

# GATEWAY VARKALA

IHCL SELECTIONS

## *Coastal Kitchen*

In God's Own Country, the unique cuisine is a part of its distinctive culture. The state along the coast offers many common threads, yet on culinary terms there are unique manifestation within the Malabar region.









# GATEWAY VARKALA







IHCI SELECTIONS

As per the guidelines issued by  
Food Safety & Standards Authority of India (FSSAI)  
an average active adult requires  
**2000 kcals** of energy per day.

However, the actual calories needed may  
vary per person.



# Starters

- Pachakari Wada | kcal | 219 | 240 gm  450  
Shallow fried spiced vegetable Patti served with Tomato chutney
- Pepper Potato | kcal | 219 | 160 gm  450  
Cubes of potato sauteed with grained pepper corns
- ▲ Kozhi Porichathu | kcal | 354 | 240 gm 550  
Deep fried chicken in southern marination
- ▲ Koonthal Varatiyathu | kcal | 279 | 180 gm  650  
Griddle cooked squid
- ▲ Kanava Peera | kcal | 279 | 180 gm  650  
Squid in Malabar style
- ▲ Malabar Konchu Porichathu | kcal 216 | 240 gm  900  
Masala fired baby prawns
- Mixed Vegetable Pakode | kcal 511 | 240 gm  400  
Deep fried vegetables in Basin batter
- Bhunne Mutter ki Aloo Tikki | kcal 228 | 240 gm  450  
Peas stuffed Potato Patti
- ▲ Chicken Tikka choice of Laal Mirch or Malai | kcal 529 | 240 gm 550  
Choice of marinated chicken morsels cooked in clay oven
- ▲ Ajwaini Mahi Tikka | kcal 433 | 240 gm  600  
Garlic and carrom infused clay oven glazed fish cubes
- ▲ Tandoori Jhinga | kcal 220 | 200 gm  950  
Marinated prawns cooked in clay oven
- ▲ Crispy Fish Fingers | kcal 306 | 200 gm  550  
All-time favorite-served with chips and tartar sauce

List of Allergens:

 Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites


















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■ Vegetarian ▲ Non Vegetarian ★ Signature dishes



<p>  <b>Cheese Cherry Pineapple Sticks</b>   kcal 350   200 gm  </p>	450
<p>  <b>Crispy Mushroom</b>   kcal 350   200 gm  </p> <p>Shallow fried button mushrooms in oriental sauce</p>	450
<p>  <b>Vegetable Spring Rolls</b>   kcal 219   200 gm   </p>	450
<p>  <b>Chilly Paneer</b>   kcal 407   240 gm  </p> <p>Cubes of paneer and bell peppers cooked in shallow pot with tangy oriental sauce</p>	450
<p>  <b>Mushroom Pepper Salt</b>   kcal 290   240 gm </p> <p>Button Mushrooms cooked in shallow fat fry with minced onions and chilies</p>	450
<p>  <b>Chilly Chicken</b>   kcal 460   240 gm   </p> <p>Chunks of chicken cooked in Chinese sauce</p>	550
<p>  <b>Chicken Spring Rolls</b>   kcal 460   200 gm  </p>	550
<p>  <b>Chicken Lollipop</b>   kcal 460   200 gm   </p> <p>Oriental style marinated chicken wings fried to perfection</p>	550


## Soups

<p>  <b>Oven roasted tomato and basil soup</b>   kcal 147   150 ml  </p>	300
<p>  <b>Cream of Mushroom</b>   kcal 157   150 ml  </p>	300
<p>  <b>Minestrone Vegetable</b>   kcal 165   150 ml </p>	300
<p>  <b>Hot and Sour vegetable</b>   kcal 62   150 ml  </p>	300
<p>  <b>Sweet Corn Vegetable</b>   kcal 62   150 ml </p>	300
<p>  <b>Lemon Coriander Vegetable</b>   kcal 62   150 ml </p>	300
<p>  <b>Vegetable Clear</b>   kcal 62   150 ml </p>	300
<p>  <b>Hot and Sour Chicken</b>   kcal 135   150 ml  </p>	325
<p>  <b>Sweet Corn Chicken</b>   kcal 135   150 ml </p>	325
<p>  <b>Lemon Coriander Chicken</b>   kcal 135   150 ml </p>	325
<p>  <b>Clear Chicken</b>   kcal 135   150 ml </p>	325
<p>  <b>Cream of Chicken</b>   kcal 176   150 ml  </p>	325

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 Vegetarian 
  Non Vegetarian 
  Signature dishes



