

MEALS (11.30 Noon to 2.45 Pm)

Veg Meals (White Rice)	\$10
Veg Meals (Brown Rice)	\$11

(Enjoy a complete Banana Leaf Meal experience with Banana Chips, Avial, Thoran, Sambar, Kootu Curry, Moru Curry, Rasam, Moru Velam, Rice, Payasam, Papaddam & Pickle condiments.)

Avial - It is a thick mixture of some vegetables commonly found in Kerala seasoned with coconut oil and curry leaves.

Thoran - Thoran is a dry dish traditionally made of finely chopped vegetables such as cabbage, spinach, various bean varieties. The chopped vegetable is mixed together with grated coconut, mustard seeds, curry leaves and turmeric powder and briefly stirred on a pan over a hot fire.

Sambar- The authentic food of south india. is a lentil-based vegetable stew, cooked with pigeon pea and tamarind broth. It is popular in South Indian.

Kootu curry- kootu means 'a mix or combination', and the recipe is a mix of different vegetables and chickpeas simmered in a coconut cumin gravy, and later topped with browned/fried coconut. The vegetables used for this dish differ from place to place in Kerala.

Moru curry- This is a liquid curry recipe which is served with white or boiled rice, pancake made of lentils / mixed gram dosa. Traditionally, it includes vegetables like okra, winter melon or ash gourd, colocasia, etc.

Rasam- It is a South Indian spiced soup made with tamarind, tomatoes, spices and herbs.

Moru velam- Sambaram is Kerala style spiced butter milk. It is flavored with ginger, green chillies, shallots and curry leaves.

Payasam - Kheer or payasam is a traditional Indian Sweet pudding made using milk, grains, lentils and a sweetener like jaggery or sugar.

Pappadam- is a thin, crisp, round flatbread from India.



SPECIAL MEALS (12 Noon to 3 Pm)

Chicken Meal (white Rice)	\$12
Chicken Meal (Brown Rice)	\$13

Fish Meal (White Rice)	\$13
Fish Meal (Brown Rice)	\$14

Mutton Meal (White Rice)	\$14
Mutton Meal (Brown Rice)	\$15

Prawn Meal (White Rice)	\$14
Prawn Meal (Brown Rice)	\$15



POTHICHORU (12 Noon to 3 Pm) (NOT AVAILABLE)

(Banana Leaf Wrapped Meal)

Brown Rice \$12

(To those of us who grew up in Kerala, 'Pothichoru' is nostalgia wrapped in a plantain leaf. It was the simplest way a meal could be packed in the olden days. This 'Pothichoru' includes Red rice, chammanthi, omelette, pickle, moong thoran, sambar, pulissery and Fish fry.)

Chammanthi - The condiment is made with coconut pulp ground with other ingredients such as green chillies and coriander.

Moong Thoran - Payaru Thoran is a very simple dry curry made with green gram.

Sambar- lentil-based vegetable stew, cooked with pigeon pea and tama

BIRIYANI

(Basmathi Rice)

Veg \$14

Egg \$15

Chicken \$20

Fried Chicken \$20

Mutton \$23

Fish \$22

Prawns \$23

Beef \$22

THALASSERY BIRIYANI

(Jeera Rice)

(Thalassery biryani is the variation of biryani found in the Indian state of Kerala. It is one of the many dishes of the Malabar Muslim community, and very popular.)

Veg \$15

Egg \$17

Chicken \$22

Fried Chicken \$22

Mutton \$25

Fish \$24

Prawns \$25

Beef \$24



KAPPA*(Tapioca)

Plain Kappa

(Raw Tapioca boiled)

\$12

Kappa Fish Curry

(boiled tapioca with kerala special fish curry)

\$17

Kappa Biryani (Beef)

\$23

Kappa Biryani (Mutton)

\$23

Kappa Biryani (Prawn)

\$27



ACCOMPANIMENTS

Kerala Parotta

(NOT AVAILABLE)

\$5

(Paratha/Parotta or Porotta is an Subcontinental layered flatbread made from Maida or Atta which is very popular in Kerala)

Appam

\$3

(Appam is a South Indian pancake dish, made with fermented rice batter and coconut milk)

Chapati

\$3

(Chapati is everyday Indian flatbread which is made with only 2 ingredients- whole wheat flour (atta) and water.)



