

starters

Vadai with Sri Lankan Yoghurt Dressing £4.50
Deep fried lentil dumplings with curry leaves, dhal, onion and seasoning with Sri Lankan yoghurt dressing

Mango Salad with Spicy Honey Dressing £4.50
Tangy mango and tomato salad with fresh lime, coriander honey dressing - a cross between sour and sweet

Capsicum Stuffed with a Shrimp Mixture £4.95
Capsicum stuffed with an exotic and subtly spiced filling of shrimps and onion dipped in breadcrumbs, served with a Sri Lankan thick pancake

Fish Balls with Sri Lankan Pineapple Chutney £4.95
Three tuna & potato balls cooked in aromatic spices with home-made pineapple chutney

Warm Sardine Salad £4.95
Two deep fried seasoned crisp sardines, served with salad and chefs dressing

Chicken Roll with Sri Lankan Sweet & Sour Sauce £4.95
Filled with chicken and savoury vegetables garnished with pineapple salad

Vegetable curries

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	£6.50	Potato	£6.50
Chickpea	£6.50	Beetroot	£6.50
Leek	£6.50	Sweet Potato	£6.50
Cabbage	£6.50	Bean	£6.50
Carrot	£6.50	Butternut Squash	£6.50

Okra	£6.95	Spinach & Lentil	£6.95
Mushroom	£6.50	Aubergine	£6.95
Cashew Nuts, Peas and Garlic			£6.95

Aubergine & Capsicum Sri Lankan Ratatouille £6.95
Aubergine and capsicum slowly cooked with red onion, cinnamon, cardamon and tomato with aromatic spices to seal the flavour

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

Chickpea	£6.50	Potato	£6.50
Sweet Potato	£6.50	Cabbage & Cauliflower	£6.50

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

Lentil	£6.50	Bean	£6.50
Cabbage	£6.50		

fish & seafood

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

Squid	£8.95	Fresh Tuna Steak or Kingfish	£10.50
Prawns	£9.95	King Prawns	£11.95

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

Squid	£8.95	Fresh Tuna	£10.50
Prawns	£9.95	King Prawns	£11.95

Grilled Seer Fish Steak (King Fish) £9.95
Grilled fish seasoned with garlic, mustard, black pepper and fresh lime

Grilled Seer Fish Steak Meal (King Fish) £13.95
Served with garlic and lemon rice and aubergine and capsicum ratatouille

Moonstone Special Red Snapper £14.95
Marinated in selected spices and served on a bed of spiced squash/sweet potato mix and special rice

Pan Seared Salmon Fillet £13.95
Cooked in an aromatic herb and cream sauce with roasted fresh vegetables

meat dishes

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

Chicken	£8.50	Pork	£8.50
Lamb	£8.95	Beef	£8.95

South Coast Special Dish
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	£8.50	Beef	£8.95
Lamb	£8.95		

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

Chicken	£8.50	Pork	£8.50
Lamb	£8.95	Beef	£8.95

Noodles

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	£3.50	Egg Noodles	£3.95
Chicken or Pork Noodles	£4.50	Seafood Noodles	£5.50
Mixed Noodles	£5.95		

Egg, meat and seafood

rice dishes

Plain Steamed Rice	£2.50	Garlic & Lemon Rice	£2.95
Vegetable Fried Rice	£3.25	Egg Fried Rice	£3.50
Chicken or Pork Fried Rice	£4.25	Seafood Fried Rice	£4.95
Mixed Fried Rice	£5.50	Special Rice	£3.95

roti

Plain Pol Rotti	£3.00
Sri Lankan style bread made with coconut and flour	
Savoury Rotti	£3.50
Rotti cooked with tomato, onion, pepper and coconut with a touch of spice	
String Hoppers	£3.50
Fine strings of rice flour dough steamed in lacy circles	
2 Hoppers (Pre-ordered only)	£3.50
Bowl shaped crispy pancakes made from a batter of rice flour and coconut milk	
1 Egg Hopper (Pre-ordered only)	£3.00

side dishes

Coconut Sambal	£3.50
Shredded coconut mixed with chopped onion, tomato, a hint of chilli	
Sini Sambal	£3.50
Cinnamon and chilli flavoured caramelised onion	
Parsley & Carrot Salad	£3.50
Tomato & Onion Salad	£3.50
Sri Lankan Omelette	£4.95
Egg pan fried with tomato, onion, black pepper and a hint of green chilli	
Papadam	£1.00
Papadam Sauces - Yoghurt Dip, Pineapple Chutney or Sweet & Sour Chilli	£0.50

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.

Moonstone

OPENING HOURS

Tuesday to Saturday

12.00pm - 2.30pm

&

6.30pm - 11.00pm

&

Sunday

12.00pm - 2.30pm

6.00pm - 9.30pm

(CLOSED MONDAYS)

01273 202151

208 Church Road, Hove BN3 2DJ
www.moonstonesrilankanrestaurant.co.uk

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.

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.

Take Away Menu

10% DISCOUNT

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