



serenity menu



experience our
creative cooking classes
and our
black board specialities

breakfast

The breakfast is served from 7 am till 10 am

Fresh fruit juice

Pineapple, sweet lime, mango or watermelon

Fresh fruits

Banana, pineapple, papaya, mango & watermelon

Toast served with butter & homemade preserves

Breakfast cereal of your choice

Cornflakes, muesli, homemade muesli served with hot / cold milk / yogurt / fruit yogurt

Eggs cooked to order - omelette, poached, fried or scrambled, served with grilled tomato, sausages or bacon

South Indian Dosa - plain, masala, bacon & egg and cheese, served with sambar and coconut or tomato chutney

Chef's daily special south Indian breakfast

Puttu, Idli, Idiyappam or Upumma

Slightly sweet pancake with a pineapple or banana topping, served with honey

Mysore filter coffee or organic leaf tea, Nilgiri estate, BOP

The breakfast is included in your room tariff

taxes as applicable, all items subject to availability.

starters & between the meals

Appetizers, soup & light bites

Lemon & Lentil Soup 220.

Tomato Rasam, typical south Indian soup, based on tamarind juice, spices and tomato 220.

Favorite Fish fingers with Tartar sauce 270.

Shrimps Summer Rolls with Thai sweet chili sauce 300.

Mixed vegetables kofta pakoras with mint chutney 230.

Farmer's salad Feta cheese, tomato, cucumber, carrot, onions, capsicum, olives, herbs 270.

* **Traditional Potato & Peas Samosa**
with Tamarind Chutney 230.

* **Katti Rolls choice of Chicken, Vegetarian or Paneer**
with minted yogurt 230 | 270

* **Tapioca & prawns cutlets** with hot tomato chutney 280.

* **Chicken Club sandwich**, iceberg, tomato, chicken slices, bacon and mayonnaise with coleslaw & potato wedges 300.

marked dishes are also served between the meals.

m e n u

Main Course

Our chef's interpretation of the Kerala thali (Lunch time only)
vegetarian thali **340.** non-vegetarian with fried fish **420.**

Saffron prawns risotto **420.**

Chicken Biryani, flavoured long grain rice in exotic spices,
layered with chicken **400.** **Vegetable Biryani** **320.**

Penne rigate with mushrooms and tomato sauce **350.**

Ularthiyathu of mixed vegetables, Travancore speciality of
roasted onions & tomatoes with turmeric. Chapati **350.**

Fish Pollichathu, a banana leaf parcel of grilled medium spiced
fish, cooked in its own juice. Lemon rice **400.**

Varutharachathu, roasted chicken cooked in coconut,
coriander, fennel, chili, garam masala. Coconut rice **480.**

Pork vindaloo with coconut, cumin, with hand made Pathiri
a Malabar rice flour pancake **560.**

Grilled tiger prawns,
served with coconut mango sauce and onion salad **660.**

Fish fillet with coriander crumbs, mashed baked potato,
battered vegetables & lemon chili oil **540.**

Side dishes

Steamed basmati rice 110.

Appam 70.

Chappati 70.

French fries 90.

Desserts

Chocolate mud cake

served with toffee sauce **250.**

Pinapple pannacotta

with strawberry coulis **220.**

Pumpkin halwa

with vanilla sauce and ice cream **250.**

Gulabjaamun,

solid milk dumplings in flavoured syrup **220.**

b e v e r a g e s

Natural juices freshly squeezed 220.

Tropical classic pure pineapple or pineapple tang with lime

Cochin cooler cucumber & watermelon

Tangy ginger pineapple, sweet lime & ginger

Biting orange orange flavoured with ginger extract

Fruit smoothies, freshly blended 220.

Malabar dream banana, pineapple, papaya & guava juice

Simply tropical mango, banana & orange juice

Citrus pineapple pineapple, oranges, lime & orange juice

Softies, chilled to thrill 120.

Ginger punch, our in-house specialty

Lime & mint twister, Ice tea with lime & cinnamon

Fresh lime soda, All kinds of lassies

Bottled or canned

Himalayan, natural mineral water, 1 liter 110.

Packaged drinking water 70. Soda 600 ml 80.

Coca Cola | Fanta | Pepsi diet | Indian tonic water 90.

Diet Coke | Pepsi | Mirinda | 7up 90.

Espresso & more

Hot Drinks 110.

Mysore filter coffee | Fresh mint tea | Hot chocolate | Masala tea

Leaf tea, BOP, Mailoor Estate, Nilgiri

Leaf tea, Orange Pekoe, Mailoor Estate, Nilgiri

Special blend of Orange Pekoe & BOP

Green tea and herbal teas

Espresso coffee | Espresso macchiato 110.

Cappuccino | Café latte 140.



dreams and more
serenity at Kanam estate
www.malabarescapes.com

