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.
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** 1 kcal 219 | 240 gm
  Shallow fried spiced vegetable Patti served with Tomato chutney
  450

- **Pepper Potato** 1 kcal 219 | 160 gm
  Cubes of potato sauteed with grained pepper corns
  450

- **Kozhi Porichathu** 1 kcal 354 | 240 gm
  Deep fried chicken in southern marination
  550

- **Koonthal Varatiyathu** 1 kcal 279 | 180 gm
  Griddle cooked squid
  650

- **Kanava Peera** 1 kcal 279 | 180 gm
  Squid in Malabar style
  650

- **Malabar Konchu Porichathu** 1 kcal 216 | 240 gm
  Masala fired baby prawns
  900

- **Mixed Vegetable Pakode** 1 kcal 511 | 240 gm
  Deep fried vegetables in Basin batter
  400

- **Bhunne Mutter ki Aloo Tikki** 1 kcal 228 | 240 gm
  Peas stuffed Potato Patti
  450

- **Chicken Tikka choice of Laal Mirch or Malai** 1 kcal 529 | 240 gm
  Choice of marinated chicken morsels cooked in clay oven
  550

- **Ajwaini Mahi Tikka** 1 kcal 433 | 240 gm
  Garlic and carrom infused clay oven glazed fish cubes
  600

- **Tandoori Jhinga** 1 kcal 220 | 200 gm
  Marinated prawns cooked in clay oven
  950

- **Crispy Fish Fingers** 1 kcal 306 | 200 gm
  All-time favorite-served with chips and tartar sauce
  550

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**List of Allergens:**
- Molluscs
- Eggs
- Fish
- Lupin
- Soya
- Milk
- Peanuts
- Gluten
- Crustaceans
- Mustard
- Nuts
- Sesame
- Celery
- Sulphites

*Kindly inform us if you are allergic to any food ingredients. All prices are in Indian Rupees and subject to Government taxes.*
- Vegetarian
- Non Vegetarian
- Signature dishes
# List of Allergens:

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**Vegetarian**           **Non Vegetarian**          **Signature dishes**

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

## Soups

- **Oven roasted tomato and basil soup** I kcal 147 I 150 ml
- **Cream of Mushroom** I kcal 157 I 150 ml
- **Minestrone Vegetable** I kcal 165 I 150 ml
- **Hot and Sour vegetable** I kcal 62 I 150 ml
- **Sweet Corn Vegetable** I kcal 62 I 150 ml
- **Lemon Coriander Vegetable** I kcal 62 I 150 ml
- **Vegetable Clear** I kcal 62 I 150 ml
- **Hot and Sour Chicken** I kcal 135 I 150 ml
- **Sweet Corn Chicken** I kcal 135 I 150 ml
- **Lemon Coriander Chicken** I kcal 135 I 150 ml
- **Clear Chicken** I kcal 135 I 150 ml
- **Cream of Chicken** I kcal 176 I 150 ml

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Salads

- Sprout Salad I kcal 944 | 350 gm
  Quinoa grains and sprouted beans, bell peppers, raw mango and toasted sunflower seeds with black salt and cumin vinaigrette

- Greek Salad I kcal 30 | 350 gm
  Tomato, cucumber, bell peppers, feta, Kalamata olives with lemon oregano vinegar

- Hawaiian Chicken Salad I kcal 288 | 350 gm
  Combination of shredded chicken, bell peppers in creamy sauce

- Green Salad I kcal 28 | 350 gm
  Mix of Onions, tomatoes, carrots, onions, chilly and lemon

Mains

- Koonu Varutharachha curry I kcal 270 | 250 gm
  Button mushrooms cooked in roasted whole spices and coconut finished with tamarind

- Koonu kurumulauittathu I kcal 270 | 250 gm
  Sautéed button mushrooms with onions and pepper corns

- Vegetable Mappas I kcal 302 | 250 gm
  South indian preparation of assorted vegetables with coconut milk and green chillies

- Avial I kcal 500 | 250 gm
  Signature Kerala dish of mixed vegetables, curd, coconut and seasoned with coconut oil and curry leaves

- Kozhi Varutharachha curry I kcal 485 | 250 gm
  Signature dish of Kerala, Chicken cooked to perfection with handpicked spices, brown coconut and brown onion paste

- Kozhi Roast I kcal 354 | 250 gm
  Chicken marinated with special masala, slow roasted with small onion and tomatoes

- Tenderloin Ullarthiyathu I kcal 525 | 250 gm
  Dry classic spicy beef preparation in slow fire