# Salads

- **Sprout Salad I kcal 944 I 350 gm** **350**  
Quinoa grains and sprouted beans, bell peppers, raw mango and toasted sunflower seeds with black salt and cumin vinaigrette
- **Greek Salad I kcal 30 I 350 gm**  **300**  
Tomato, cucumber, bell peppers, feta, Kalamata olives with lemon oregano vinegar
- ▲ **Hawiiian Chicken Salad I kcal 288 I 350 gm**  **350**  
Combination of shredded chicken, bell peppers in creamy sauce
- **Green Salad I kcal 28 I 350 gm** **175**  
Mix of Onions, tomatoes, carrots, onions, chilly and lemon

# Mains

- **Koonu Varutharachha curry I kcal 270 I 250 gm** **475**  
Button mushrooms cooked in roasted whole spices and coconut finished with tamarind
- **Koonu kurumulauittathu I kcal 270 I 250 gm** **475**  
Sautéed button mushrooms with onions and pepper corns
- **Vegetable Mappas I kcal 302 I 250 gm**  **475**  
South indian preparation of assorted vegetables with coconut milk and green chillies
- **Avial I kcal 500 I 250 gm** **475**  
Signature Kerala dish of mixed vegetables, curd, coconut and seasoned with coconut oil and curry leaves
- ▲ **Kozhi Varutharachha curry I kcal 485 I 250 gm** **600**  
Signature dish of Kerala, Chicken cooked to perfection with handpicked spices, brown coconut and brown onion paste
- ▲ **Kozhi Roast I kcal 354 I 250 gm** **600**  
Chicken marinated with special masala, slow roasted with small onion and tomatoes
- ▲ **Tenderloin Ullarthiyathu I kcal 525 I 250 gm** **725**  
Dry classic spicy beef preparation in slow fire












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- |   |  |            |
|---|--|------------|
| ▲ | <b>Meen Kodampuli Curry</b>   kcal 485   250 gm   | <b>625</b> |
|   | Kokum flavoured "traditional Kerala" fish preparation  |            |
| ▲ | <b>Meen Pollichathu</b>   kcal 306   250 gm   | <b>625</b> |
|   | Griddle cooked fish marinade in coastal spices   |            |
| ▲ | <b>Naadan Mutton Curry</b>   kcal 356   250  | <b>725</b> |
|   | Traditional Local style lamb curry   |            |
| ▲ | <b>Chemmeen Varatiyathu</b>   kcal 310   250 gm   | <b>975</b> |
|   | Crispy fried prawns simmered in thick gravy  |            |
| ▲ | <b>Malabari Chemmeen Curry</b>   kcal 310   250 gm    | <b>975</b> |
|   | Shrimps cooked in freshly extracted coco milk  |            |
| ■ | <b>Tandoori Vegetarian Platter</b>   kcal 334   550 gm    | <b>875</b> |
|   | Potato, Baby corn, Mushrooms, Capsicums, Laal Mirch ka Paneer Tikka, Kasundi Phool, Phaldari Kebab   |            |
| ■ | <b>Makkai Palak</b>   kcal 295   250 gm    | <b>475</b> |
|   | Fresh corns cooked in spinach paste  |            |
| ■ | <b>Dal Makhani</b>   kcal 1032   250 gm   | <b>475</b> |
|   | Black gram and red kidney beans simmered overnight on the tandoor  |            |
| ■ | <b>Dal Tadka</b>   kcal 317   250 gm    | <b>375</b> |
|   | Yellow lentil tempered with cumin, garlic, onion and tomato  |            |
| ■ | <b>Multi Grain Kichdi</b>   kcal 508   250 gm  | <b>475</b> |
|   | Barley, Green moong dal, brown rice, broken wheat, dal, broccoli florets and spices  |            |
| ■ | <b>Subz ki Tokri</b>   kcal 1074   250 gm  | <b>475</b> |
|   | Home style preparation of your choice of vegetables, Bhindi naintara, aloo methi, aloo jeera, gobi mutter  |            |
| ■ | <b>Paneer Makhini</b>   kcal 522   220 gm   | <b>475</b> |
|   | Cottage cheese cooked with makhini gravy   |            |
| ■ | <b>Paneer Katti Roll</b>   kcal 510   200 gm   | <b>475</b> |
|   | Paneer rolled sandwich, kachumber and mint chutney   |            |

