

## MALABAR STARTERS

*(All pancakes and iddly served with sambar & chutney)*

<b>Masala Dosai</b> <i>A paper-thin crispy pancake made from rice and lentil, filled with potato masala</i>	<b>£2.50</b>
<b>Ghee Roast Masala Dosai</b> <i>Crispy pancake roasted in clarified butter filled with potato masala</i>	<b>£4.95</b>
<b>Meat/Chicken Masala Dosai</b> <i>Non-vegetarian pancake delicacy</i>	<b>£5.50</b>
<b>Prawn Masala Dosai</b> <i>Seafood pancake delicacy</i>	<b>£5.50</b>
<b>Uthappam</b> <i>South India's speciality or you can call it Indian "Pizza" made of rice &amp; lentil batter topped with tomato, curry leaves, chillies &amp; onions</i>	<b>£4.50</b>
<b>Rava Dosa</b> <i>Crispy pancake made of semolina and rice flour batter mixed with ginger, green chillies &amp; cumin seed</i>	<b>£5.50</b>
<b>Adai</b> <i>Spicy pancake made of mixed lentils, fresh curry leaves &amp; ginger</i>	<b>£3.95</b>
<b>Iddly</b> <i>Steam cake made of rice &amp; black grams</i>	<b>£2.95</b>
<b>Chilli Iddly</b> <i>As above with a twist and spicy</i>	<b>£3.50</b>
<b>Poori Masala/Chana Masala</b> <i>South Indian puffed bread made of wheat flour served with lightly spiced potato masala/chick peas cooked dry with onions and spices</i>	<b>£3.95</b>
<b>Cashew Nut Pakoda</b> <i>Cashew nuts dipped in spicy batter &amp; fried</i>	<b>£3.95</b>
<b>Chicken Pakoda</b> <i>Chicken breast pieces dipped in spicy batter &amp; fried</i>	<b>£4.95</b>
<b>Potato Bonda</b> <i>Fried potato filled ball laced with whole black pepper, curry leaves &amp; green chillies</i>	<b>£2.95</b>
<b>Vada</b> <i>A spongy dumpling in a crunchy case, made from urid dhal and chillies</i>	<b>£2.95</b>
<b>Spinach Vada</b> <i>(spinach filled)</i>	<b>£3.50</b>
<b>Masala Vada</b> <i>(lentil cake)</i>	<b>£2.95</b>
<b>Dahi Vada</b> <i>(marinated in chilled yogurt)</i>	<b>£2.95</b>
<b>Onion Bhaji</b> <i>Onions and spices mixed with chickpea flour - deep fried</i>	<b>£2.95</b>

## SOUP

<b>Dhal Soup</b> <i>A soup made from a combination of three different lentils, flavoured with tomato, garlic, coriander and black pepper.</i>	<b>£2.95</b>
<b>Rasam</b> <i>The essence of Kerala - a peppery lentil broth laced with garlic, tomatoes, spices and tamarind.</i>	<b>£2.95</b>

## EXOTIC COCHIN SPECIALITIES

*(Can be ordered as Main Courses)*

<b>Chilli Chicken</b> <i>Boneless chicken pieces marinated in refreshing spices, batter fried &amp; seasoned with onion &amp; green pepper</i>	<b>£6.95</b>
<b>Chilli Fried Chemmeen</b> <i>King prawns cooked with onion, chillies, curry leaves, tomatoes &amp; capsicum</i>	<b>£7.50</b>
<b>Chilli Paneer</b> <i>Homemade cottage cheese marinated with chilli &amp; coriander, sautéed with shallots, fresh tomato and pepper</i>	<b>£5.95</b>
<b>Chicken 65</b> <i>Chicken marinated in a hot spicy batter and corn-flour, deep-fried and garnished with fried onions</i>	<b>£5.95</b>
<b>Lamb Fry Masala</b> <i>Tender pieces of lamb, slow cooked and gently marinated with crushed garlic, turmeric, dry chilli &amp; black pepper</i>	<b>£6.95</b>
<b>Chemmeen Poriyal</b> <i>Marinated king prawns fried &amp; tossed with brown sliced coconuts</i>	<b>£7.50</b>
<b>Spicy Fish Fry</b> <i>Pan fried whole pomfret coated with fennel powder, turmeric, chillies ginger, garlic and curry leaves</i>	<b>£7.50</b>
<b>Pepper Wings</b> <i>Chicken wings marinated in spices &amp; fried &amp; tossed with onions, black pepper and capsicum</i>	<b>£6.95</b>
<b>Chicken/King Prawn Poori</b> <i>Puffed bread, sandwiched with chicken/king prawns marinated in spices &amp; cooked with onions &amp; capsicum</i>	<b>£7.95</b>