Puttu (White)

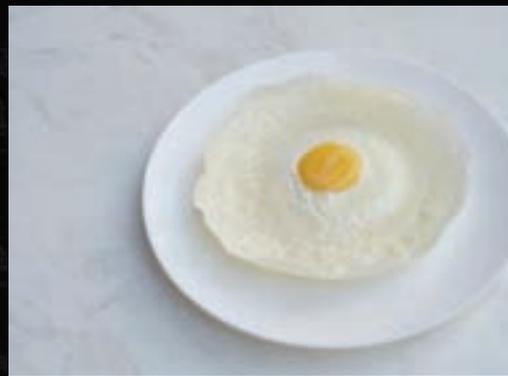
\$7

(Puttu is a breakfast dish eaten in the South Indian states of Kerala. Puttu means "portioned" in Malayalam. It is made of steamed cylinders of ground white rice layered with coconut shavings, sometimes with a sweet or savory filling on the inside.)

Puttu (Brown)

\$9

(Chemba puttu or brown puttu is made using brown rice)



Plain Rice

\$5

Brown Rice

\$7

Ghee Rice (Basmathi)

\$8

(Spiced rice or Ghee rice is cooked rice where spices are added to give a distinct flavour with ghee being the primary ingredient. Rice used -basmati rice)

Ghee Rice (Jeera)

\$8

(Jeera rice or Zeera rice is an Indian dish consisting of rice and cumin seeds.)



KERALA RESTAURANT കായലക്കര

Kaavalokanni
God's Own Country Cuisine

VEG MAIN COURSE

Kadala curry \$8

(Kadala curry/ Black chickpea curry in a deliciously smooth spiced roasted coconut gravy along with puttu/steamed rice cakes.)

Veg Khurma \$8

(a simple and creamy flavoured mix vegetable recipe made with a coconut masala.)

Masala curry (varathu Arachathu) \$8

(masala is a kind of mixed spices used in a curry to add more flavor and taste to it.)

Cherupayar Curry \$8

(The green moong dal curry is made with simple flavors and the addition of coconut oil in the dal lifts the whole flavor of the dish. Mung Beans are a high source of fiber, protein and antioxidants.)

Bindi Fry (NOT AVAILABLE) \$10

(Bhendi Fry or lady's finger fry is stir fried okra that is slit and stuffed with spice mix such as garam masala and other locally available ground spices.)

Gobi 65 \$12

(gobi 65 recipe a popular snack or starter made with cauliflower.)

Gobi Manchurian (NOT AVAILABLE) \$15

(Gobi Manchurian is a popular Indo Chinese appetizer made with cauliflower, corn flour, soya sauce, vinegar, chilli sauce, ginger & garlic.)

EGG DISHES

Boiled Egg \$3

Omelet (Double) \$8

(an omelette or omelet is a dish made from beaten eggs, fried with butter or oil in a frying pan.)

Bulsi (Fried Egg) \$8

Egg Chilli \$10

(Chilli Egg with Gravy is a spicy curry where boiled Egg nuggets are cooked in Onions, Peppers, Tomatoes and soya sauce.)

Egg Burji \$11

(Egg bhurji is a scrambled eggs dish)

Egg Curry \$12

(kerala egg curry is a combination of boiled eggs and coconut milk along with some spices to add flavour)

Egg Roast \$15

(Boiled eggs cooked in spicy onion tomato masala gravy.)



KERALA RESTAURANT കായലക്കായലം

Kaya Vailokkanni
God's Own Country Cuisine

CHICKEN DISHES

Chicken Fry (2 Pieces) \$12

Chicken 65 \$15

Chicken Curry (Varathu Arachathu) \$15
(prepared by adding roasted coconut with spices.)

Chicken Perattal \$16
(a spicy south Indian dry style preparation.)

Chicken Pepper \$16
(Pepper chicken also known as kurumulaku chicken is an easy and quick Kerala style chicken dry roast.)

Chicken Roast \$20
(Kerala chicken roast is a semi-dry, delicious blend of marinated chicken, fried and sauteed with a spicy, tangy masala paste. Teamed up with some chillies, fried onions and lemon juice to bring out that extra zing in this dish.)

Chicken khurma \$21
(Korma is made from a nut (usually cashews -- sometimes they use almonds to lower the cost) and cream mixture and not very spicy at all.)

Chicken Stew (NOT AVAILABLE) \$20
(stew consisting of parboiled whole chicken in a cream or milk based broth, butter and seasoned with salt, pepper and other ingredients.)

Chicken Manchurian (NOT AVAILABLE) \$20
(Fried chicken balls cooked in a spicy sauce batter and served with steamed rice or hakka noodles.)

