Mushroom	£9.50
Potato	£9.50	Cashew Nuts, Peas & Garlic	£10.50
Cabbage	£9.50	Okra	£9.50
Leek & Carrot	£9.50	Spinach and Lentil	£9.50
Sweet Potato	£9.50	Aubergine	£9.50

Aubergine & Capsicum Sri Lankan Ratatouille <sup>V</sup> <sup>GF</sup> £9.50

Aubergine and capsicum slowly cooked with red onion, cinnamon, cardamon and tomato with aromatic spices to seal the flavour

Vegetable Tempered Curry <sup>V</sup> <sup>GF</sup>

These curries are prepared with less sauce and are tempered in a blend of Sri Lankan spices fused with herbs, mustard and garlic.

Chickpea	£9.50	Potato	£9.50
Sweet Potato	£9.50	Cabbage & Cauliflower	£9.50

Mallum <sup>V</sup> <sup>GF</sup>

A unique style curry dish cooked with fresh grated coconut, mixed with light traditional spices

Lentil	£9.50	Bean	£9.50
Cabbage	£9.50		



# fish & seafood

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## Seafood Curries <sup>GF</sup>

Cooked in herbs and a delicious aromatic sauce with fresh coconut to seal in the unique flavours

Squid	£11.95	Tuna Steak or Kingfish	£14.50
Prawns	£11.95	King Prawns	£13.95

## Devilled Dishes

Special Sri Lankan style stir fried dish with onion, leek, capsicum and tomatoes cooked in a garlic and ginger sauce

Squid	£11.95	Fresh Tuna	£14.50
Prawns	£11.95	King Prawns	£13.95

## Grilled Seer Fish Steak (King Fish) <sup>GF</sup>

Grilled fish seasoned with garlic, mustard, black pepper and fresh lime

£12.95

## Grilled Seer Fish Steak (King Fish) <sup>GF</sup>

Served with garlic and lemon rice and aubergine and capsicum ratatouille

£15.95

## Moonstone Special Red Snapper <sup>GF</sup>

Marinated in selected spices and served on a bed of spiced squash/sweet potato mix and special rice

£17.95

# meat dishes

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## Traditional Meat Curry <sup>GF</sup>

Meat cooked in a unique blend of home-made spices and herbs in a cinnamon and coconut sauce

Chicken	£11.50	Pork	£11.50
Lamb	£11.95	Beef	£11.95

## South Coast Special Dish <sup>GF</sup>

Meat marinated in selected spices to seal the flavour with a twist of freshly squeezed lime and cardamon, slowly cooked with a dash of sauce

Chicken	£11.50	Pork	£11.50
Lamb	£11.95	Beef	£11.95

## Devilled Dishes

Special Sri Lankan style stir fried dish with onion, leek, capsicum and tomatoes, cooked in a garlic and ginger sauce

Chicken	£11.50	Pork	£11.50
Lamb	£11.95	Beef	£11.95

# Noodles

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## Sri Lankan Style Noodles

Gently steamed noodles tempered in the traditional Sri Lankan way with shredded vegetables and a dash of exotic flavour

Vegetable Noodles <sup>V</sup>	£4.50	Egg Noodles	£4.95
Chicken or Pork Noodles	£5.95	Seafood Noodles	£7.95
Mixed Noodles	£8.95		

Egg, meat and seafood





# rice dishes

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Plain Steamed Rice <sup>V</sup> <sup>GF</sup>	£2.95	Garlic & Lemon Rice <sup>V</sup> <sup>GF</sup>	£3.95
Vegetable Fried Rice	£4.50	Egg Fried Rice	£4.95
Chicken or Pork Fried Rice	£5.95	Seafood Fried Rice	£7.95
Mixed Fried Rice	£8.95	Special Rice <sup>V</sup> <sup>GF</sup>	£4.50

Seafood, egg and meat

Cooked with vegetable spread, herbs and authentic Sri Lankan spices, garnished with fried onion and raisins

<b>Paratha</b> 	£3.95
Unleavened flatbread	
<b>Savoury Rotti</b> 	£4.50
Rotti cooked with tomato, onion, pepper and coconut with a touch of spice.	
<b>String Hoppers</b>  	£3.95
Fine strings of rice flour dough steamed in lacy circles	

## side dishes

<b>Lentil Curry</b> (same as vegetable curry)	£4.50
<b>Spicy Potato</b>	£4.50
Potato with onion and tomato, a hint of chilli	
<b>Coconut Sambal</b>  	£3.95
Shredded coconut mixed with chopped onion, tomato, a hint of chilli	
<b>Sini Sambal</b>  	£3.95
Cinnamon and chilli flavoured caramelised onion	
<b>Parsley &amp; Carrot Salad</b>  	£4.95
<b>Tomato &amp; Onion Salad</b>  	£3.95
<b>Sri Lankan Omelette</b> 	£5.95
Egg pan fried with tomato, onion, black pepper and a hint of green chilli	
<b>Papadam (2 pieces)</b> 	£1.00
<b>Sauces for Papadam</b>  	£0.50
Yoghurt Dip, Pineapple Chutney or Sweet & Sour Chilli	

## sweets

<b>Wattalappan</b> 	£5.50
Traditional Sri Lankan pudding, made with egg, treacle and coconut mixed with cardamon	
<b>Sri Lankan Pancake</b>	£5.50
Caramelised coconut with aniseed wrapped in Sri Lankan pancake	
<b>Home Baked Coconut &amp; Malibu Cheesecake</b> 	£5.95
<b>Melon &amp; Strawberry with Grand Marnier</b> 	£4.95
<b>Ice Cream</b> - selection	£4.50

**Dessert Wine - Bottle (375ml) £19.50    Glass (100ml) £5.50    Glass (50ml) £3.50**

## beverages

Americano	£2.50	Clipper Fair Trade Organic Tea	
Cappuccino/Latte/Hot Chocolate	£2.75	Per Person	£2.50
Espresso		(Camomile, Mint, Ceylon,	
Single	£2.25	Earl Grey, Fruit Tea,	
Double	£2.50	Green Tea and Decaf)	
Coffee/Decaf	£2.50	Liqueur Coffee	£6.95

ALL PRICES ARE INCLUSIVE OF VAT

WE CANNOT GUARANTEE THAT THERE ARE NO BONES IN THE FISH OR MEAT. FOR NUT ALLERGIES - PLEASE ASK THE MANAGER.

 Vegetarian     Gluton Free