

WELCOME TO OUR TABLE

SERVING IT UP SRI LANKAN STYLE

All our food is freshly prepared each day. If you have any allergies, please let us know before ordering.

Otherwise, relax & enjoy our 'Island Vibes', your dishes will come when they're ready. If it's your first time, we'll be happy to talk you through the menu - we usually recommend a Hopper & three small plates if you're hungry!

V - Vegetarian VG - Vegan GF - Gluten Free

👹 - Sri Lankan Spicy

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) Not for sharing, they're a must-have for first timers!!

PLAIN HOPPER (VG & GF) (113kcal) 4

EGG HOPPER (V & GF) (172kcal) 4.5

SHORT EATS

Perfect to enjoy with our Island Cocotails.

LAMB CUTLETS 4 CHICKPEAS (VG & GF) 5

Three crispy balls filled with quality British minced lamb, big island flavours & a pot of tangy pineapple ketchup. (160kcal)

Stir fried in coconut oil, onions, garlic, mustard seeds, coconut shavings, curry leaves & crushed chillies. (380kcal)



<<< Check out allergen details here.

VEG / VEGAN

KAJU MALUWA (CASHEW NUTS) (VG & GF) 7 SRI-TATO (VG & GF) 5 KALE & CABBAGE SAMBOL (VG & GF) 4

Our most creamy dish - Sri Lankan cashews and green peas in a sweet coconut curry. (512kcal)

Roast potatoes lightly fried & spiced Sri Lankan style. (320kcal)

A fresh mix of kale & cabbage, lightly sauteed in coconut oil with a pinch of curry leaves. (40kcal)

PARIPPU (DHAL) (VG & GF) 4.5 CHEESY COLOMBO (V & GF) 7.5 5C'S SAMBOL (VG & GF) 4

A rich and creamy blend of lentils, SL spices and coconut milk, slow-cooked to perfection. A must-try. (332kcal)

Colombo-style fried cheese cubes with sticky sauce (a family FAVE that's hit it off UK-side). (721kcal)

A zesty mix of 5C's: carrots, coriander, chilli, coconut & cucumber. (34kcal)

FAT SISTER (VG & GF) 5 HOT BATTERED MUSHROOMS (VG & GF) 6 COCONUT SAMBOL (VG & GF) 4

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

Polenta-battered button mushrooms mixed with spicy caramelised onions. (226kcal)

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

MEATS / FISH

CHICKEN CURRY ON THE BONE (GF) 👹 7 BLACK PORK (GF) 8 DEVILLED CHICKEN WINGS 👹 7.3

On the menu by popular demand from friends and family, a typical Sri Lankan curry. (408kcal)

Pork belly slow-cooked in roasted TCT spices, a secret FAVE mix courtesy of our 'Granny Gertie' ♡. (794kcal)

Fried chicken wings in a spicy sticky sauce mixed with fresh chillies and banana peppers. (295kcal)

JAFFNA GOAT CURRY (GF) 9 PRAWN CURRY (GF) 9 HOT BUTTER CALAMARI (GF) 8.5

Slow-cooked goat with potatoes in hearty Jaffna spices. A special recipe, courtesy of Chef's Dad ♡. (425kcal)

Succulent tiger prawns mixed with traditional spices & tomatoes, topped with fresh greens. (349kcal)

Calamari marinated in garlic & chilli, lightly battered and cooked with a punchy butter sauce... Goes down nicely with an ice-cold LION lager! 🍺 (349kcal)

HEADS UP! Nutritional information is given per portion in calories(kcal). Adults need around 2000kcal per day.

An optional 10% service charge will be added to your bill. This gets shared between the whole TCT team. 🌴

KOTTHU or FRIED RICE

This fine example of Sri Lankan street food is served all over the country and is made with finely chopped Rotti &/or meat.

TCT VEGAN KOTTHU 8 (435kcal)

CHICKEN KOTTHU 🍗 8 May contain bones. (545kcal)

BEEF BRISKET KOTTHU 10 (535kcal)

VEGAN FRIED RICE (VG & GF) 6

Wok fried with carrots, onions, green peas & TCT chilli paste. (281kcal)

PRAWN FRIED RICE (GF) 10

Wok fried with egg, carrots, onions, green peas, prawns & TCT chilli paste. (312kcal)

SIDES

PAROTTA ROTTI (VG) 3.5

Sri Lankan flatbreads (recommended to accompany curries). (240kcal)

BASMATI PANDAN RICE (VG & GF) 3.5

CONDIMENTS

SEENI SAMBOL (VG & GF) 1.5

Onions caramelised with a hint of cinnamon. (86kcal)

BRINJAL MOJU (VG & GF) 3

Proudly pickled aubergine. (140kcal)

TCT CHILLI PASTE (VG & GF) 1.5

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 with us and let's make your choice rock.

MEAT + FISH 25 PP

VEG + VEGAN 20 PP

EXPRESS LUNCH

IN AND OUT IN 30 MINS!!

Hopper
Curry
Sambol or condiment
Rotti or Rice
Soft or hot drink



(MONDAY-FRIDAY 12-4PM) 15 PP

SWEETS

SRI LANKAN CAKE & VANILLA ICE CREAM (V) 6

SL style coconut cake made with cinnamon, ginger, nutmeg, dried fruits, cherries, cashews & coconut treacle. (490kcal)

MILO CHOCOLATE BISCUIT PUD (V) 5

Hold tight chocolate lovers... layers of SL tea biscuits and light chocolate MILO mousse topped with 70% of the dark stuff. (587kcal)

VEGAN STRACCIATELLA 125ml (VG & GF) 4.5

Hand crafted chocolate-chip ice cream made with local produce. (324kcal)

THIRSTY? TURN OVER FOR DRINKS.

