As per the guidelines issued by Food Safety & Standards Authority of India (FSSAI) an average active adult requires 2000 kcal of energy per day. However, the actual calories needed may vary per person.

Scan QR to know nutritional value of each dish
**Appetizers**

- **Tender coconut Mojito**
  273kcal/285gm Tender coconut water, lemon, mint leaves and honey
  500

- **Raw mango and coconut chat**
  380kcal/250gm Raw mangoes and grated coconut tossed in sweet and sour tamarind sauce
  600

- **Podimeen varuthathu**
  609kcal/190gm Masala coated deep fried local whitebait
  900

- **Kozhi chuttathu**
  470kcal/200gm Masala coated chicken morsels, a deep fried local delicacy
  900

- **Chuttirachi**
  370kcal/200gm Pot roasted tenderloin with pounded kerala spices and coconut slivers
  950

**Meen pollichathu**
Fish marinated with freshly ground masala, wrapped in banana leaves and grilled

- **590kcal/240gm Karimeen (pearl spot)**
  1100

- **590kcal/210gm Naimeen (king fish darne)**
  1000

- **572kcal/200gm Mahi mahi**
  900

- **590kcal/240gm Pomfret**
  1100

*If you are allergic to any food ingredients kindly inform the order taker.*

*All prices are in Indian Rupees and are subject to Government Taxes CGST 9% & SGST 9%*
Meen porichathu
Fish marinated with freshly ground masala, deep fried or grilled

- 590kcal/240gm Karimeen porichathu (pearl spot) 1100
- 590kcal/210gm Naimeen (king fish darne) 1000
- 572kcal/200gm Mahi mahi 900
- 572kcal/200gm Prawns 1200
- 572kcal/300gm Fresh water scampi 1400
- 572kcal/180gm Koontal thenga ularthiyathu (squid) 900

MEEN CURRY
Alleppey or Vembanadu or Malabar

- 630kcal/300gm Naimeen (king fish darne) 1000
- 630kcal/300gm Mahi mahi fish 900
- 630kcal/300gm Prawns 1200
- 450kcal/300gm Crab roast 1100

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# MAIN COURSE

<table>
<thead>
<tr>
<th>Dish</th>
<th>Price</th>
<th>Calories (300gm)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Kozhi varutharachu curry</strong></td>
<td>900</td>
<td>640</td>
</tr>
<tr>
<td>640 kcal/300 gm Chicken morsels cooked in roasted coconut gravy</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Nadan kozhi curry</strong></td>
<td>900</td>
<td>640</td>
</tr>
<tr>
<td>640 kcal/300 gm Chicken morsels simmered in flavored coconut milk and local spice</td>
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<tr>
<td><strong>Mutton pepper varattu</strong></td>
<td>950</td>
<td>742</td>
</tr>
<tr>
<td>742 kcal/300 gm Tender lamb morsels cooked with shallots, coconut and black pepper</td>
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<td></td>
</tr>
<tr>
<td><strong>Mutton malliperalan</strong></td>
<td>950</td>
<td>810</td>
</tr>
<tr>
<td>810 kcal/300 gm Coriander flavored lamb curry</td>
<td></td>
<td></td>
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<tr>
<td><strong>Beef roast</strong></td>
<td>950</td>
<td>550</td>
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<tr>
<td>550 kcal/300 gm Slow roast cooked beef in a spicy masala with curry leaves</td>
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<tr>
<td><strong>Alleppey vegetable curry</strong></td>
<td>800</td>
<td>330</td>
</tr>
<tr>
<td>330 kcal/300 gm Vegetable cooked in coconut milk and raw mango</td>
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<td></td>
</tr>
<tr>
<td><strong>Vegetable stew</strong></td>
<td>800</td>
<td>224</td>
</tr>
<tr>
<td>224 kcal/300 gm Vegetable cooked in mild coconut milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Koon pattani masala</strong></td>
<td>800</td>
<td>210</td>
</tr>
<tr>
<td>210 kcal/300 gm Mushroom, green peas in mild spicy masala with coconut milk</td>
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<td></td>
</tr>
<tr>
<td><strong>Vellarikka manga curry</strong></td>
<td>800</td>
<td>290</td>
</tr>
<tr>
<td>290 kcal/300 gm Local spiced coconut based gravy with curry cucumber and raw mango</td>
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<td></td>
</tr>
<tr>
<td><strong>Thakkali murungakkai curry</strong></td>
<td>800</td>
<td>290</td>
</tr>
<tr>
<td>290 kcal/300 gm Local spiced coconut based gravy with drumstick and tomato</td>
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</tbody>
</table>