## HOME MADE SPECIALITIES

*vellappam - is lacy 'egg appearance' pancake. It is a fermented rice pancake with ground coconut & coconut milk*

**Vellappam : with Meat or Chicken or Potato Malabar** **£6.95**

*Malabar - is a curry with spices, tomatoes, fresh coconut milk and curry leaves*

## MAIN COURSES

### SEAFOOD SPECIALITIES

<b>Kerala Fish Curry</b>	<b>£7.50</b>
<i>Prepared with King Fish flavoured with ginger, curry leaves, fenugreek and cocum</i>	
<b>King Fish Masala</b>	<b>£7.50</b>
<i>King Fish fried cooked in fresh Masala of coconut &amp; spices, tempered with curry leaves</i>	
<b>King Fish Grilled</b>	<b>£7.50</b>
<i>Marinated pieces of king fish grilled in garlic &amp; butter sauce</i>	
<b>Fish Chilli</b>	<b>£7.50</b>
<i>Marinated pieces of fish, batter fried and seasoned with onions, spices and fresh green peppers</i>	
<b>King Prawn Special</b>	<b>£7.50</b>
<i>King prawns marinated in spices &amp; cooked with onions &amp; fresh tomatoes</i>	
<b>Cochin Prawn Curry</b>	<b>£7.50</b>
<i>King prawns cooked with crushed coconut, garlic, green chillies, ginger, turmeric, cumin, shallots &amp; curry leaves flavoured with cocum</i>	
<b>King Prawn/Prawn Malabar</b>	<b>£7.50/5.50</b>
<b>King Prawn/Prawn Kurma</b>	<b>£7.50/5.50</b>
<b>King Prawn/Prawn Dupiaza</b>	<b>£7.50/5.50</b>
<b>King Prawn/Prawn Masala</b>	<b>£7.50/5.50</b>
<b>King Prawn/Prawn Madras</b>	<b>£7.50/5.50</b>
<b>King Prawn/Prawn Dansak</b>	<b>£7.50/5.50</b>
<b>King Prawn/Prawn Spinach</b>	<b>£7.50/5.50</b>

### CHICKEN

<b>Chicken Malabar</b>	<b>£4.95</b>
<i>Tender boneless chicken cooked in roasted coconut milk base with tomatoes, spices and curry leaves</i>	
<b>Kerala Chicken Curry</b>	<b>£5.50</b>
<i>The most common poultry dish in Kerala, diced chicken breast cooked in pepper masala, garlic, curry leaves &amp; ginger</i>	
<b>Butter Chicken</b>	<b>£5.95</b>
<i>Boneless pieces of chicken sautéed to form a thick sauce, friendly with low chilli users</i>	
<b>Ginger Chicken</b>	<b>£5.95</b>
<i>Marinated cubes of chicken stir fried in fresh ginger &amp; spices</i>	
<b>Chicken Masala</b>	<b>£4.95</b>
<b>Chicken Kurma</b> (very mild)	<b>£4.95</b>
<b>Chicken &amp; Spinach</b>	<b>£4.95</b>
<b>Chicken Dupiaza</b> (fried onion)	<b>£4.95</b>
<b>Chicken Dansak</b> (lentils)	<b>£4.95</b>
<b>Chicken Madras</b> (fairly hot)	<b>£4.95</b>