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Vegetarian  Non Vegetarian  Signature dishes

- **Meen Kodampuli Curry** kcal 485 l 250 gm  625
  Kokum flavoured “traditional Kerala” fish preparation

- **Meen Pollichathu** kcal 306 l 250 gm  625
  Griddle cooked fish marinade in coastal spices

- **Naadan Mutton Curry** kcal 356 l 250  725
  Traditional Local style lamb curry

- **Chemmeen Varatiyathu** kcal 310 l 250 gm  975
  Crispy fried prawns simmered in thick gravy

- **Malabari Chemmeen Curry** kcal 310 l 250 gm  975
  Shrimps cooked in freshly extracted coco milk

- **Tandoori Vegetarian Platter** kcal 334 l 550 gm  875
  Potato, Baby corn, Mushrooms, Capsicums, Laal Mirch ka Paneer Tikka, Kasundi Phool, Phaldari Kebab

- **Makkai Palak** kcal 295 l 250 gm  475
  Fresh corns cooked in spinach paste

- **Dal Makhani** kcal 1032 l 250 gm  475
  Black gram and red kidney beans simmered overnight on the tandoor

- **Dal Tadka** kcal 317 l 250 gm  375
  Yellow lentil tempered with cumin, garlic, onion and tomato

- **Multi Grain Kichdi** kcal 508 l 250 gm  475
  Barley, Green moong dal, brown rice, broken wheat, dal, broccoli florets and spices

- **Subz ki Tokri** kcal 1074 l 250 gm  475
  Home style preparation of your choice of vegetables, Bhindi naintara, aloo methi, aloo jeera, gobi mutter

- **Paneer Makhini** kcal 522 l 220 gm  475
  Cottage cheese cooked with makhini gravy

- **Paneer Katti Roll** kcal 510 l 200 gm  475
  Paneer rolled sandwich, kachumber and mint chutney
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Vegetarian           Non Vegetarian          Signature dishes

**Chicken Katti Roll** I kcal 510 I 200 gm  
Grilled chicken tikka, kachumber and mint chutney 650

**Tandoori Murgh** I kcal 242 I 600 gm  
650

**Lahori Fish Tikka Masala** I kcal 490 I 250 gm  
650

**Lamb Roganjosh** I kcal 360 I 250 gm  
725

**Tandoori Non-Vegetarian platter** I kcal 833 I 450 gm  
Kebab bhannu, pudhina aur kali mirch fish tikka, galouti kebab Kcal 1175

**Murgh Tariwala** I kcal 451 I 220 gm  
Traditional Punjabi style thin curry with Indian Aroma 600

**Pan Seared Chicken Breast** I kcal 438 I 300 gm  
Pan seared chicken breast with sauteed spinach served with risotto and roast gravy 650

**Charred Fillet Steak** I kcal 770 I 300 gm  
Minced Steak served along with Mash potato and Boiled vegetables 750

**Pan seared fish with parsley butter** I kcal 253 I 200 gm  
Grilled fish served with mashed potatoes and steamed vegies 650

**Gobi Manchurian (Dry/Gravy)** I kcal 220 I 250 gm  
Batter fried cauliflower cooked in Chinese sauce 450

**Stir Fried Vegetable** I kcal 420 I 250 gm  
Wok-tossed seasonal vegetables with light sauce 450

**Chilly Chicken** I kcal 253 I 250 gm  
Batter fried chicken simmered in manchurian sauce 600

**Chicken Manchurian** I kcal 410 I 250 gm  
600

**Kung Pao Chicken** I kcal 460 I 250 gm  
Batter fried prawns cooked in black bean sauce 600

**Prawn in Black Bean Sauce** I kcal 405 I 200 gm  
975
### Rice & Noodles

<table>
<thead>
<tr>
<th>Dish</th>
<th>kcal</th>
<th>gm</th>
<th>Price</th>
</tr>
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<tbody>
<tr>
<td>Vegetable Noodles</td>
<td>326</td>
<td>380</td>
<td>450</td>
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<tr>
<td>Vegetable Fried Rice</td>
<td>326</td>
<td>400</td>
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<tr>
<td>Egg Fried rice/noodles</td>
<td>334</td>
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<tr>
<td>Chicken Fried rice</td>
<td>343</td>
<td>400</td>
<td>550</td>
</tr>
<tr>
<td>Chicken Noodles</td>
<td>343</td>
<td>380</td>
<td>550</td>
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<tr>
<td>Rice (Steamed/Boiled)</td>
<td>333</td>
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<tr>
<td>Rice Flavoured</td>
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### Breads

