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.

Mentioned calorie values for all dishes in the menu are considered as per portion size of the same.
## STARTERS

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Weight (gms)</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Podi urlai goji berries</td>
<td>1577</td>
<td>350</td>
<td>Potatoes, gun powder, dry fruit</td>
<td>895</td>
</tr>
<tr>
<td>Vendakkai munthiri fry</td>
<td>393</td>
<td>180</td>
<td>Crisp ladies finger, cashewnut</td>
<td>895</td>
</tr>
<tr>
<td>Kundapur spice tossed paneer</td>
<td>624</td>
<td>200</td>
<td>Fresh farm cheese</td>
<td>895</td>
</tr>
<tr>
<td>Homestyle vegetables</td>
<td>405</td>
<td>200</td>
<td>Broad beans, plantain, carrot, yam</td>
<td>895</td>
</tr>
<tr>
<td>Broccoli Malabar pepper fry</td>
<td>389</td>
<td>200</td>
<td></td>
<td>895</td>
</tr>
<tr>
<td>Chola pinju varuval</td>
<td>1014</td>
<td>200</td>
<td>Yellow chili powder, baby corn</td>
<td>895</td>
</tr>
<tr>
<td>Kalan edamame thokku</td>
<td>389</td>
<td>200</td>
<td>Seared mushroom, fresh soya</td>
<td>895</td>
</tr>
<tr>
<td>Kal yera thokku</td>
<td>400</td>
<td>250</td>
<td>Seared lobster, home-made spices</td>
<td>2250</td>
</tr>
<tr>
<td>Grilled bay prawn</td>
<td>306</td>
<td>260</td>
<td>Bayview signature / Olive oil lemon garlic / Madras</td>
<td>1295</td>
</tr>
<tr>
<td>Calamari beer batter</td>
<td>970</td>
<td>250</td>
<td>Wasabi mayo, tomato raisin relish</td>
<td>1095</td>
</tr>
<tr>
<td>Calamari panko</td>
<td>530</td>
<td>250</td>
<td>Wasabi mayo, tomato raisin relish</td>
<td>1095</td>
</tr>
<tr>
<td>Masala fried nethli</td>
<td>854</td>
<td>220</td>
<td>Anchovies, spice onion relish</td>
<td>1095</td>
</tr>
<tr>
<td>Kozhi ellu varuval</td>
<td>759</td>
<td>200</td>
<td>Chicken with sesame seed</td>
<td>1050</td>
</tr>
</tbody>
</table>

*All prices are in Indian rupees and exclusive of government taxes.
Please let us know if you are allergic to any ingredient.
We shall assist you with suitable alternatives.*
Karuvepilai chicken
709 kcal | 220 gms | Chicken supreme, curry leaf

Mutton ularthiyathu
784 kcal | 220 gms | Kid lamb, coconut

**SOUPS**

- **Murungakkai paruppu charu**
  107 kcal | 150 gms | Drumstick, lentil

- Vegetable thyme broth
  107 kcal | 150 gms | Vegetable

- Chicken
  218 kcal | 150 gms

- Nandu rasam
  734 kcal | 220 gms | Peppery crab broth

**GARDEN GREENS**

- Mixed lettuce and honey mustard

- Asparagus, garlic infused pineapple, roasted bell pepper
  864 kcal | 350 gms

- Prawn and squid
  440 kcal | 350 gms

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GRILLS

- **Jerk spiced vegetables**
  - 864 kcal | 350 gms | Asparagus, purple potato, zucchini, bell pepper, cottage cheese
  - $1050

- **Seafood platter**
  - 1045 kcal | 950 gms | Lobster, tiger prawn and fish fillet
  - $5450

- **Fresh lobster**
  - 484 kcal | 400 gms
  - $3950

- **Whole silver pomfret**
  - 648 kcal | 450 gms
  - $2550

- **Catch of the day - whole fish**
  - 661 kcal | 450 gms
  - $1950

- **Mud crab**
  - 698 kcal | 500 gms
  - $1550

- **Catch of the day - fish fillet**
  - 459 kcal | 300 gms
  - $1550

- **Seer fish darne**
  - 477 kcal | 300 gms
  - $1495

- **Calamari**
  - 310 kcal | 250 gms
  - $1195

- **Tiger prawn (per piece)**
  - 209 kcal | 100 gms
  - $995

Choice of marinades
- Madras
- Bayview signature
- Olive oil lemon garlic

**Grills accompanied with sides**

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CLASSIC

- Lobster thermidor
  680 kcal | 400 gms | French classical - 1894
- Panko crumbed fish and chips
  1330 kcal | 350 gms | Tartar sauce

COVE CURRIES

Manga charu
Raw mango, coconut milk

- Lobster
  828 kcal | 450 gms
- Bay prawn
  796 kcal | 450 gms
- Fresh catch fish
  819 kcal | 450 gms

Kovalam curry
Coastal speciality with red chili shallots and garlic

- Lobster
  824 kcal | 450 gms
- Prawn
  720 kcal | 450 gms
- Fresh catch fish
  873 kcal | 450 gms

Nandu melagu masala
880 kcal | 500 gms | Mud crab slow cooked in aromatic spices

Kari kozhambu
866 kcal | 400 gms | Homestyle kid lamb

Kozi Nilgiri kurma
679 kcal | 400 gms | Fresh coriander, coconut, chicken

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COVE CURRIES

- Pea brinjal senaikezhangu kuzambu
  610 kcal | 450 gms | Nellore style spicy tangy curry
- Pookos kudaimilakay perattal
  859 kcal | 400 gms | Cauliflower, bell pepper
- Palkatti edamame masala
  1423 kcal | 450 gms | Paneer, soybean
- Asparagus mulaikattiya pachai payru poriyal
  321 kcal | 350 gms
- Kai kari manga charu
  788 kcal | 450 gms | Garden vegetables, raw mango, coconut milk
- Nilgiri vegetable kurma
  788 kcal | 450 gms | Fresh coriander, coconut

SIDES

- Flaky paratha (2 pieces)
  634 kcal | 150 gms
- String hoppers - idiyappam (3 pieces)
  707 kcal | 150 gms
- Steamed ponni rice
  352 kcal | 350 gms
- Flavoured rice
- Vengayam podi sadam – gunpowder and onion
  788 kcal | 400 gms
- Pinenut and nellikai sadam - gooseberry and nut
  1421 kcal | 400 gms
- Tomato pappu
  934 kcal | 400 gms | Tomato, tamarind, yellow lentil

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DESSERTS

- Choco and pistachio entremet 526 kcal | 120 gms
- Coconut and palm jaggery pudding 336 kcal | 120 gms | Mandarin, ginger coulis
- Rose and gulkand panna cotta 503 kcal | 120 gms
- Thinai halwa 445 kcal | 120 gms | Foxtail millet pudding
- Almond pie 574 kcal | 120 gms | Tender coconut ice cream
- Choice of kulfi
  - Malai 206 kcal | 100 gms
  - Kesar pista 207 kcal | 100 gms
  - Sitaphal 203 kcal | 100 gms
- Choice of ice cream
  - Kumbakonam filter coffee 200 kcal | 100 gms
  - Tender coconut 237 kcal | 100 gms
  - Dark chocolate 248 kcal | 100 gms
  - Vanilla 120 kcal | 100 gms

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