

As per the guidelines issued by Food Safety & Standards Authority of India (FSSAI) an average active adult requires 2000kcal` of energy per day. However, the actual calories needed may vary per person.



Scan QR to know nutritional value of each dish


Soup

Hot and sour soup

- 180kcal/200ml Vegetable  500
- ▲ 180kcal/200ml Chicken   600


Tomato basil soup 500
198kcal/200ml

Sweet corn soup 600

- 241kcal/200ml vegetable 
- ▲ 241kcal/200ml Chicken  

Salad

■ Kumarakom village salad  600
555kcal/250gm Sprout, green lentils, potatoes, indian spices, tamarind chutney

■ Greek salad  600
471kcal/200gm Lettuce, tomatoes, cucumber, green onions, feta, olives with lemon oregano dressing

■ Mango and coconut chat  600
380kcal/250gm Raw mangoes and grated coconut tossed in sweet and sour tamarind sauce



If you are allergic to any food Ingredients kindly inform the order taker.

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Appetizers











- **Ururla kizhangu varathathu**  750
 460kcal/200gm Crispy fried potatoes with hand ground spices
- **Paneer tikka**  750
 454kcal/200gm Chilli and hung curd flavoured paneer cubes, cooked in tandoor
- ▲ **Fish tikka**   900
 449kcal/200gm Fish marinated with chilli and hung curd, cooked in tandoor
- ▲ **Kozhi chuttathu**   900
 470kcal/200gm Chicken morsels, marinated with hand ground home spices, deep fried
- ▲ **Doodiya murgh tikka**   900
 576kcal/200gm Hung curd and cream marinated morsels of chicken, cooked in tandoor
- ▲ **Masala fried prawns**  1200
 572kcal/200gm Local spiced, grilled prawns
- ▲ **Podimeen varuthathu**  900
 609kcal/190gm Masala coated deep fried local whitebait
- ▲ **Koonthal varattiyathu**    900
 600kcal/200gm Fresh squid rings cooked with local spiced onion and tomato masala
- **French fries** 550
 350kcal/150gm
- **Vegetable spring roll**   750
 442kcal/200gm
- **Sesame honey chilli potatoes**    750
 550kcal/200gm
- ▲ **Chilli chicken**    900
 529kcal/250gm



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MAIN COURSE

Indian

- | | | |
|--|---|-----|
| <input checked="" type="checkbox"/> | Dal tadka  | 750 |
| 522kcal/300gm Yellow lentils tempered with garlic and cumin | | |
| <input checked="" type="checkbox"/> | Paneer makhani   | 800 |
| 696kcal/300gm Cottage cheese in tomato and butter gravy | | |
| <input checked="" type="checkbox"/> | Palak paneer  | 800 |
| 696kcal/300gm Cottage cheese in seasoned spinach gravy | | |
| <input checked="" type="checkbox"/> | Kadai vegetable   | 800 |
| 585kcal/300gm Fresh vegetable cooked in onion and tomato gravy | | |
| <input checked="" type="checkbox"/> | Bhindi kurkure  | 800 |
| 381kcal/300gm Crispy fried lady fingers with spices | | |
| <input checked="" type="checkbox"/> | Aloo gobi adraki  | 800 |
| 311kcal/300gm Stir fried potatoes, cauliflower in the melange of tomatoes, black salt and ginger | | |
| <input type="checkbox"/> | Murgh tariwala   | 900 |
| 710kcal/300gm Home style chicken gravy with aromatic spices | | |
| <input type="checkbox"/> | Mutton saagwala  | 950 |
| 815kcal/330gm Tender lamb in spinach, mint, coriander gravy | | |



Moluscs



Eggs



Fish



Lupin



Soya



Milk



Peanuts



Gluten



Crustaceans



Mustard



Nuts



Sesame



Celery






Sulphites

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From the Shore of Vembanadu






- **Alleppey vegetable curry**  800
330kcal/300gm Vegetable cooked in coconut milk with raw mangoes
- **Avial** 800
630kcal/300gm Strips of marrow vegetables simmered in cumin and garlic flavored mix of coconut and yogurt gravy
- **Pachakkari stew**  800
224kcal/300gm Vegetable cooked in mild coconut milk
- ▲ **Fish malabari**   900
630kcal/300gm Shallot tempered coconut based fish curry
- ▲ **Nadan kozhi curry**  900
640kcal/300gm Chicken morsels simmered in flavored coconut milk and local spice
- ▲ **Mutton malliperalan**  950
810kcal/330gm Coriander flavored lamb curry



