









BAIT

seaside restobar




















NIBBLES

-  **PIRI PIRI FRIES**   | 196 kcal 600
(French fries dusted with Piri Piri salt, Aioli and mint mayo)
-  **KASARGOD – RAJAH SPECIAL**  | 132 kcal 600
(King of Chakna (salted peanuts tossed with onions and tomatoes))
-  **CHEESY GARLIC BREAD**   | 256 kcal 600
(Crusty whole wheat baguette with our signature spice blend)

SALADS

-  **BAIT SPECIAL CAESAR SALAD**    | 188 kcal 1000
(Chicken or Seafood)
-  **FATTOUSH SALAD**    | 70 kcal 900
(Crispy Lavash, Sumac dressing)
-  **BEETROOT, BURRATA AND CHERRY TOMATO**  | 132 kcal 900
(Lemon vinaigrette, Seed mix)

STARTERS

-  **PRAWN / SOFT SHELL CRABS (BEER BATTER)**  | 123 kcal 1400
(Tomato Basil salsa and Aioli)
-  **CLASSIC SHRIMP AND SQUID NACHOS**    | 363 kcal 1400
(Refried beans, Cheese sauce, Jalapenos)
-  **MUTTON PEPPER FRY TACOS**    | 314 kcal 1100
(Coleslaw, Red vinegar onions, salsa)
-  **BAIT SPECIAL FRIED CHICKEN**   | 310 kcal 1100
(Inspired, fried chicken with pounded chillidip)
-  **CRISPY CHICKEN WINGS**  | 429 kcal 1100
(With honey chilli sauce)
-  **BEEF PEPPER FRY ON TOAST**    | 384 kcal 1100
(On Baguette)

List of Allergens:

 Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

Kindly inform us if you are allergic to any food ingredients. All prices are in Indian Rupees and subject to Government Taxes..

 Vegetarian  Non-Vegetarian

An average active adult requires 2,000 kcal energy per day, however, calorie needs may vary

All grills will be accompanied with potato of the day, charred vegetables and flaky Indian bread.

• All prices are in Indian rupees and subject to government taxes

• Please let us know if you are allergic to any particular ingredient



	ASSORTED VEGETABLE FRITTERS   228 kcal (Tomato Basil salsa and Aioli)	900
	CHILLI PLATTER OPTIONS 294 kcal (Cottage cheese or Mushroom or Baby corn)	900
	HONEY CHILLI LOTUS STEM    128 kcal (With water chestnuts, toasted sesame)	900
	CLASSIC NACHOS   228 kcal (Refried beans, Cheese sauce, Jalapenos)	900
	TRIO OF BRUSCHETTA   184 kcal (Creamy Mushroom, Roasted Bell peppers Tomato Basil salsa)	900

SOUPS

	ROASTED TOMATO AND BASIL SOUP   55 kcal	600
	ROASTED TOMATO AND BASIL SOUP WITH SEAFOOD   136 kcal	700

GRILLS

CRUSTACEANS

	LOBSTER  102 kcal	3000
	SEA CRAB  98 kcal	2000
	MUD CRAB  119 kcal	2000
	JUMBO PRAWNS / TIGER PRAWNS  122 kcal	2200
	BAY FRESH PRAWNS  134 kcal	1900

PAN SEARED MOLLUSCS

	SCALLOP  106 kcal	2100
	SQUID  132 kcal	1400

FISH

	SALMON  158 kcal	2200
	POMFRET  122 kcal	1800
	PEARL SPOT  143 kcal	1600
	KING FISH DARNE  110 kcal	1600

List of Allergens:

 Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

Kindly inform us if you are allergic to any food ingredients All prices are in Indian Rupees and subject to Government Taxes..






 Vegetarian  Non-Vegetarian

An average active adult requires 2,000 kcal energy per day, however, calorie needs may vary

All grills will be accompanied with potato of the day, charred vegetables and flaky Indian bread.

