

# Breakfast Menu

Breakfast is served between 8.30 am-10am

## South Indian Breakfast

**Please order 1 day in advance**

### Monday - Puttu

Steamed rice cake served with milk, honey, banana and papadum or with egg roast

### Tuesday - Idli

Steamed savoury cakes made with rice and white dhal flour. Served with vegetable sambar and coconut chutney

### Wednesday - Masala Dosa

Savoury pancake made with rice and white dhal flour with a potato masala filling. Served with coconut chutney.

### Thursday – Idiyappam / String Hoppers

Noodle cakes served with vegetable masala, egg roast, cholem curry or sweet with fresh coconut milk and banana

### Friday - Upama

Fine corn grain with finely chopped ginger, green chilly, carrot and onion served with banana and honey

### Saturday - Appam

Thick rice flour pancake served with non spicy milk vegetable masala

### Sunday – Poori

Wheat flour puffed shape Indian bread deep fried in veg oil served with potato or vegetable masala

## Continental Breakfast

**All options available every morning**

### Fruit Salad

Plate of seasonal fruit (water melon, papaya, banana, pineapple, orange, melon, grapes, apple, mango).

### Muesli

Served with hot or cold milk, honey and curd

### Corn Flakes

Served with hot or cold milk

### Plain Toast or French Toast

Served with butter, homemade jam, honey or cheese

### Eggs

Your choice of fried, boiled, poached, scrambled or omelette (Plain or Masala with onion, chilly and tomato). Served with toast

### Pancake

Served with homemade jam or Kerala style (with grated coconut, banana, raisins, honey and cinnamon)

### Porridge

Served plain or Kerala style (with coconut milk, banana, raisins, honey and cinnamon)

## BREAKFAST DRINKS

Served with your choice of black tea, green tea or filter coffee and 1 glass of seasonal fruit juice

Breakfast is included in the room tariff, so please enjoy it to the full and start your day with a smile!  
Please choose 1 continental or 1 Keralan option (evening before) per person.

# Lunch & Snacks Menu

Lunch is served between 1pm-3pm and available with 1 hour notice

## SALADS (V options) – Rs. 250

**Greek Salad** with tomato, black olives, cucumber, green capsicum, paneer cheese and olive oil

**Prawn Salad** with boiled potatoes, green beans, tomato and grilled prawns dressed with homemade mayonnaise on a bed of lettuce

**Pimento/ Salad** assorted smoked strips of capsicum, red pimento and tomato with zinn of gherkins, capers, dressed with mayonnaise

**Fresh Garden Salad** lettuce, tomato, capsicum & cucumber with balsamic vinegar & olive oil

**Kerala Salad** cabbage, carrot, tomato, green capsicum with ginger & coconut oil dressing - 150

## SOUPS (V options) – Rs. 250

**Seafood Soup** (Rs. 300)

**Lentil Soup**

**Clear Fish / Chicken Soup**

**Tomato Soup**

**Cream Soup** (Veg or Non Veg options)

**Sweet Corn Chicken Soup** (Veg option w/o chicken)

## SNACKS

**Sandwiches** - served on fresh toasted bread **(V options) – Rs. 250**

Chicken, Fish or Cheese with homemade mayonnaise and side salad

Any of the above options can be made as a 'Club Sandwich' with egg and cheese *(Extra Rs.50)*

**Katti Roll** - Rs. 250 (V) or Rs. 300 (M / S)

Fresh chapatti rolled with your choice of filling: Fish, Chicken or Vegetable.

**Pakora** (V options) – Rs. 250 (V) or Rs. 300 (M / S)

Vegetable, paneer, chicken, fish or prawns fried in a light batter served with spicy mint sauce

**Cutlet** (V options) – Rs. 250 (V) or Rs. 250 (M / S)

Vegetable, chicken or fish blended with mild spices and fried. Served with side vegetable salad

**French Fries** (V) – Rs. 150

## MEALS

**Kerala Thali Meals (V option)** (Please order 3 hours in advance) – Rs. 500 (V) or Rs. 600 (S) – Chef's interpretation of the traditional Kerala lunch consisting of various vegetable dishes served with Kerala red rice on a banana leaf with papadum. Side dishes of fish curry or fish fry at your request.

# Dinner Menu

Dinner is served between 7pm-9pm

## KERALAN / SOUTH INDIAN DINNER

We consider the culinary delights of South Indian cuisine to be an essential part of your travel experience and we have developed a 1 week menu with our chef to provide you with a real taste of Kerala. Please choose 1 main dish per person (S – Seafood, M – Meat or V – Veg), which will be served with rice/bread and 2 veg/salad side dishes according to the Menu of the Day.

If you require alternative meals, we request that food is ordered in advance, so your chef has time to buy fresh produce from the local markets and prepare dishes to your personal taste.