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Rice and breads

- Plain rice 300
546kcal/350gm Steamed basmati rice
- Kerala brown rice 300
434kcal/350gm Boiled unpolished rice
- Pulao apki pasand  600
680kcal/350gm Fragrant rice cooked as per your choice-vegetable or paneer.
- Phulka or chappathi  200
103kcal/40gm Whole wheat indian bread, cooked on griddle
- Roti or lacha paratha  200
178kcal/90gm Whole wheat bread cooked in tandoor
- Kerala paratha  200
274kcal/90gm Layered kerala style bread, cooked on griddle
- Naan-plain or butter or cheese or garlic  200
177kcal/90gm Indian bread cooked in tandoor
- Appam 200
265kcal/40gm Kerala special fermented rice pancake



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Biryani

 Vegetable 	850
848kcal/350gm	
 Chicken 	950
1086kcal/350gm	
 Mutton 	1100
1335kcal/350gm	

Mediterranean

Pasta

(Penne or spaghetti or fusilli)






 Arrabbiata   	850
453kcal/350gm Tomato chunks, garlic pods, basil, parmesan cheese	
 Primavera  	850
534kcal/250gm Mélange of exotic vegetable in creamy cheese sauce	
 Carbanora   	950
525kcal/350gm Cream, egg yolk, bacon, parmesan cheese	



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MAIN COURSE

- **Stir fried exotic vegetables**  750
 288kcal/300gm Vegetable in ginger soya sauce or hot garlic sauce
- ▲ **Pan-seared fish**   900
 559kcal/200gm Served with herb grilled vegetables and parsley potatoes
- ▲ **Grilled chicken breast**   900
 500kcal/200gm Served with herb grilled vegetables and parsley potatoes

Fried rice or noodles

- 700kcal/300gm Vegetable   800
- ▲ 750kcal/300gm Chicken    900
- ▲ 800kcal/300gm Sea food     900





Sandwich and burger

- ▲ **The Taj club**    950
 717kcal/350gm Triple decker sandwich with chicken, fried egg, cheese, bacon, tomato, lettuce
- **Vegetable club**  850
 580kcal/350gm Triple decker sandwich with grilled vegetable, cucumber, cheese, tomato, lettuce




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 **Chicken burger**    850
635kcal/350gm Chicken patty, cucumber, lettuce, cheese, gherkin


 **Garden fresh burger**    750
365kcal/350gm Vegetable patty, tomato cucumber, lettuce, cheese, gherkin


Kathi roll

 530kcal/300gm Cottage cheese   750

 610kcal/300gm Chicken    900

The Quintessential Tiffin

 **Vegetarian tiffin (serves 2)** 2100
1350kcal/700gm Basmati rice, dal,
two vegetable preparations, selection of indian bread, pappad, pickle, green salad













 **Non-vegetarian tiffin (serves 2)** 2900
1430kcal/700gm Basmati rice, dal,
two non-vegetarian preparations, selection of indian bread, pappad, pickle, green salad



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Junior league














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|---|---|-----|
|  | Goofy's choice   | 650 |
| 365kcal/250gm Mini vegetable patty, crumb fried, filled in bun with cheese | | |
|  | Goldi lock   | 400 |
| 411kcal/150gm Golden fried french fries | | |
|  | Jack and Jill   | 650 |
| 730kcal/300gm Thin crust pizza topped with chicken, gummy mozzarella | | |
|  | Bunny rabbit   | 650 |
| 635kcal/250gm Mini chicken patty, grilled and filled in bun with cheese | | |



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Dessert

- | | | |
|---|---|-----|
| | Ada pradhaman   | 500 |
| <p>635kcal/250gm Rice flakes simmered in coconut extract, sweetened with molasses puree, tempered with nuts</p> | | |
| | Semiya payasam    | 500 |
| <p>644kcal/200ml Vermicelli simmered in sweetened, cardamom flavored milk tempered with nuts</p> | | |
| | Tender coconut soufflé  | 500 |
| <p>43kcal/150gm Sugar free tender coconut semifreddo</p> | | |
| | Gulab jamun    | 500 |
| <p>700kcal/150gm Deep fried milk dumpling soaked in sugar syrup, topped with nuts</p> | | |
| | Gajar ka halwa   | 500 |
| <p>720kcal/150gm Shredded carrot cooked in condensed milk, clarified butter, topped with nuts</p> | | |
| | Chocolate mud cake    | 500 |
| <p>800kcal/150gm Baked chocolate fudge cake</p> | | |
| | Selection of ice cream   | 500 |
| <p>207kcal/150gm</p> | | |
| | Selection of cut fruits | 500 |
| <p>460kcal/150gm</p> | | |