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▲ <b>Chicken Katti Roll</b>   kcal 510   200 gm 🌾	650
Grilled chicken tikka, kachumber and mint chutney	
▲ <b>Tandoori Murgh</b>   kcal 242   600 gm 🍷	650
▲ <b>Lahori Fish Tikka Masala</b>   kcal 490   250 gm 🍷 🐟	650
▲ <b>Lamb Roganjosh</b>   kcal 360   250 gm	725
▲ <b>Tandoori Non-Vegetarian platter</b>   kcal 833   450 gm 🍷 🐟	1175
Kebab bhannu, pudhina aur kali mirch fish tikka, galouti kebab Kcal	
▲ <b>Murgh Tariwala</b>   kcal 451   220 gm	600
Traditional Punjabi style thin curry with Indian Aroma	
▲ <b>Pan Seared Chicken Breast</b>   kcal 438   300 gm 🍷	650
Pan seared chicken breast with sauteed spinach served with risotto and roast gravy	
▲ <b>Charred Fillet Steak</b>   kcal 770   300 gm	750
Minced Steak served along with Mash potato and Boiled vegetables	
▲ <b>Pan seared fish with parsley butter</b>   kcal 253   200 gm 🐟	650
Grilled fish served with mashed potatoes and steamed vegies	
■ <b>Gobi Manchurian (Dry/Gravy)</b>   kcal 220   250 gm 🥑	450
Batter fried cauliflower cooked in Chinese sauce	
■ <b>Stir Fried Vegetable</b>   kcal 420   250 gm	450
Wok-tossed seasonal vegetables with light sauce	
▲ <b>Chilly Chicken</b>   kcal 253   250 gm 🥑	600
▲ <b>Chicken Manchurian</b>   kcal 410   250 gm 🥑	600
Batter fried chicken simmered in manchurian sauce	
▲ <b>Kung Pao Chicken</b>   kcal 460   250 gm 🥑 🥑 🌽	600
▲ <b>Prawn in Black Bean Sauce</b>   kcal 405   200 gm 🦀 🥑 🥑	975
Batter fried prawns cooked in black bean sauce	

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## Rice & Noodles

 Vegetable Noodles   kcal 326   380 gm 	450
 Vegetable Fried Rice   kcal 326   400 gm 	450
 Egg Fried rice/noodles   kcal 334   380 gm 	475
 Chicken Fried rice   kcal 343   400 gm 	550
 Chicken Noodles   kcal 343   380 gm 	550
 Rice (Steamed/Boiled)   kcal 333   480 gm	300
 Rice Flavoured (Lemon, Coconut, Pulao, Jeera Rice)    kcal 374   480 gm	375

## Breads

 Appam   kcal 139   150 gm Fermented Rice Hoppers	200
 Malabari Paratha   kcal 217   80 gm   Soft and flaky refined flour bread	175
 Tandoori Breads   kcal 230   90 gm 	175
 Chapati or Pulka   kcal 230   40 gm 	150

## Biriyani

An Unique biriyani like no other, prepared in a flat vessel with small fragrant rice, roast onions, ghee, spices and the meat. This does not come in a vegetarian version. Order yours with lamb, seafood or poultry

 Vegetable   kcal 1289   550 gm   	550
 Chicken   kcal / Fish   kcal 1578 / 925   550 gm   	650
 Prawn   kcal 560   550 gm    	850
 Lamb   kcal 1945   550 gm   	750

List of Allergens:











 Molluscs | 
  Eggs | 
  Fish | 
  Lupin | 
  Soya | 
  Milk | 
  Peanuts | 
  Gluten | 
  Crustaceans | 
  Mustard | 
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# Pasta

- **Choice of vegetable pasta-**  
**Penne/Spaghetti I kcal 429 I 160 gm**   **550**  
 Choice of sauces, arabiatta
- **Mac 'n' Cheese Mushroom I kcal 529 I 160 gm**   **550**
- **Risotto Provencal I kcal 429 I 250 gm**  **550**  
 SAFFRON FLAVOURD ARBORIO RICE RISOTTO WITH VEGETABLE AND PARMESAN
- ▲ **Risotto Gamberi I kcal 555 I 250 gm**  **650**  
 ARBORIO RICE RISOTTO WITH SHRIMPS, FINISHED WITH SHELL FISH BISQUE
- ▲ **Choice of chicken pasta - penne/spaghetti**  
**Choice of sauces I kcal 548 I 375 gm**   **650**
- ▲ **Mac 'n' Cheese Chicken I kcal 548 I 375 gm**   **650**

# Sandwiches and Burgers

- ▲ **Non-vegetarian Club Sandwich I kcal 362 I 250**    **550**  
 Iceberg lettuce, cheese, tomato, and shredded chicken with dijon mustard spread  
 in choice of white, whole wheat bread selection of grilled, toasted or plain sandwich
- ▲ **Chicken Burger I kcal 310 I 250 gm**    **550**  
 Crispy chicken patty in bun with cheese, lettuce
- **Vegetable Burger I kcal 310 I 250 gm**   **500**  
 Crispy veg patty with cheese, lettuce
- **Vegetable Club Sandwich I kcal 312 I 250 gm**   **500**  
 Iceberg lettuce, and choice of vegetables with mustard spread and choice of  
 white or whole wheat bread