Chilly Chicken (NOT AVAILABLE) \$20

Chicken chilly Fry (NOT AVAILABLE) \$20



FISH DISHES

Fish Fry (Mathi 4 Pieces) **\$10**
(*mathi-sardine fish*)

Fish Fry (Ayala 1 Piece) **\$12** (PLSE ASK FOR AVAILABILITY)
(*ayala-Mackerel*)

Fish Fry (Avoli Full) **\$18**
(*avoli-Pomfret*)

Fish Fry (Naimeen 1 Piece) **\$10**
(*naimeen-seerfish*)

Fish moile (Naimeen) **\$20** (NOT AVAILABLE)
(*Fish Molee -Molly is a preparation where fish is stewed in coconut milk and very low spiced flavor in masala is prepared, so that flavor of the fish dominates the taste of the curry.*)

Fish moile (Avoli) **\$20** (NOT AVAILABLE)

Fish Curry **\$15**
(*It is a spicy and delicious fish curry which is mainly tamarind based and taste so delicious.*)

Fish Curry (Varathu Arachathu) **\$18**
(*Fish Curry in Roasted Coconut Gravy*)

Malabar Fish Curry **\$20**
(*A delicious, creamy fish curry with goodness of coconut milk and full of chillies, coriander and mustard seeds.*)

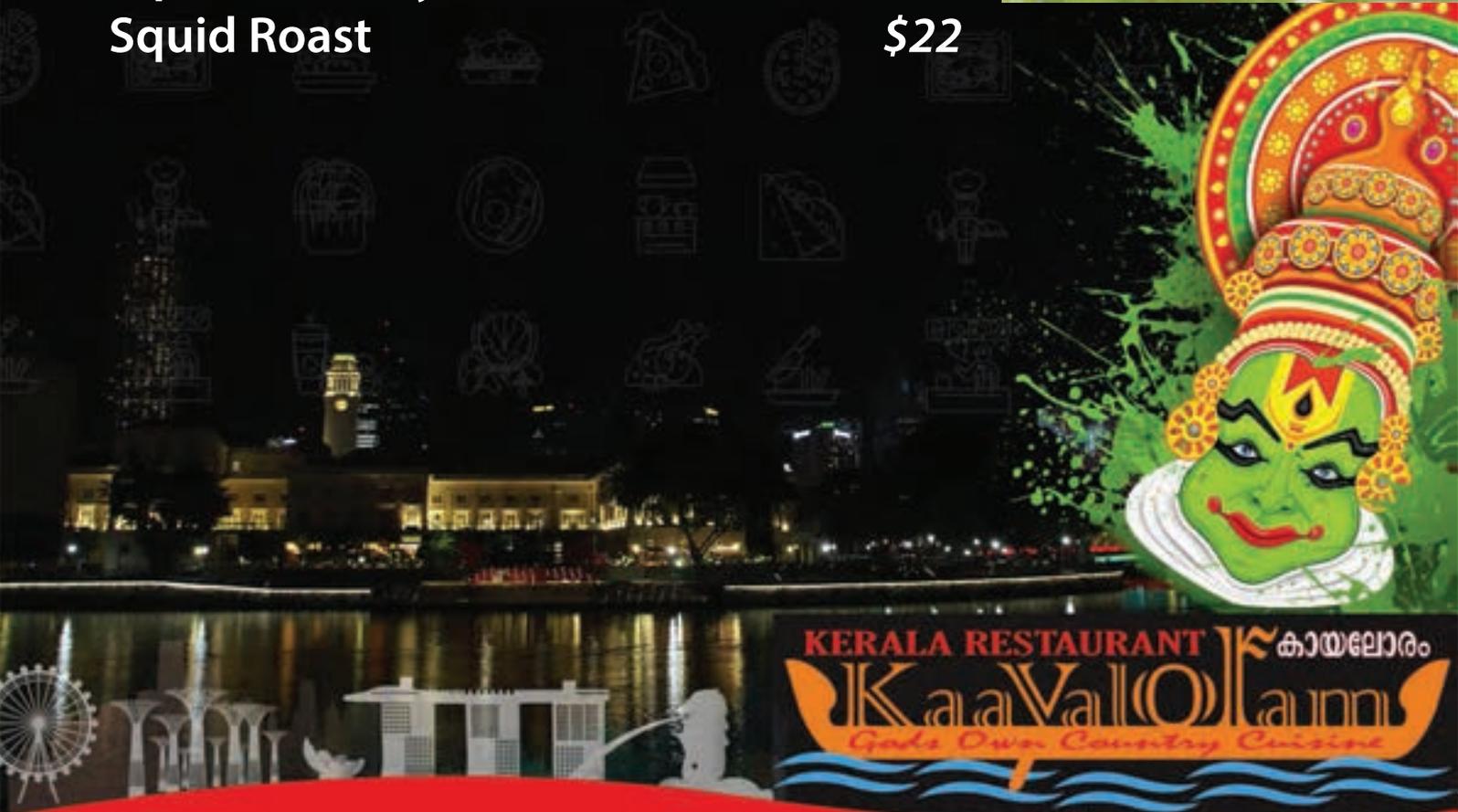
Naimeen Pollichathu (2 Piece) **\$25**
(*Any fish (seerfish/pomfret) smeared in spices, wrapped in banana leaves and steamed to get the delicious seafood you've ever tasted*)

Avoli Pollichathu (Full) **\$25**

SQUID ITEMS

Squid Chilli Fry **\$20**

Squid Roast **\$22**



MUTTON DISHES

Mutton Fry \$22

(Mutton Fry is a crispy and spicy fusion of perfectly cooked meat.)

