RAINTREE MENU

Rarely does a cuisine raise itself to becoming a veritable chronicle, assaying tales of times bygone and travels uncharted. Authentic Chettinad, is one such. The recipes, like a compendium of culinary history bearing living testament to places and people visited. Secrets locked away in spices, and cooking styles that speak in a tongue altogether eloquent.

“RAINTREE” offers authentic cuisine of Chettinad region comprising of Karaikudi and adjoining areas. Culinary journeys brought in new dimension bringing in influences, spices, recipes from the interiors of South East Tamil Nadu which show Mercantile Chettinadu people’s fervour for new ideas, to implement in their daily meals.

The hardy people adapted amazingly, salting and sun-drying vegetables to last over extended periods of time, also making the most of meats and seafood available. This augured well for the men-folk, who, as seafaring merchants, money-lenders and traders, explored opportunity in faraway lands. Their travels taking them to the farthest corners of erstwhile shipping lanes and their palates returning with newly-acquired tastes along with the rare spices thereof. The coming together of these diverse influences, is what makes Tamil Nadu fare so unique.
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.
Vegetarian Tasting Menu

WELCOME DRINK
- Thakkali melagu Rasam
  98.1 kcal / 100 ml

STARTERS
- Thamarai thandu varuval
  24.6 kcal / 40 gms  |  Crisp lotus stem, yogurt, green chili, curry leaves
- Ragi masala kuzhi paniyaram
  137.4 kcal / 60 gms  |  Finger millet poffertjes

MAIN COURSE
- Tirunelveli sodhi kozhambu
  178 kcal / 60 gms  |  Tirunelveli vegetable stew
- Manathakalli Vathal kozhambu
  47 kcal / 50 gms  |  Night shade berry, tamarind, shallots curry
- Vazhapak paruppu urundai kozhambu
  120 kcal / 60 gms  |  Lentil gallets in tomato, shallot and coconut, banana blossoms
- Urulai podi perattal
  61.1 kcal / 60 gms  |  Baby potatoes crisp fried and tossed with spice pound
- Beans and asparagus poriyal
  160 kcal / 80 gms  |  Dry cooked vegetables , coconut shavings

SIDES
- Appam | 174.8 kcal / 50 gms, Dosa | 47 kcal / 50 gms, Idiyappam | 66 kcal / 40 gms
- Wheat parotta | 247 kcal / 70 gms, Malabar parotta | 278 kcal / 70 gms
- Steamed rice | 334 kcal / 100 gms, Flavoured rice | 294 kcal / 100 gms

DESSERTS
- Elaneer Payasam
  164.4 kcal / 70 gms  |  Tender coconut kernels, cardamom and coconut milk
- Rosappu gulkand
  158.4 kcal / 100 gms  |  White pumpkin with dates, rose petals and honey

Non-vegetarian Tasting Menu

WELCOME DRINK
- Thakkali melagu Rasam
  98.1 kcal / 100 ml

STARTERS
- Kozhi ellu varuval
  130 kcal / 80 gms  |  Boneless chicken with till seeds, curd, green chilies and spices
- Kari sakkru
  103 kcal / 100 gms  |  Boneless Limu, shallots, garlic and spices
- Urugali podi idly vathakai
  213 kcal / 100 gms  |  Mini idlies with raintree special lentil powder

MAIN COURSE
- Vanjaram meen varuval
  174 kcal / 100 gms  |  Seer fish marinated with chilli and spice
- Kozhi Chettinad
  193 kcal / 100 gms  |  Chicken mounds, roasted coconut and spices
- Kari malli chops
  95 kcal / 90 gms  |  Lamb chops, shallots and coriander
- Urulai podi perattal
  61.1 kcal / 60 gms  |  Baby potatoes crisp fried and tossed with spice pound
- Tirunelveli sodhi kozhambu
  178 kcal / 60 gms  |  Tirunelveli vegetable stew

SIDES
- Appam | 174.8 kcal / 50 gms, Dosa | 47 kcal / 50 gms, Idiyappam | 66 kcal / 40 gms
- Wheat parotta | 247 kcal / 70 gms, Malabar parotta | 278 kcal / 70 gms
- Steamed rice | 334 kcal / 100 gms, Flavoured rice | 294 kcal / 100 gms

DESSERTS
- Elaneer Payasam
  164.4 kcal / 70 gms  |  Tender coconut kernels, cardamom and coconut milk
- Karupatti nei mysorepak
  393 kcal / 100 gms  |  Palm jaggery mysorepak
- Tender coconut ice cream
  35.5 kcal / 75 gms

All prices are Indian rupees and exclusive of government taxes. Please let us know if you are allergic to any ingredient.
Sea Food Tasting Menu

WELCOME DRINK
- Thakkali mealu Rasam
  98.1 kcal / 100 ml

STARTERS
- Karuvelilai yera
  132 kcal / 100 gms | Fried prawns, curry leaf powder
- Kadamba varuval
  101 kcal / 100 gms | Squids, chilli and spices
- Vanjaram meen varuval
  174 kcal / 100 gms | Seer fish marinated with chilli and spices

MAIN COURSE
- Meen manga kozhambu
  102 kcal / 100 gms | Fish, raw mango with tamarind and tomato
- Yera melagu perattal
  184 kcal / 150 gms | Prawn, shallots, pepper
- Nandu masala
  129 kcal / 130 gms | Crab meat, curry leaves and coconut shallots
- Tirunelveli siddi kozhambu
  178 kcal / 60 gms | Tirunelveli vegetable stew
- Urulai podi perattal
  61.1 kcal / 60 gms | Baby potatoes crisp fried and tossed with spice pound

