

# THE COCONUT TREE



'ISLAND SPICE AND ALL THINGS NICE'

Word UP! All our food is prepared and cooked fresh every day. If you have any allergies, please alert us before ordering. Big TCT Love!

## SHORT EATS



### Tuna Cutlets 4

Three crispy balls filled with tuna, big island flavours & a pot of tangy TCT tomato sauce 220kcal

### Isso Wade 4 (GF)

Madly popular in Colombo, these crispy bite-sized beauties pack a prawn punch with warm spices & lentils bringin' all the flavour. Dip em! 124kcal

### Parippu (Dhal) 4 (VG) (GF)

Red lentils cooked in coconut milk 332kcal

### Cashew Nuts 7 (VG) (GF)

Cashew nuts & green peas cooked in coconut cream 455kcal

### Fat Sister 5 (VG) (GF)

Tender pumpkin cooked in coconut cream, curry leaves, pandan leaves & mustard seeds 136kcal

### Pineapple Curry 7 (VG) (GF)

Fresh pineapple chunks cooked in coconut milk & fennel with a hint of cinnamon 312kcal

## CONDIMENTS

### Seeni Sambol 1 (VG)(GF)

Onions caramelised with a hint of cinnamon 86kcal



### Brinjal Moju 3 (VG)(GF)

Proudly pickled aubergine 140kcal

### TCT Chilli Paste 1 (VG)(GF)

Not for the faint-hearted 122kcal



## CAN'T DECIDE?

We'll choose some of our fave dishes along with our legendary Hopper. This is not a set menu, pick a few along the way & let's make your choice rock. 25pp

### Cheesy Colombo 7 (V) (GF)

An off the scale FAVE! Colombo style fried cheese cubes with sticky sauce (a typical street food NO, but a family FAVE that's hit it off UK side) 721kcal

### Kos Mallun 6 (VG) (GF)

Big on the V-GAN scene - tender jackfruit mixed with chillies, garlic & onion. Nuff Said! 271kcal

### Stir Fried Chickpeas 4 (VG) (GF)

Stir fried in coconut oil, onions, garlic, mustard seeds, coconut chunks, curry leaves & crushed chillies 380kcal

### Polenta Battered Mushrooms 6 (VG) (GF)

Polenta battered button mushrooms mixed with spicy caramelised onion 226kcal

### Sri-Tato 5 (VG) (GF)

Roast potatoes lightly fried & spiced Sri Lankan style 320kcal

### Coconut Sambol 4 (VG) (GF)

A fresh coconut relish blended with shallots & spicy green chillies 244kcal

## HOPPERS

A hopper is a bowl shaped coconut milk pancake served with coconut sambol, seeni sambol (caramelised onions with a hint of cinnamon) & lunu miris (Sri Lankan salsa)

### Plain Hopper 4 (VG) (GF) 113kcal

### Egg Hopper 4 (V) (GF) 172kcal

Not for sharing!!  
Must-have for first timers!!

## SIDES

### Basmati Rice 3 (VG) (GF) 77kcal

### Parotta Roti 3 (VG)

Sri Lankan flatbreads (recommended to accompany curries & devilled dishes) 240kcal

### Salmon, say whaaat? 9 (GF)

TCT takes on the UK's fave fish & the salmon takes on coconut milk infused with garlic, onion, turmeric, curry leaves and chilli. A TCT FIRST & A MUST TRY! 365kcal



### Devilled Chicken Wings 6

Fried chicken wings in a spicy sticky sauce, mixed with peppers 238kcal

### Hot Battered Spicy Cuttlefish 8 (GF)

Polenta battered cuttlefish mixed with spicy caramelised onions 209kcal

### Black Pork 8 (GF)

Pork belly slow cooked in roasted TCT spices, a secret FAVE mix courtesy of our own 'Granny Gertie' 794kcal



### Chicken Curry on the Bone 6 (GF)

On the menu by popular demand from friends & family, a typical Sri Lankan curry 408kcal



### Jaffna Goat Curry 9 (GF)

Slow cooked goat in Jaffna spices. A special recipe from back home, courtesy of Chef's dad 425kcal



## LARGE DISHES

### Rice

### V-GAN Fried Rice 6 (VG) (GF) 356kcal

Wok fried with carrots, onions & leeks  
 No Egg  Yes Egg (NO DRAMA)

### Egg Fried Rice 7 (V) (GF) +89kcal

### Kotthu

This fine example of Sri Lankan street food is served all over the country. It's made with finely chopped roti, vegetables, egg &/or meat

### V-GAN 7 (VG) 581kcal

### Veggie 8 (V) +89kcal

### Veggie & Cheese 9 (V) +481kcal

### Curried Chicken (FAVE) 8 +227kcal

### Chicken & Cheese 9 +738kcal

Please note - dishes come when they're ready! If you would like any dishes together, please let us know.



kids under 10 eat free!



Choose between Fried Rice or Chickpeas



- Sri Lankan Spicy



- Large Dishes

V - Vegetarian / VG - Vegan / GF - Gluten Free

Nutritional information displayed on the menu is given per portion in calories (kcal). Adults need around 2,000 kcal per day