### LAMB

<b>Meat Malabar</b>	<b>£4.95</b>
<i>Speciality of North Kerala. Tender pieces of lamb cooked in a roasted coconut milk base with tomato, spices and curry leaves</i>	
<b>Green Meat Masala</b>	<b>£5.95</b>
<i>Cubes of lamb marinated in green masala cooked with tomato, onion &amp; curry leaves</i>	
<b>Kerala Meat Curry</b>	<b>£5.95</b>
<i>A very tasty dish made with lamb cubes, red chilli, chopped tomato, garam masala, onion, curry leaves &amp; coconut oil</i>	
<b>Rogan Josh</b>	<b>£4.95</b>
<i>Diced lamb cooked with tomato and green peppers in a medium spicy sauce</i>	
<b>Erachi Ulathiyathu</b>	<b>£5.95</b>
<i>Lamb cooked in a way as you never seen before, presented dry, deliciously spiced with pepper, chopped coconut slices, coriander &amp; chilli</i>	
<b>Lamb Masala</b>	<b>£4.95</b>
<b>Lamb Kurma</b>	<b>£4.95</b>
<b>Lamb &amp; Spinach</b>	<b>£4.95</b>
<b>Lamb Dupiaza</b> (fried onions)	<b>£4.95</b>
<b>Lamb Dansak</b> (lentils)	<b>£4.95</b>
<b>Lamb Madras</b> (fairly hot)	<b>£4.95</b>
<b>Keema Methi</b> (fenugreek)	<b>£4.95</b>
<b>Keema Peas</b>	<b>£4.95</b>

### SELECTION OF BIRYANIS

Biryani – a dish with spiced rice & mixed pieces of either lamb, chicken, prawn or vegetable

<b>King Prawn</b>	<b>£7.95</b>
<b>Fish</b>	<b>£7.95</b>
<b>Mixed</b>	<b>£7.95</b>
<b>Chicken</b>	<b>£5.50</b>
<b>Lamb</b>	<b>£5.50</b>
<b>Prawn</b>	<b>£5.50</b>
<b>Mushroom</b>	<b>£4.50</b>
<b>Vegetable</b>	<b>£4.50</b>
<b>Egg</b>	<b>£4.50</b>

All Biryani dishes served with raitha or vegetable curry

## VEGETABLE CURRIES

<b>Avial</b>	<b>£2.95</b>
<i>Keralian vegetable dish made of assorted fresh vegetables cooked with coconut, yoghurt &amp; spices</i>	
<b>Sambar</b>	<b>£2.95</b>
<i>A mild curry cooked with lentils &amp; fresh vegetables in tamarind juice seasonal spices</i>	
<b>Kalan</b>	<b>£2.95</b>
<i>Sweet Mango &amp; green banana cooked with fresh coconut, yoghurt &amp; cumin</i>	
<b>Vegetable Malabar</b>	<b>£2.95</b>
<i>Fresh vegetables cooked with spices, tomato, fresh coconut milk &amp; curry leaves</i>	
<b>Tomato Curry</b>	<b>£2.95</b>
<i>Fresh tomato cooked with spices in a tangy yoghurt sauce</i>	
<b>Bhindi Curry</b>	<b>£2.95</b>
<i>Fresh okra cooked with onion, coriander &amp; garlic made in a tomato base</i>	
<b>Kadala Curry</b>	<b>£2.95</b>
<i>Chickpeas cooked with spices, tomato and a hint of coconut milk</i>	
<b>Brinjal Masala</b>	<b>£2.95</b>
<i>Aubergines cooked in fresh Masala of coconut &amp; spices, tempered with curry leaves</i>	
<b>Paneer Masala</b>	<b>£3.95</b>
<i>Deep fried homemade cheese tossed in spices, onions &amp; made in a creamy sauce</i>	
<b>Vegetable Korma</b>	<b>£2.95</b>
<b>Parippu Curry (Dhal)</b>	<b>£2.95</b>
<b>Dhal &amp; Spinach</b>	<b>£2.95</b>