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BREADS AND RICE

- 546kcal/350gm Steamed rice or Kerala rice  300
- 274kcal/90gm Malabar paratha  200
- 265kcal/40gm Appam  200

Biryani-Malabari style

- Vegetable  850
  848kcal/350gm
- Chicken  950
  1086kcal/350gm

Desserts

- Ada pradhaman  500
  635kcal/200gm Rice flakes simmered in coconut extract, sweetened with molasses puree and tempered with nuts
- Semiya payasam  500
  644kcal/200gm Vermicelli simmered in sweetened and cardamom flavored milk, tempered with nuts
- Tender coconut soufflé with tender coconut ice cream  500
  430kcal/150gm Sugar free young coconut semifreddo
- Mississippi chocolate mud cake with vanilla ice cream  500
  800kcal/150gm Baked chocolate fudge cake
- Selection of ice cream  500
  207kcal/150gm Choice of- vanilla, strawberry, butter scotch, chocolate, tender coconut, coffee or mango

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Wines by the Glass

White Wines

**Indian**
- Grover Vijay Amrutraj
- Grover Chenin Blanc
- Grover Viognier
- Fratelli Chardonnay
- Fratelli Sauvignon

**Imported**
- Benzinger, Chardonnay

Red Wines

**Indian**
- Grover Vijay Amrutraj
- Grover's Cabernet Shiraz
- Fratelli Classic Merlot
- Grover Merlot

**Rosé Wine**
- Fratelli Rose Shiraz

*All prices are in Indian Rupees and are inclusive of taxes*
## Champagne or Sparkling wine

- Grover Zampa Brut, India: 7500
- Fratelli noi, India: 7500

## White Wines

### Chardonnay

- Bezinger Los Carneros, California: 8500
- Hardy's, Australia: 8500
- Jacob's creek, Australia: 8500
- Lindeman's, Hunter valley, Australia: 8500
- Fratelli, Akluj, India: 5500

### Chenin Blanc

- Grover, Nashik, India: 5500
- Fratelli, Nashik, India: 5500
- Fratelli, Akluj, India (375 ml): 3500

### Sauvignon Blanc

- Pouilly Fume, Henri Bourgeois, France: 8500
- Kumala, Table mountain, South Africa: 8500
- Mouton Cadet Blanc, Bordeaux, France: 8500
- Grover, Nashik, India: 5500
- Fratelli, India: 5500

*All prices are in Indian Rupees and are inclusive of taxes*
Viognier

Grover zampa Vijay Amritraj collection, Nandi hills, India  5500
Grover, Nashik, India  5500

Red Wine

Shiraz

Jacobs Creek, Australia  8500
Lindeman's Cabernet Shiraz, Australia  8500
Grover La Reserve, India  5500
Grover, India  5500
Grover, India 375ml  3500
Fratelli Classic, India  5500
Fratelli, Indian 375ml  3500
Fratelli, India  5500

Cabernet Sauvignon

Grover zampa Vijay Amritraj collection  5500
Fratelli, India  5500

Merlot

Grover, India  5500
Fratelli classic merlot, India  5500
Jacobs Creek, Australia  8500

Rosé Wine

Fratelli, India  5500
Grover, India  5500

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Beer

Corona Extra (330ml) 750

Kingfisher premium (650ml) 700

Kingfisher Ultra (500ml) 650

Kingfisher Ultra (330ml) 550

Heineken (330ml) 550

Heineken (650ml) 750

Budweiser (330 ml) 550

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