### List of Allergens:

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

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- Sulphites
- Crustaceans
- Sesame
- Nuts
- Gluten
- Peanuts
- Milk
- Mustard
- Peppers
- Soy
- Fish
- Eggs
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### Accompaniments

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appam (Fermented rice pancake)</td>
<td>195 kcal</td>
<td>100 gms</td>
</tr>
<tr>
<td>Egg Appam</td>
<td>77 kcal</td>
<td>90 gms</td>
</tr>
<tr>
<td>Idiappam (3 pieces) (Rice string hoppers)</td>
<td>134 kcal</td>
<td>200 gms</td>
</tr>
<tr>
<td>Neer Dosa (4 pieces) (Unfermented rice pancake)</td>
<td>161 kcal</td>
<td>200 gms</td>
</tr>
<tr>
<td>Sammas (3 pieces) (Steamed rice cake)</td>
<td>149 kcal</td>
<td>120 gms</td>
</tr>
<tr>
<td>Ramassery Idli (4 pieces) (Rice cake)</td>
<td>195 kcal</td>
<td>120 gms</td>
</tr>
<tr>
<td>Malabar Paratha (Refined flour bread)</td>
<td>195 kcal</td>
<td>120 gms</td>
</tr>
<tr>
<td>Tawa Paratha (Whole wheat tour bread)</td>
<td>195 kcal</td>
<td>120 gms</td>
</tr>
<tr>
<td>Unpolished Red rice</td>
<td>250 kcal</td>
<td>120 gms</td>
</tr>
</tbody>
</table>

### Vegetarian

- **Ulli Theeyal (Button onion curry)**
  - 651 kcal | 470 gms | Button onions, coconut, spices, tamarind.

- **Pachakkari Stew (Vegetable stew)**
  - 671 kcal | 470 gms | Potato, Carrot, Beans, coconut milk, Cinnamon, cloves, ginger, pepper corns.

- **Alambo Arepu (Mushroom curry)**
  - 454 kcal | 470 gms | Mushroom, Cashew, Tomato, Kundapur spices, coconut milk.

- **Enne Badnekaai (Brinjal relish)**
  - 597 kcal | 470 gms | Brinjal, Peanut, Niger Seeds, spices.

- **Avial (Vegetables stir fry)**
  - 499 kcal | 470 gms | Banana, Pumpkin, beans, drumsticks, gourd, yam, yoghurt, coconut, cumin.

- **Kerala Sambhar**
  - 380 kcal | 470 gms | Drumstick, pumpkin, lady finger, lentil, spices, tamarind.

### Desserts

- **Bebinca (Multilayered Goan pancake)**
  - 386 kcal | 150 gms | Refined flour, coconut, Egg, sugar, Vanilla ice cream.

- **Dodol (Jaggery and rice cake)**
  - 347 kcal | 150 gms | Rice, coconut milk, jaggery, cashew, butter, with vanilla ice cream.

- **Elaneer Payasam (Tender coconut pudding)**
  - 331 kcal | 220 gms | Tender coconut, milk, cardamom, jaggery.

- **Ada Pradhaman (Rice flakes pudding)**
  - 468 kcal | 220 gms | Rice f lakes, coconut milk, jaggery, cashew, clarified butter

- **Ragi Manni (Finger millet pudding)**
  - 490 kcal | 180 gms | Ragi flour, jaggery, coconut milk.

- **Chiroti (Wheat flour pastry)**
  - 565 kcal | 250 gms | Wheat flour pastry, sugar, almond milk.

- **Specialty Ice cream**
  - 220 kcal | 100 gms | Choose from available flavours.

- **Coastal Cruise**
  - 519 kcal | 200 gms | Ragi Manni, Kashi Halwa, Ada Pradhaman.

### Accompaniments

- **Plain Steamed Rice**
  - 109 kcal | 220 gms |

- **Neichoru (Glue rice)**
  - 210 kcal | 250 gms | Jeera Samba rice, cashew, raisin, clarified butter.

- **Chitranna (Lemon rice)**
  - 164 kcal | 250 gms | Rice, lemon juice, mustard, peanut, Cashew, lentil, chillies, curry leaves, clarified butter.

- **Puliyogare (Tamarind rice)**
  - 528 kcal | 250 gms | Rice, Tamarind pulp, peanut, mustard, lentil, curry leaves, clarified butter.

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All prices in INR. Extra taxes applicable.