<table>
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<th>Dish</th>
<th>kcal</th>
<th>gm</th>
<th>Price</th>
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<tbody>
<tr>
<td>Appam</td>
<td>139</td>
<td>150</td>
<td>200</td>
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<tr>
<td>Fermented Rice Hoppers</td>
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</tr>
<tr>
<td>Malabari Paratha</td>
<td>217</td>
<td>80</td>
<td>175</td>
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<tr>
<td>Soft and flaky refined flour bread</td>
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<tr>
<td>Tandoori Breads</td>
<td>230</td>
<td>90</td>
<td>175</td>
</tr>
<tr>
<td>Chapati or Pulka</td>
<td>230</td>
<td>40</td>
<td>150</td>
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</tbody>
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### 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.

<table>
<thead>
<tr>
<th>Dish</th>
<th>kcal</th>
<th>gm</th>
<th>Price</th>
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<tbody>
<tr>
<td>Vegetable</td>
<td>1289</td>
<td>550</td>
<td>550</td>
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<tr>
<td>Chicken/Fish</td>
<td>1578</td>
<td>925</td>
<td>650</td>
</tr>
<tr>
<td>Prawn</td>
<td>560</td>
<td>550</td>
<td>850</td>
</tr>
<tr>
<td>Lamb</td>
<td>1945</td>
<td>550</td>
<td>750</td>
</tr>
</tbody>
</table>

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### Pasta

- **Choice of vegetable pasta**
  
  - **Penne/Spaghetti I kcal 429 I 160 gm**
  
  Choice of sauces, arabiatta

- **Mac ‘n’ Cheese Mushroom I kcal 529 I 160 gm**

- **Risotto Provencal I kcal 429 I 250 gm**
  
  SAFFRON FLAVOURD ARBORIO RICE RISOTTO WITH VEGETABLE AND PARMESAN

- **Risotto Gamberi I kcal 555 I 250 gm**
  
  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**
  
  - **Mac ‘n’ Cheese Chicken I kcal 548 I 375 gm**

### Sandwiches and Burgers

- **Non-vegetarian Club Sandwich I kcal 362 I 250**
  
  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**
  
  Crispy chicken patty in bun with cheese, lettuce

- **Vegetable Burger I kcal 310 I 250 gm**
  
  Crispy veg patty with cheese, lettuce

- **Vegetable Club Sandwich I kcal 312 I 250 gm**
  
  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 I kcal 228 I 380 gm 1200
- Sear I kcal 352 I 250 gm 700
- Pomfret I kcal 295 I 380 gm 700
- Pearl spot I kcal 347 I 250 gm 700
- Snapper I kcal 248 I 380 gm 700

No Onion No Garlic

- Tomato soup I kcal 147 I 150 ml 300
- Chilly paneer I kcal 407 I 240 gm 450
- Mixed vegetable subzi I kcal 333 I 250 gm 475
- Bhendi Naintara I kcal 227 I 250 gm 475
- Choice of pasta with creamy or white sauce I kcal 425 I 250 gm 550
- Gobi mutter I kcal 128 gm 475
- Paneer makhani I kcal 522 I kcal 227 I 250 gm 475
- Makai palak I kcal 427 I 250 gm 475
- Dal tadka I kcal 317 I 250 gm 375
## 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** kcal 559 | 150 gm 400
  compote and Ice cream
- **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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- Vegetarian
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- Signature dishes
Beverages

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

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Vegetarian           Non Vegetarian          Signature dishes

Beverages

Tea I kcal 20 I 220 ml   225
Darjeeling, Assam, earl grey, camomile or green tea

Coffee I kcal 30 I 220 ml 225
Espresso, cappuccino, French press or filter coffee

Cold coffee with ice cream I kcal 297 I 250 ml 300

Milk shake I kcal 328 I 250 ml 300
Vanilla, strawberry, mango, butterscotch and chocolate Papaya and honey, banana and caramel, apple and mint

Seasonal Fresh Fruit juices I kcal 60 - 140 I 250 ml 325
Orange, sweet lime, watermelon, pineapple or grapes

Lassi I kcal 153 I 250 ml 225
Plain, salted, sweet

Butter milk I kcal 40 I 250 ml 225
Plain, masala

Hot chocolate, bournvita & horlicks I kcal 78-100 I 220 ml 275

Fresh lime juice I kcal 110 I 250 ml 200
Sweet, salted or plain with soda or water

Aerated beverages 175
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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