

HELA BOJUN

MENU

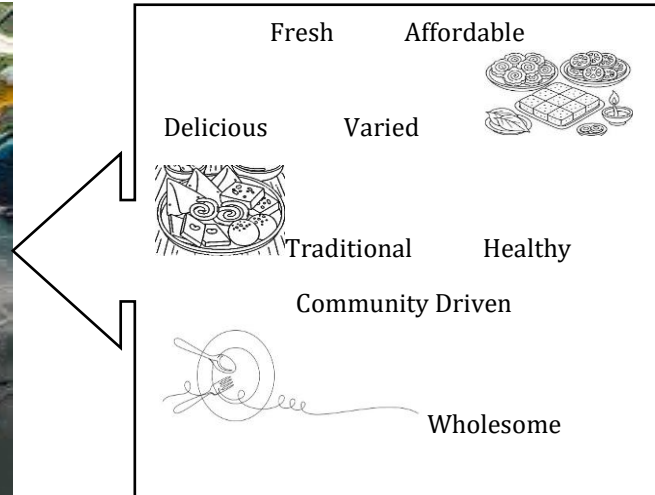
Choose your favorites and discover the traditional flavors of Sri Lanka.

Traditional • Healthy • Wholesome • Community Driven

Fresh • Affordable • Delicious • Varied

A Taste of Traditional Sri Lankan Cuisine





Let's try Traditional Sri Lankan Foods



Hela Bojun Hala



History & Purpose

Established in **2006** by the Sri Lankan **Department of Agriculture**, Hela Bojun is a network of traditional food courts designed to **empower rural women** and promote **public health**. The initiative provides a platform for women to become self-employed entrepreneurs by preparing fresh, affordable, and **vegetarian local cuisine** in open kitchens. By reviving indigenous ingredients and traditional recipes, the program aims to counter the rise of processed fast food while providing sustainable **livelihoods** for hundreds of families across the island.

There are **three main branches** of Hela Bojun in the Kandy area, with key locations in **Peradeniya** (near the University/Department of Agriculture), **Kandy Sahas Uyana**, and **Kundasale**. These Ministry of Agriculture-supported stalls serve traditional, healthy, and low-cost Sri Lankan food.

- Typically operating from 7:00 am to 7:00 pm.



Why You Should Select Hela Bojun Hala – Sahas Uyana

Choosing **Hela Bojun Hala** as the starting point for the **Food Tour & Spice Trail** offers you an authentic introduction to Sri Lanka's food culture and community traditions. Here are the key reasons:

1. Authentic Sri Lankan Village Cuisine 🍲

Hela Bojun Hala is known for serving **traditional Sri Lankan foods prepared using local recipes and ingredients**. You can experience dishes made from **rice flour, coconut, herbs, and natural spices**, which represent the island's authentic culinary heritage.

2. Community-Based Food Experience 👤

The food stalls are mainly operated by **local women entrepreneurs**, supporting community development and rural livelihoods. By visiting Hela Bojun, you contribute directly to **local economic empowerment**.

3. Healthy and Natural Food 🌿

Most foods prepared at Hela Bojun use **organic ingredients and traditional cooking methods**, avoiding artificial additives. Herbal drinks and traditional foods also highlight Sri Lanka's **natural and healthy food culture**.

4. Live Food Preparation Experience 👨‍🍳

You can **watch traditional cooking methods** such as hopper making, string hopper preparation, and sweet making. This creates an interactive food experience rather than just a meal.

5. Cultural Immersion 🏡

Hela Bojun provides a unique environment where visitors can experience **local lifestyle, culinary traditions, and hospitality** in one place. It reflects the **village food culture of Sri Lanka**.

Menu – Select your Combinations according to your interest

Main Meals



Rice and Curry

A staple meal consisting of steamed rice served with a variety of flavorful vegetable curries.