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Beverages

<p>☑ Tea</p> <p>80kcal/150ml Darjeeling, green tea, earl grey, lemon, masala</p>	325
<p>☑ Coffee</p> <p>100kcal/150ml South indian filter, cappuccino, espresso, latte, decaffeinated coffee</p>	325
<p>☑ Hot chocolate, bournvita, horlicks</p> <p>130kcal/650kcal/650kcal/150ml</p>	325
<p>☑ Milk shake</p> <p>300kcal/150ml Vanilla, chocolate, strawberry, mango, banana, butterscotch</p>	450
<p>☑ Cold coffee</p> <p>200kcal/80kcal/150ml With or without ice-cream</p>	450
<p>☑ Iced tea</p>	450
<p>☑ Lassi</p> <p>280kcal/70kcal/150ml Salted, sweet, masala</p>	450
<p>☑ Fresh fruit juice</p> <p>50kcal/150ml Watermelon, pineapple, orange, tender coconut</p>	450
<p>☑ Fresh lime soda or water</p> <p>60kcal/150ml Sweet, salted, plain</p>	325
<p>☑ Aerated beverages</p> <p>Pepsi,7up, diet pepsi, soda, tonic water, ginger ale</p>	325
<p>☑ Mineral water 1liter</p>	325
<p>☑ Sparkling water 330ml</p>	500



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Wines by the Glass

White Wines

Indian

Grover Vijay Amrutraj	900
Grover Chenin Blanc	900
Grover Viognier	900
Fratelli Chardonnay	900
Fratelli Sauvignon	900

Imported

Benzinger, Chardonnay	900
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Red Wines

Indian

Grover Vijay Amrutraj	900
Grover's Cabernet Shiraz	900
Fratelli Classic Merlot	900
Grover Merlot	900

Rosé Wine

Fratelli Rose Shiraz	900
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Champagne or Sparkling wine

Grover Zampa Brut, India	7500
Fratelli noi, India	7500

White Wines

Chardonnay

Bezinger Los Carneros, California ●	8500
Hardy's, Australia ●	8500
Jacob's creek, Australia ●	8500
Lindeman's, Hunter valley, Australia ●	8500
Fratelli, Akhuj, India ●	5500

Chenin Blanc

Grover, Nashik, India ●	5500
Fratelli, Nashik, India ●	5500
Fratelli, Akhuj, India (375 ml) ●	3500

Sauvignon Blanc

Pouilly Fume, Henri Bourgeois, France ●	8500
Kumala, Table mountain, South Africa ●	8500
Mouton Cadet Blanc, Bordeaux, France ●	8500
Grover, Nashik, India ●	5500
Fratelli, India ●	5500

Viognier

Grover zampa Vijay Amritraj collection, Nandi hills, India ●	5500
Grover, Nashik, India ●	5500

Red Wine

Shiraz

Jacobs Creek, Australia ●	8500
Lindeman's Cabernet Shiraz, Australia ●	8500
Grover La Reserve, India	5500
Grover, India ●	5500
Grover, India 375ml ●	3500
Fratelli Classic, India ●	5500
Fratelli, Indian 375ml	3500
Fratelli, India	5500

Cabernet Sauvignon

Grover zampa Vijay Amritraj collection ●	5500
Fratelli, India ●	5500

Merlot

Grover, India ●	5500
Fratelli classic merlot, India ●	5500
Jacobs Creek, Australia	8500

Rosé Wine

Fratelli, India ●	5500
Grover, India ●	5500

Beer

Corona Extra (330ml)	750
Kingfisher premium (650ml)	700
Kingfisher Ultra (500ml)	650
Kingfisher Ultra (330ml)	550
Heineken (330ml)	550
Heineken (650ml)	750
Budweiser (330 ml)	550

