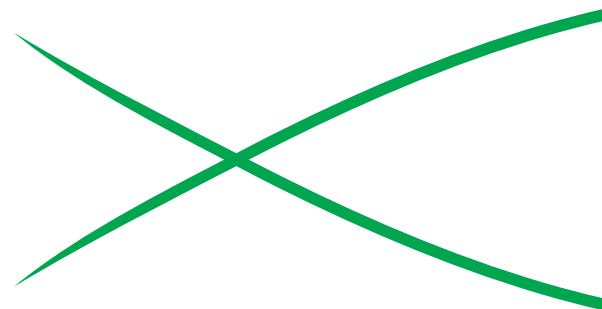
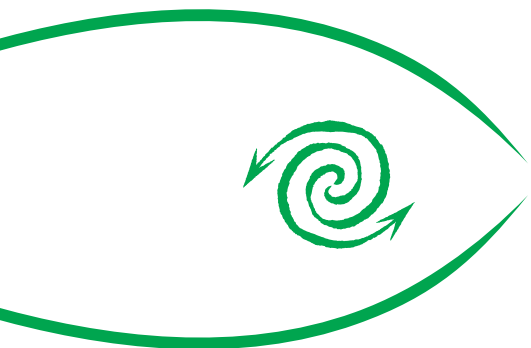


the purity kitchen



distinct local flavours



b e v e r a g e s

Natural juices, freshly squeezed 300.

Tropical classic - pure pineapple or pineapple tang with lime

Tangy ginger - pineapple, sweet lime & ginger

Fruit smoothies, freshly blended 300.

Malabar dream - banana, pineapple, papaya & guava juice

Pomegranate & watermelon

All natural anti-oxidants 300.

Beetroot, orange & ginger

Hibiscus, lime, honey & soda

Softies, chilled to thrill 200.

Ginger punch, our in-house specialty | **Lime & mint twister**

Ice tea with lime & cinnamon | **Fresh lime soda**

All kind of **lassies**

Bottled or canned

Himalayan, natural mineral water from the heavenly hills of the Himalayas, 1 litre **200.**

Coca Cola | **Fanta** | **Pepsi** | **Mirinda** | **7up** | **Indian tonic water 200.**

Pepsi diet | **diet Coke 200.**

Soda 750 ml. 150.

Hot Drinks

Mysore filter coffee | **French press coffee 200.**

Espresso coffee | **Espresso macchiato 200.**

Cappuccino | **Café latte 200.**

Hot chocolate 200.

Masala tea 200.

Leaf tea, BOP, Orange Pekoe, English breakfast tea

Fresh mint tea | **Chamomile tea** | **Green tea and herbal teas 175.**

ask for the selection box

m e n u

In case you are vegetarian, please let us know!

Our chef will offer you a wider choice of personalized options.

Appetizers, Soups & Salads

Raw papaya & mango, coriander, peanuts, ginger, chili & lime **400.**

Farmfresh grilled okra, coconut, cucumber, tomato & red onion **400.**

Roasted beetroot carpaccio, feta, orange, balsamic & greens **400.**

Sesame grilled chicken, garden greens, sundried tomato & pesto mayo **450.**

Masala pan fried calamari, spiced tomato, garlic & onion **450.**

Gambas & mahi-mahi, local spices & ularthu masala paste **500.**

Prawns & tapioca crisp, green chutney & chili mayo **500.**

Seafood soup with tomato, lemon leaves & coconut milk **400.**

The stock market, daily soup **350. | 400.**

Pasta & Biryani

Spaghetti, tomato concasse | basil pesto | aglio e olio & parmesan **450.** Seafood **650.**

Aroborio risotto, wild mushroom **550.** Chicken **650.** Seafood **750.**

Alleppey vegetarian biryani **550.**

Alleppey seafood biryani, our interpretation of the famous rice dish with raitha boondi, a yogurt infused with batter drops, salad, straw pappadam & pickle **850.**

Staples & Meals

Our chef's interpretation of the **Kerala thali** (Lunch time only)

Vegetarian thali **550.** **Seafood thali** **750.**

Trilogy of Indian curries, paneer palak, mixed vegetable Jalfrezi & dhaba wali dal with Andhra pulao, chapati & pickles **600.**

non-vegetarian with Goan prawn curry **700.**

Kerala paratha, **appam** traditional rice hoppers or **chapati** **100.**

Basmati rice or **Malabari Gandhakasala aged rice** **150.**

Main Course

Flavors of Kerala, spinach & dal thoran, kootu curry, raw papaya kalan, Malabari rice, appam & pickle **600.**