Milk Rice (Kiribath)

A traditional Sri Lankan dish made from rice cooked with coconut milk. It can be considered a form of rice cake or rice pudding and is an essential dish in Sri Lankan cuisine.



Kotta Kiribath

A traditional Sri Lankan sweet variation of milk rice (*Kiribath*), characterized by a central filling of caramelized coconut known as *Pani Pol*.



String Hoppers

Steamed rice flour noodles pressed into noodle-like discs. Made from a dough of rice flour, salt, and hot water, commonly eaten with various curries and sambals.



Dosa

A thin, savory crepe in South Indian cuisine made from a fermented batter of grinded black gram and rice. Dosa is served hot, often with chutney and sambar.



Paratha

A popular unleavened flatbread known for its flaky, layered texture and made with potatoes and ghee or oil. It can be served plain, folded, or stuffed with various fillings.



Pittu

A traditional dish from Sri Lanka and South India, made from steamed cylinders of ground rice layered with grated coconut. This nutritious and flavorful dish.



Hoppers

Crispy, bowl-shaped pancakes made from fermented rice flour and coconut milk.



Kottu

Kottu is a popular, spicy Sri Lankan street food made by stir-frying shredded flatbread with vegetables, eggs and spices on a hot griddle.

Ceylon Platters

Category 1 - Traditional sweets



Mung Kavum (Green Gram Oil Cake)

It is a deep-fried, diamond-shaped traditional Sri Lankan snack made from a mixture of mung bean flour (green gram), rice flour, and kithul treacle.



Athirasa (Oil Cake)

The name implies "extraordinarily tasty." It is a flat, fried oil cake made from a mixture of roasted rice flour and treacle (jaggery syrup). It has a denser, more chewy texture and a deep, caramelized flavor.



Handi Kavum (Spoon Oil Cake)

Made by pouring the batter into the hot oil using a specific type of spoon or ladle (*handi*). It is often soft and shares the same delicious coconut and treacle base.



Pani Walalu (Udu Walalu)

These are "honey rings" made from urad dal (undu) and rice flour. They are deep-fried into coils and then soaked in treacle until they are juicy and bursting with syrup



Aluwa

A flat, diamond-shaped fudge made from roasted rice flour, treacle, and often flavored with cashews or cardamom.



Jaggery Hoppers (Pani Appa)

A sweet twist on the classic bowl-shaped hopper. A piece of jaggery or treacle is added to the fermented rice flour batter, resulting in a brown, caramelized, and slightly sweet pancake.



Mung Guli

Similar to Mun Kavum but shaped into small rounds. These are sweet deep-fried balls of green gram flour and treacle batter.



Aggala

Roasted rice flour balls mixed with treacle and coconut giving them a unique sweet taste.



Lawariya

A steamed snack consisting of a noodle-like string hopper casing stuffed with *pani pol* (sweetened grated coconut).



Asmi

It's a thin, lacy pancake made from rice flour and cinnamon leaf juice, deep-fried, folded, and topped with a colored drizzle of thick syrup. One of the most visually impressive traditional Sri Lankan sweets.



Walithalapa

A crumbly, moist sweet made by steaming rice flour "beads" and then soaking them in a thick kithul treacle syrup.



Halapa

A traditional Sri Lankan sweet made from Kurakkan flour (finger millet) and grated coconut sweetened with kithul treacle or sugar, seasoned with cardamom. The dough is flattened on Kanda (Macaranga peltata) folded, and steamed, creating a rustic, aromatic treats.



Wandu

A soft, fluffy steamed rice cake made from a fermented batter of rice flour, coconut milk, and treacle (or jaggery).

Category 2 - Savory Snacks



Parippu Wade (Lentil Fritters)

A crunchy, golden-brown patty made from coarse-ground split yellow lentils, onions, and chilies, prized for its signature hard-crunch exterior and nutty, savory interior.



Undu Wade (Lentil Fritters)

A savory, donut-shaped snack made from fermented urad dal batter that features a light, spongy, and cloud-like center with a very thin, golden-crisp skin.



