

# Sri Lankan treats at Cinnamon Lakeside

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Goodies offers a variety of traditional homemade sweetmeats from thalaguli and milk toffees to coconut rock or pol toffee and gnanakatha. Crepes, referred to locally as pani pol - shredded coconut fused with melted kithul jaggery - is available at the popular Cinnamon Lakeside High Tea daily.

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