Mutton Curry \$20

(Lamb curry or mutton curry is a dish of slow cooked lamb in a spicy gravy.)

Mutton Perattal \$22

(a spicy south Indian dry style preparation)

Mutton Pepper \$22

(is an easy and quick Kerala style mutton dry roast.)

Mutton Coconut fry \$23

(dry version of mutton gravy with fried coconut bites)

Mutton Stew \$21

(stew consisting of parboiled mutton in a cream or milk based broth, butter and seasoned with salt, pepper and other ingredients)

Mutton khurma (NOT AVAILABLE) \$22

(Korma is made from a nut (usually cashews -- sometimes they use almonds to lower the cost) and cream mixture and is not very spicy at all)

PRAWN DISHES

Prawn Fry \$22

(Prawn fry recipe is shallow fried with the basic spices)

Prawn Curry \$20

(thick liquid gravy with simple spices can be enjoyed with Kerala Parotas and Rice.)

Prawn Mulakittathu \$21

(is a spicy Malabar prawn curry made with mustard seeds, tomato and chilli.)

Prawn Pepper \$22

(spicy and delicious)

Prawn masala \$23

(Prawns cooked and roasted in spicy onion tomato gravy, flavored with spices)

Prawn Ularthiyathu \$22

(it's a dry preparation of prawns)

Prawn Pollichathu \$26

(prawns smeared in spices, wrapped in banana leaves and steamed to get the delicious seafood)



BEEF DISHES

Beef Fry \$20

(Kerala beef fry is a dish made of beef, slow-roasted in a mixture of spices, onions, curry leaves, and coconut slivers, fried in coconut oil.)

Beef Curry \$18

(This spicy and flavorful curry is best served with flaky kerala porottas or even steamed rice cake/puttu.)

Beef Roast \$20

(beef roast is a semi-dry, delicious blend of marinated beef, fried and sauteed with a spicy, tangy masala paste. Teamed up with some chillies, fried onions and lemon juice to bring out that extra zing in this dish)

Beef Pepper \$20

(quick Kerala style beef dry roast.)

Beef coconut fry \$20

(dry version of beef gravy with fried coconut bites)

Beef Ularthiyathu \$20

(it's a dry preparation of beef with gravy)



DUCK DISHES

Duck Fry \$22

Duck Curry \$18

Duck Roast \$22

Duck Pepper \$22

KALLUMEEKKAYA DISHES (Muziles)

Kallumekkaya Fry \$20

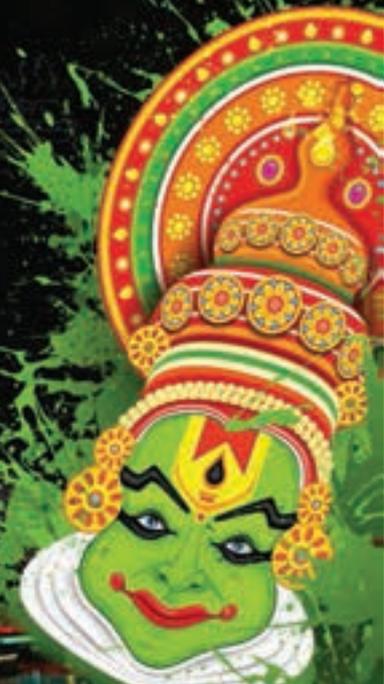
Kallumekkaya Thoran \$18

Kallumekkaya Roast \$20

CUTLETS

Chicken Cutlets (2 pieces) **(NOT AVAILABLE)** \$12

Fish Cutlets (2 pieces) **(NOT AVAILABLE)** \$15



SALADS

Green Salad	\$7
Cucumber Salad	\$7
Tomato Onion Salad	\$7

BEVERAGES

Can Drinks	\$5
Lime Juice	\$5
Mint Lime Juice	\$7
Ginger Lime Juice	\$7
Lime Soda	\$7
Mint Lime Soda	\$7
Orange Juice	\$10
Pineapple Juice	\$10
Apple Juice	\$10
Lassi (Sweet/Salt)	\$8
Mango Lassi	\$10

HOT BEVERAGES

Black Tea	\$3
Black Coffee (Bru)	\$5
Tea	\$5
Coffee (Bru)	\$7
Masala Tea	\$7
Ginger Tea	\$7
Lime Tea	\$4

DESERTS

Payasam (PLEASE ASK FOR AVAILABILITY)	\$5
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