Polos Cutlet

Crispy, breaded crepes tightly rolled around a spicy filling of vegetables or shredded polos, offering a satisfying contrast between the shattered breadcrumb coating and the warm, moist interior.



Polos Rolls

Snack featuring a savory filling of tender, spiced young jackfruit (polos) wrapped in a thin pastry. The jackfruit is typically slow-cooked with coconut milk and aromatic, golden crunch.



Mushroom Burger

A localized, plant-based burger featuring a thick, handmade patty of mashed mushrooms and potatoes served in a fresh bun with simple, garden-fresh greens.



Mushroom Crispy

Fresh oyster mushroom strips dipped in seasoned batter and deep-fried to create an ultra-light, "popcorn-style" snack that is a popular vegetarian alternative to fried chicken.



Mushroom Samosa

A half-moon-shaped pastry filled with a spiced oyster mushroom sauté that provides a deep, earthy umami flavor in every bite.

Beverages

Category 1 -Herbal Porridge & Drinks



Herbal Leaf Porridge

A traditional Sri Lankan nutrient-packed breakfast staple made from fresh green leafy extracts, coconut milk, and rice.



Sago Porridge

A creamy and often sweet traditional dish made by boiling sago pearls in water until translucent, then simmering with coconut milk, cardamom, and jaggery or sugar. Popular in Sri Lanka, it is enjoyed warm or chilled as a cooling, comforting, and gluten-free beverage.



Kurakkan Porridge

Kurakkan porridge (Kurakkan Kenda) is a nutritious, traditional Sri Lankan breakfast staple made from finger millet flour. It is a creamy, thick, and healthy porridge, often prepared by simmering kurakkan flour, water, salt, and coconut milk. It is known for its high calcium, iron, and fiber content



Beli Mal (Bael flower tea)

A caffeine-free, aromatic, and slightly bitter herbal tea made from dried flowers of the *Aegle marmelos* tree. It is a traditional, refreshing, and cooling tonic popular in Asia, typically consumed for digestive health and to soothe heart burn. It is often prepared with water and served with jaggery or palm sugar.

Category 2 - Fresh Fruit Juice



Wood apple Juice

Bael Sharbat or Divul Kiri, is a refreshing tropical beverage valued for its digestive benefits and cooling properties. It is typically made by blending the pulpy interior of the wood apple fruit with water or coconut milk and sweetening it



Pineapple Juice

A vibrant, golden-yellow drink made from freshly crushed local pineapples, offering a sharp, tropical sweetness and a tangy zing that is rich in Vitamin C and digestive enzymes.



Passion Fruit Juice

A bright, tropical drink known for its sharp acidity and aromatic scent, usually served with the crunchy black seeds included for texture and a boost of Vitamin C.



Mango Juice

A smooth and rich nectar made from seasonal local mangoes (like *Karuthakolomban*), offering a naturally sweet and creamy taste without the need for heavy artificial syrups.



Avocado Juice

A thick, milkshake-like drink made by blending ripe avocado with milk (or coconut milk) and a bit of lime, providing a rich source of healthy fats and a very filling consistency.



Watermelon Juice

A highly hydrating (92% water), low-calorie, and nutrient-dense beverage rich in vitamins A and C, antioxidants like lycopene, and amino acids. It supports heart health, blood pressure regulation, and muscle recovery.



Mixed Fruit Juice

A refreshing, nutrient-packed tropical blend—usually combining pineapple, mango, and papaya—that offers a balanced profile of sweet and tangy flavors with a naturally thick, pulp-rich consistency.

Beyond the Horizon...

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Contact : +94 77 784 2311

WhatsApp: +94 77 484 1076

Email: info@touristguidingcenter.com

Website: www.touristguidingcenter.com

Location: No. 18/B "Sahas Uyana", Kandy, Sri Lanka