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## Catch of the Day

▲ Jumbo Prawns   kcal 228   380 gm 	1200
▲ Sear   kcal 352   250 gm	700
▲ Pomfret   kcal 295   380 gm	700
▲ Pearl spot   kcal 347   250 gm	700
▲ Snapper   kcal 248   380 gm	700

## No Onion No Garlic

■ Tomato soup   kcal 147   150 ml 	300
■ Chilly paneer   kcal 407   240 gm 	450
■ Mixed vegetable subzi   kcal 333   250 gm	475
■ Bhindi Naintara   kcal 227   250 gm 	475
■ Choice of pasta with creamy or white sauce   kcal 425   250 gm  	550
■ Gobi mutter   kcal   228 gm 	475
■ Paneer makhani   kcal 522   kcal 227   250 gm 	475
■ Makai palak   kcal 427   250 gm 	475
■ Dal tadka   kcal 317   250 gm 	375

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## Kids Choice

- **Milk Shakes** | kcal 328 | 250 ml  **300**  
 (Strawberry, Vanilla, Chocolate, Butterscotch)
- **Vegetable Croquettes** | kcal 219 | 200 gm  **450**
- **Smiley Potatoes** | kcal 330 | 200 gm  **300**
- **French fries** | kcal 330 | 220 gm  **275**  
 Crispy golden finger chips served with ketchup
- **Kichdi (Plain or Masala)** | kcal 221 | 250 gm **375**
- ▲ **Chicken Wrap** | kcal 416 | 220 gm **650**
- **Mac 'n' Cheese Mushroom** | kcal 529 | 250 gm   **550**
- ▲ **Mac 'n' Cheese Chicken** | kcal 548 | 250 gm   **650**
- ▲ **Chicken Nuggets** | kcal 460 | 220 gm  **550**

## Desserts

- **Banana Split** | kcal 292 | 160 gm    **350**  
 Choice of ice creams with slits of bananas and topped with nuts and syrup
- ▲ **Warm Chocolate Brownie with Fruit compote and Ice cream** | kcal 559 | 150 gm  **400**
- **Sugar free Mousse** | kcal 385 | 150 gm  **350**
- **Tropical Fresh Fruit Platter in season** | kcal 142 | 100 gm **300**
- **Gulab Jamoon** | kcal 450 | 150 gm  **350**
- **Pazham Nurukku** | kcal 222 | 150 gm  **350**
- **Ari Payasam** | kcal 257 | 150 gm  **350**
- **Kulfi** | kcal 228 | 150 gm  **300**
- **Sugar free Phirni** | kcal 232 | 150 gm **350**
- **Ice cream (choice of two scoops)** | kcal 280 | 80 gm  **300**

Please check with the order taker on selection of flavors

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# Beverages

<b>Tea</b>   kcal 20   220 ml 	<b>225</b>
Darjeeling, Assam, earl grey, camomile or green tea	
<b>Coffee</b>   kcal 30   220 ml 	<b>225</b>
Espresso, cappuccino, French press or filter coffee	
<b>Cold coffee with ice cream</b>   kcal 297   250 ml 	<b>300</b>
<b>Milk shake</b>   kcal 328   250 ml 	<b>300</b>
Vanilla, strawberry, mango, butterscotch and chocolate Papaya and honey, banana and caramel, apple and mint	
<b>Seasonal Fresh Fruit juices</b>   kcal 60 - 140   250 ml	<b>325</b>
Orange, sweet lime, watermelon, pineapple or grapes	
<b>Lassi</b>   kcal 153   250 ml 	<b>225</b>
Plain, salted, sweet	
<b>Butter milk</b>   kcal 40   250 ml 	<b>225</b>
Plain, masala	
<b>Hot chocolate, bournvita &amp; horlicks</b>   kcal 78-100   220 ml 	<b>275</b>
<b>Fresh lime juice</b>   kcal 110   250 ml	<b>200</b>
Sweet, salted or plain with soda or water	
<b>Aerated beverages</b>	<b>175</b>

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## Beer

Premium Beers

400

## Wine by stem

550

Fratelli Classic Chenin

Grover Sauvignon blanc

Grovers Shiraz

Fratelli Shiraz Cabernet Frank

Fratellie Merlot

### TERMS & CONDITIONS

- Please inform us of any allergies
- All chicken and mutton dishes are on the bone
- All alcoholic/Non alcoholic beverages are including MRP and additional charges of our facilities and services
- All prices for food & beverage are in Indian rupees & government taxes as applicable
- In room dining service levys extra 5% + GST (18%)
- Liquor will not be served to person below 23 years of age

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IIICI. SELEQIONS