### Monday Menu

- (S) **Fish Moilee** – White sea fish\* cooked in mild spices with 3 types of coconut milk  
(M) **Chicken Chettinad** – Tender chicken pieces cooked in special South Indian/Chettinad style  
(V) **Cholem Masala** – Chick peas cooked with tomato, coriander and onion in coconut milk

- **Ginjger Puli** – ginger paste fried with coconut pieces
- **Bindi Pachadi** – Ladies finger (okra) cooked with curd and spices
- **Appam and White Basmati Rice**

### Tuesday Menu

- (S) **Prawn Ularthi** - prawns in dry gravy with onion, chilly and large coconut pieces  
(M) **Kozhi Varytha Curry** – boneless chicken fried with all Indian masala in a thick gravy  
(V) **Paneer Butter Masala** – Cubes of Indian cheese in a red masala gravy of cashew nut, onion and tomato

- **Dhal Dhaduka** – Yellow lentils cooked with home style herbs and spices
- **Brinjal Curry** – Thick chopped aubergines fried with mustard seeds, onion and pepper
- **Chapatty and Jeera Rice (with cumin seeds)**

### Wednesday Menu

- (S) **Fish Polichathu** – Soft white fish\* cooked in a banana leaf with thick Keralan gravy  
(M) **Kadai Chicken** – Spicy chicken dish with a rich aroma given by the ginger and tomatoes  
(V) **Navaratna Kurma** – A mix of vegetables cooked in a mild coconut milk masala with cinnamon, cardamom, cloves, pineapple and grapes

- **Beetroot Kichadi** – beetroot gravy with coconut milk and rich mustard paste
- **Cabbage Thoran** – Grated cabbage fried with coconut, onion, curry leaves and mustard seeds
- **Lemon rice** – Delicious basmati rice with fruit, cashew nuts and ghee

### Thursday Menu

(S) **Fish/Prawn Malabari Curry** – Popular local delicacy prepared with tamarind in a medium spicy sauce

(M) **Chicken Karakoodi** – Chicken pieces cooked in a mild coconut milk masala

(V) **Vegetable Jalfasi** - carrot, beans, potato, capsicum cooked in a rich chilly gravy

- **Banana Flower Thoran** – chopped banana flowers fried with grated coconut and green garam
- **Tapioca** – Steamed tapioca, seasoned with curry leaves, mustard seeds and grated coconut
- **Chapatty**

### Friday Menu - Kerala Thali Meals

Chef's interpretation of the traditional Kerala Sadhya Feast consisting of various vegetable dishes served with Kerala red rice on banana leaf with spicy pickles, crunchy banana chips, crispy pappadams, plaintains and payasams – a sweet milky porridge desert

(S) **Pomfret/Karimeen Fry with Indian Spices**

(M) **Chicken Fry Chettinad Style**

(V) **Dhal Fry**

### Saturday Menu

(S) **Alleppey Fish / Prawn Curry** – A delicious sweet and sour curry made with green mango

(M) **Chicken Butter Masala** – Chicken prepared in Malabar style with South Indian rich masala

(V) **Aloo Gobi** - Boiled potato and cauliflower fried in rich tomato gharam masala

- **Kalan Curry** - Chopped plantain pieces cooked with curd and coconut paste
- **Snake Gourd Vizhiki** – finely chopped snake gourd fried in coconut oil with Kashmiri chilly powder, mustard seeds and curry leaves
- **Kerala Paratha** – Keralan speciality bread made of wheat dough coiled into a round shape and cooked on a griddle

Vegetarian – Rs 500, Meat – Rs 550, Seafood – Rs 600 (per person)  
Inclusive of main dish, rice/bread and 2 vegetable/salad side dishes

### SUNDAY BBQ - Rs. 700 per person

(S) **Grilled Seafood** - fish steak\*, prawns and calamari according to the catch of the day

(M) **Chicken Tikka Skewers** - large chicken pieces marinated in Indian spices

(V) **Roasted Paneer and Vegetable Skewers**

*Served with Pulao Rice, Naan and Side Salads*

\*We use seer/king fish, pomfret, karimeen and tuna, according to the catch of the day

# Continental Dinner

## **Fish 'n' Chips**

Fresh white fish fillet cooked in a light beer batter. Served with chips, side salad & mayonnaise/ketchup

## **Chicken Steak**

Chicken breast grilled with lemon, served with butter garlic sauce

## **Grilled Fish Steak**

Grilled fish steak prepared in chef's style marinade served with salsa/tartar sauce

## **Pasta (V/S option)**

Spaghetti, penne or fusilli served with seafood, vegetables or chicken in a fresh tomato sauce. Served with garlic bread and side salad

## **Vegetable Side Dishes (V)**

Steamed carrot, cauliflower and green beans

Mashed potato with cheese and mustard

French fries

Vegetarian – Rs 500, Chicken – Rs 550, Seafood – Rs 600 (per person)  
Inclusive of main dish, rice/bread and 1 vegetable/salad side dish

If you order separate items from the menu, please order your dinner at breakfast or lunch time to allow our chef sufficient time to buy fresh produce and prepare your meal to suit your taste

## **Seafood Platter – Rs. 1200 per person**

Assorted fresh market seafood: grilled tiger prawn/ langoustine, seer fish steak, prawns and calamari cooked with Indian or Continental marinade. Served with sautéed vegetables and rice

# Deserts Menu

Deserts available at any time with 15-30 minutes notice

<b>Panjaratham</b>	Rs 200
Sautéed banana with dates, honey, ghee and mint leaf	
<b>Kerala Banana Fritter</b>	Rs 200
Served with honey or chocolate sauce and homemade ice-cream	
<b>Ice Cream</b>	Rs 150
Vanilla, chocolate or strawberry ice cream	
<b>Pineapple Crumble</b>	Rs 200
Pineapple, ginger and cinnamon under a crumble topping	
<b>Payasam</b>	Rs 200
It is said in Kerala that the payasam (the sweet) will make the meal memorable for years. Rice cooked in boiling milk with cashew nuts and raisins.	
<b>Homemade Pudding</b>	Rs. 150
Coconut, Mango or Chocolate (ask for available)	
<b>Carrot Halwa</b>	Rs. 150
<b>Fruit Salad</b>	Rs. 150

Bon Appetit!