Non vegetarian with Alleppy fish curry **700.**

Vazhakka theeyal, plantain, shallots, tamarind & roasted coconut gravy **500.**

Angamali manga mappas, mango, caramelized onions, fennel, organic turmeric powder, kari leaves & coconut milk **500.**

Mushroom curry with tomato gravy, medley of local spices **550.**

Seafood ularthiyathu, fresh prawns and mahi-mahi chunks in a roasted & coriander scented coconut masala, lemon rice **750.**

Kottayam fish curry, turmeric broth tempered with fenugreek seeds & coconut milk **700.**

Tapioca stuffed calamari, shallots masala **700.**

Travancore tiger prawn curry, fresh tiger prawns in a rich tomato & onion gravy **900.**

Karimeen pollichatu, Vembanad lake's own pearl spot fish, baked in a banana leaf wrap **700.**

Khozi varutharachatu, chicken chunks, ground coconut, shallot, coriander seeds, dried Kashmiri chilis & cinnamon **700.**

Kuttanad free range backwater duck in coconut gravy flavoured with pepper and kari leaf paste, a Muslim community recipe **750.**

Kerala mutton curry, tomato gravy, garam masala & coconut milk **800.**

The Vembanad platter, our signatory classic, combining seafood delicacies of the lake and the sea, grilled to your taste with masala or continental marinade **4000.**

All the curries are served with appam, Kerala paratha, chapati Jeerakasala rice, Basmati rice or tapioca

Desserts

Palada, sweet rice pancake filled with jaggary and coconut **300.**

Chocolate brownie, vanilla ice cream **400.**

Carrot & saffron kulfi **400.**

Sorbet of the day **300.**

Mango crème brûlée topped with minted mango salsa **400.**

Jaggery Payasam of your choice, Dal, Pumpkin or Rice flakes **300.**

b e t w e e n t h e m e a l s

Between the meals 3.00 to 6.00 p.m.

Sesame grilled chicken, garden greens, sundried tomato & pesto mayo **450.**

Prawns & tapioca crisp, green chutney & chili mayo **500.**

The stock market, our daily soup **350. | 400.**

Kathi rolls, rolled paper chapatti with your choice of filling vegetables | paneer | chicken, served with mint chutney **450. | 550.**

Sandwich of your choice, tuna | cheese & vegetables | masala omelette | mint & vegetables, served with French fries **450. | 550.**

Sorbet of the day **300.**

Carrot & saffron kulfi **400.**

c h e f s p e c i a l

- * **The sundowner barbeque** of fresh seafood, fish catch of the day and chicken cooked for you in the serene setting of the sunset at the waterfront.

Chef Sinaj proposes

The jumbo platter, the 'taste it all option' of your choice **4500.**

The mini platter with a reduced selection **3000.**

Whole fresh fish grilled with your preferred marinade **2500.**

Combination of two, like, seafood & chicken, you decide **2000.**

Tiger prawns with coconut & coriander marinade **1200.**

Today's catch, Kerala marinade or **Tuna**, yogurt & garlic **1000.**

Chicken, bell peppers & lime marinade **1000.**

All dishes include salad, rice or chapati.

- * **Creative cooking class** **2000.**

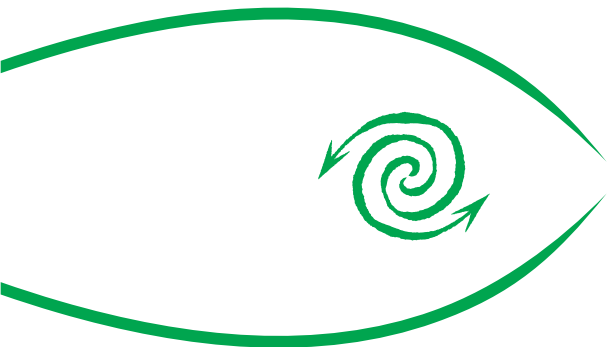
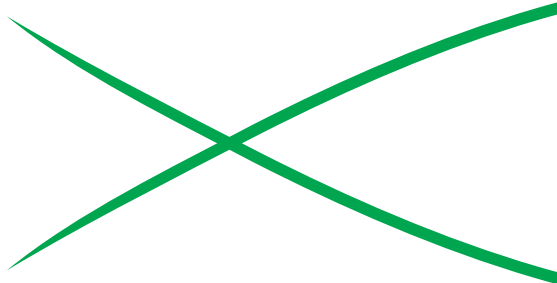
An opportunity to take with you traditional local recipes and home style cooking back home to your own kitchen.

- * **Advance reservation required.**



All food & beverages taxes as applicable
All beverages subject to availability

The Malabar escapes cuisine at



OCTOBER 2019

creative cooking with