SIDES
- Appam | 174.8 kcal / 50 gms, Dosa | 47 kcal / 50 gms, Idiyappam | 66 kcal / 40 gms
- Wheat parotta | 247 kcal / 70 gms, Malabar parotta | 278 kcal / 70 gms
- Steamed rice | 334 kcal | 100 gms, Flavoured rice | 294 kcal | 100 gms

DESSERTS
- Elaneer Payasam
  164.4 kcal / 70 gms | Tender coconut kernels, cardamom and coconut milk
- Rosappu gulkand
  158.4 kcal / 100 gms | White pumpkin with dates, rose petals and honey
- Karupatti nei mysorepak
  393 kcal / 100 gms | Palm jaggery mysorepak

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VEGETARIAN APPETIZERS
- Podi urugai idly vathakal
  319 kcal / 150 gms | Tossed mini pickle idly ghee, podi and curry leaves
- Thamarai thandu varuval
  238 kcal / 150 gms | Crisp Lotus stem, yogurt, green chili, curry leaves
- Navathanya vadai
  622 kcal / 200 gms | Mixed grains fritters with ginger and green chilly
- Ragi Masala kuzhi paniyaram
  498 kcal / 180 gms | Finger millet Poffertjes
- Tanjavur masala uppu urundai
  621 kcal / 180 gms | Coconut and steamed rice flour dumplings
- Kalan melagu perattal
  210 kcal / 260 gms | Mushroom, shallots, pepper powder and curry leaves

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**NON VEGETARIAN APPETIZERS**

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<tr>
<th>Item</th>
<th>Calories / Weight</th>
<th>Description</th>
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<td>168 kcal / 180 gms</td>
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<td>Karuveppilai yera</td>
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<tr>
<td>Vanjaram meen varuval</td>
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<td>Kadamba masala</td>
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<tr>
<td>Raintree kozhi melagu</td>
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**MAIN COURSE**

**VEGETARIAN**

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<tr>
<th>Item</th>
<th>Calories / Weight</th>
<th>Description</th>
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<td>Urulai podi perattal</td>
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<td>Haricot beans and asparagus</td>
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<td>Katharikai kheti kozhambu</td>
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<td>Vazhappoo paruppu urundai kozhambu</td>
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<td>482 kcal / 240 gms</td>
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<tr>
<td>Tirunelveli sodhi kozhambu</td>
<td>925</td>
<td>250 kcal / 300 gms</td>
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<tr>
<td>Kalari chettinadu</td>
<td>925</td>
<td>372 kcal / 280 gms</td>
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MAIN COURSE

SEAFOOD

Kadal Nandu melagu perattal 1650
258 kcal / 260 gms | Crab meat, crushed pepper, ginger and tomato

Yera roast 1650
289 kcal / 300 gms | Tiger prawns, shallots and garlic

Yera melagu stew 1450
289 kcal / 300 gms | Sea Prawns, pepper, coconut

Meen manga kozhambu 1250
256 kcal / 250 gms | Fresh seer fish curry, tamarind and tomato

MEAT AND POULTRY

Kari malli chops 1250
400 kcal / 250 gms | Lamb chops, coriander, shallots

Karaikudi kari kozhambu 1250
404 kcal / 280 gms | Lamb in a spicy coconut curry

Nattu kozhi kozhambu 1250
457 kcal / 350 gms | Country chicken, slow cooked, spices

Kozhi varutha curry 1150
579 kcal / 300 gms | Chicken with hand ground spices and coconut

Kozhi Chettinad 1150
579 kcal / 300 gms | Chicken morsels, roasted coconut and spices

RICE AND BREAD

Chettinad mutton biryani 1250
825 kcal / 400 gms | Lamb, hand ground spices and jeeraga samba rice

Kalan palapinji biryani 995
617 kcal / 400 gms | Mushroom and babyjack fruit biryani

Nei soru 625
1285 kcal / 300 gms | Ghee rice

Vetrilai poondu sadam 625
265 kcal / 450 gms | Betel leaves and golden garlic rice

Curd rice 575
735 kcal / 350 gms |

Dosa | 99 kcal / 90 gms, egg dosa | 337 kcal / 190 gms, kal dosa | 123 kcal / 130 gms 450

Appam | 352 kcal / 100 gms, muttal appam | 517 kcal / 180 gms 400

Parotta | 556 kcal / 140 gms, wheat parotta | 494 kcal / 140 gms 400

Idiyappam 400
476 kcal / 120 gms

Steamed rice 400
1085 kcal / 320 gms | Ponni sadam

Vegetarian (V) Non vegetarian (N)

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## DESSERT

- **Elaneer payasam**: 550 kcal / 150 gms | Tender coconut kernels, cardamom and coconut milk
- **Kavanarisi halwa**: 475 kcal / 140 gms | Black rice pudding, sugar and cardamom
- **Karupatti nei mysorepak**: 475 kcal / 100 gms | Palm jaggery mysorepak
- **Rosapu gukandu**: 475 kcal / 150 gms | White pumpkin with dates, rose petals and honey
- **Parupu payasam**: 475 kcal / 150 gms | Roasted dal cooked with ghee, coconut and jaggery
- **Speciality ice cream**: 475 kcal / 150 gms | Tender coconut, 76.5 kcal / 150 gms | Filter coffee

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## BEVERAGES

- **Neer More**: 400 kcal / 300 ml | Chilled buttermilk with spices and herbs
- **Vasantha neer**: 400 kcal / 300 ml | Tender coconut, mint, honey and lime
- **Nannari sarbath**: 400 kcal / 300 ml | Nannari (Sarasaparilla) chia seed sarbath
- **Dabra Kaapi**: 400 kcal / 150 ml | The famous South Indian filter coffee with milk
- **Chaya**: 400 kcal / 150 ml | The traditional South Indian village tea

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*Vegetarian / Non-vegetarian*

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