## DRY VEGETABLES

<b>Bhindi</b>	<b>£2.95</b>
<i>Fresh okra mildly spiced with onion &amp; tomato</i>	
<b>Brinjal</b>	<b>£2.95</b>
<i>Aubergines cooked with tomato, onion &amp; chillies</i>	
<b>Cauliflower Manchurian</b>	<b>£3.50</b>
<i>Cauliflower mixed with a corn flour batter &amp; deep fried, tossed with onion &amp; capsicum with a hint of green chilli</i>	
<b>Mushroom Thoran</b>	<b>£2.95</b>
<i>Mushrooms cooked with onion, garlic &amp; curry leaves</i>	
<b>Beans &amp; Coconut</b>	<b>£2.95</b>
<i>Green beans lightly cooked with mustard seeds, curry leaves &amp; coconut</i>	
<b>Cabbage Thoran</b>	<b>£2.95</b>
<i>Chopped cabbage, fresh coconut, tempered with mustard seeds, flavoured with turmeric, and curry leaves</i>	
<b>Chana Masala</b>	<b>£2.95</b>
<i>Chickpeas cooked dry with onion, tomato &amp; curry leaves</i>	
<b>Bombay Aloo</b>	<b>£2.95</b>
<i>Dry potatoes marinated in spices &amp; cooked with onions</i>	

<b>Green Banana</b>	<b>£2.95</b>
<i>Green Bananas flavoured with spices &amp; onions</i>	
<b>Beetroot Thoran</b>	<b>£2.95</b>
<i>Fresh beetroot tossed with ground coconut and mustard seeds seasoned with curry leaves</i>	
<b>Cauliflower &amp; Peas</b>	<b>£2.95</b>
<i>Cauliflower tossed with onions, coriander &amp; peas</i>	
<b>Spinach &amp; Potato</b>	<b>£2.95</b>
<i>Spinach &amp; potato cooked with onion &amp; light spices</i>	
<b>Saag Paneer</b>	<b>£3.95</b>
<i>Fresh spinach cooked with cubes of home-made cheese</i>	
<b>Spinach &amp; Garlic</b>	<b>£2.95</b>
<i>Fresh spinach garnished with garlic, green chillies &amp; cumin</i>	
<b>Vegetable Chilli</b>	<b>£3.95</b>
<i>Vegetables cooked with tomato, onion, spices, curry leaves and crushed red chilli</i>	
<b>Mutter Paneer</b>	<b>£3.95</b>
<i>Mutter Paneer is a delicious dish made of peas and home-made cheese cubes</i>	
<b>Carrot Poriyal</b>	<b>£2.95</b>
<i>Carrots cooked with onions, fresh coconut &amp; mustard seeds</i>	

## RICE

<b>Plain Rice</b>	<b>£2.20</b>
<b>Pilau Rice</b>	<b>£2.50</b>
<b>Lemon Rice</b>	<b>£2.50</b>
<b>Coconut Rice</b>	<b>£2.50</b>
<b>Curd Rice</b>	<b>£2.50</b>
<b>Tomato Rice</b>	<b>£2.95</b>
<b>Mushroom Rice</b>	<b>£3.95</b>
<b>Egg Rice</b>	<b>£3.95</b>
<b>Vegetable Pilau Rice</b>	<b>£3.95</b>
<b>Spinach Rice</b>	<b>£3.95</b>

## BREAD

<b>Malabar Paratha (plain)</b>	<b>£2.00</b>
<b>Green Chilli Paratha</b>	<b>£2.50</b>
<b>Sweet Coconut Paratha</b>	<b>£2.50</b>
<b>Garlic Paratha</b>	<b>£2.50</b>
<b>Aloo Paratha</b>	<b>£2.50</b>
<b>Green Chilli Paratha</b>	<b>£2.50</b>
<b>Keema Paratha</b>	<b>£2.95</b>
<b>Chapathi (two per portion)</b>	<b>£2.00</b>
<b>Poori (two per portion)</b>	<b>£2.00</b>

## ACCOMPANIMENTS

<b>Salad</b>	<b>£1.95</b>
<b>Raitha</b>	<b>£1.95</b>
<b>Pappadoms</b>	<b>£0.50</b>
<b>Chutneys &amp; pickles Tray</b>	<b>£1.95</b>

