



FRESH



LOCAL

# HARVEST TABLE

BY ANANTARA

A FARM TO PLATE CULINARY JOURNEY



**ANANTARA**  
PEACE HAVEN · TANGALLE  
RESORT

## HARVEST TABLE BY ANANTARA

In this former coconut plantation, Anantara Peace Haven Tangalle Resort has demarcated a sprawling plot to grow its own rice, vegetables, herbs and spices. Harvest Table offers an unforgettable culinary journey based on fresh, home-grown and sustainable ingredients and the daily catch of the day from a local fisherman. And we mean really fresh - menus are created depending on what's picked from the garden just before you are seated for lunch.

Start with a guided stroll with our Chef through our garden and paddy fields to self harvest your fresh seasonal produce while learning about our indigenous farming methods and health benefits of each ingredient. Watch as our Coconut Guru nimbly climbs a soaring coconut tree to hand-pick your natural refresher drink. Select your sustainably caught fish for your main course as our fisherman arrives by boat through our mangrove river.

Enjoy beli mal herbal tea, brewed from the sun-dried flowers of the Bael fruit tree, that is well-known in age-old Ayurveda medicine to soothe parched throats and restore the body's natural equilibrium. Our Chef will prepare his wholesome labour of love in our custom-built traditional "muluthange" or kitchen with a host of kitchen tools that have now mostly been relegated to history. Savour your mouth-watering four-course lunch served in our rustic "pela" or treehouse with an organic wine against our paddy field backdrop.

To book, please contact Guest Services Centre one day in advance before 4.00 pm.



## HARVEST TABLE PROGRAMME

11.30 am Meet our Chef at the lobby before a guided stroll to our gardens and paddy field, where you will harvest fresh seasonal produce to be prepared for lunch later. Learn about our traditional farming methods and health benefits of key ingredients as you enjoy a refreshing freshly picked coconut drink.

12.30 noon Meet Ranji, our local fisherman, as he brings his daily fresh catch by boat for your main course selection. Chef will show you our indigenous kitchen and kitchen implements used to prepare your hand-picked produce over a healthy brew of Ayurvedic herbal tea served with jaggery.

1.00 pm Savour your wholesome four-course lunch served in our treehouse, complemented with organic wine or a non-alcoholic herbal drink.

**LKR 29999 net per couple**, including a four-course seasonal Harvest Table lunch, as well as refreshments throughout the experience.



### TERMS AND CONDITIONS

Price is net, inclusive of service charge and applicable government tax. A minimum of two guests and a maximum of four guests per dining experience, per day. Reservations must be made at least one day in advance before 4.00 pm. Cancellations must be made before 7.00 pm the day before, otherwise a 50% charge applies.



## SAMPLE MENU

Depending on the seasonal produce available at our garden and if required, from the local market nearby, our Chef will be delighted to customise a vegetarian main dish or suggest other ingredients to suit your preferences for lunch.

### APPETISER

#### Organic Beetroot Carpaccio

with salad leaves, sweet orange, baby corn, garden herbs and buffalo curd-mustard dressing

### SALAD

#### Grilled Baby Eggplant

with fresh lettuce, cherry tomato, cucumber, salted snake gourd and coriander-lime vinaigrette

### MAIN

#### Ranji's Catch Of The Day

your hand-picked fish, grilled and served with our own harvested red rice pilaf, garden spinach and chef's signature curry emulsion

### DESSERT

#### Tangalle Coconut Milk Pancake

caramelised coconut stuffed, mango and a hint of lime, drizzled with jaggery syrup