- All prices are in Indian rupees and subject to government taxes
- Please let us know if you are allergic to any particular ingredient

VEGETARIAN

-  **COTTAGE CHEESE STEAK**  | 162 kcal **1100**
-  **TOFU STEAK**  | 98 kcal **1100**
-  **VEGETABLES**  | 132 kcal **1100**



CHOICE OF MARINATIONS

-  **BAY SPICE**
Red chillies, cumin, turmeric, coriander and tamarind
-  **COASTAL KERALA**
Spicy local chilli, Kerala kokum, shallots and coconut oil
-  **FISHERMAN'S SPICE**
Curry leaves, chilli, shallots, turmeric, lime, ginger and garlic.
-  **CHERMOULA**
ground fresh parsley, coriander, cumin, garlic, lime and olive oil
-  **LEMON OLIVE GARLIC**
Lime juice, olive oil, garlic and rock salt.
-  **PERI PERI**
Spicy Portuguese classic
-  **GHEE ROAST MASALA** 
Special Mangalorean mix

SAMPLERS

-  **SEAFOOD SAMPLER**    | 654 kcal **4000**
(Prawn, Squid, Lobster, Fillet of snapper, Prawn curry, Meen moilee, Malabar paratha, steamed rice)
-  **BAIT VEG SAMPLER**   | 478 kcal **2000**
(Honey chilli lotus stem, chilli baby corn, Vegetable Fritters, Cottage cheese steak, Drum stick manga curry, Urali pattani masala, Malabar paratha, steamed rice)

SIGNATURE

-  **GRILLED SNAPPER ON SMOKED MANGO WOOD**  | 143 kcal **1400**

List of Allergens:

 Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

Kindly inform us if you are allergic to any food ingredients. All prices are in Indian Rupees and subject to Government taxes.






 Vegetarian  Non-Vegetarian

An average active adult requires 2,000 kcal energy per day, however, calorie needs may vary



All grills will be accompanied with potato of the day, charred vegetables and flaky Indian bread.

- All prices are in Indian rupees and subject to government taxes
- Please let us know if you are allergic to any particular ingredient



EXCLUSIVE DELICACIES

▲	IMPORTED LAMB RACK WITH SMOKEY BARBEQUE SAUCE	  443 kcal	2500
▲	PEPPER CRUSTED GRILLED TENDERLOIN WITH RED WINE JUS	  407 kcal	1500
▲	CAJUN GRILLED CHICKEN BREAST	 283 kcal	1200

CURRIES

▲	MEEN MOILEE	 198 kcal	1200
▲	NADAN THARAVU PERALAN (DUCK CURRY)	203 kcal	1200
▲	CHICKEN STEW	109 kcal	1100
▲	BEEF ULARTHIYATHU	 224 kcal	1100
■	MUSHROOM ULLI THEEYAL	113 kcal	1000
■	DRUMSTICK MANGO CURRY	124 kcal	900
■	PARAPPU THALICHETTU	133 kcal	900
■	URLAI PATTANI MASALA	 156 kcal	900
■	VEGETABLE STEW	102 kcal	900

BREADS AND RICE

■	KERALA RED RICE	144 kcal	500
■	STEAMED RICE	187 kcal	500
■	MALABAR PARATHA	  158 kcal	400
■	APPAM	98 kcal	400

List of Allergens:

 Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

Kindly inform us if you are allergic to any food ingredients. All prices are in Indian Rupees and subject to Government taxes.

■ Vegetarian ▲ NonVegetarian

An average active adult requires 2,000 kcal energy per day, however, calorie needs may vary

All grills will be accompanied with potato of the day, charred vegetables and flaky Indian bread.

- All prices are in Indian rupees and subject to government taxes
- Please let us know if you are allergic to any particular ingredient

FROM THE OVEN

- Chef Special (with a choice of base made up of wheat and refined flour mix)
- Chef Special (with a choice of base made up of wheat and refined flour mix)
- We serve only thin crust base pizza.
- Our pizza size is 12 inch Pizzas and Calzones will be available from 12:30 pm till 10:30 pm.
- All calzones will be served along with house salad.






PIZZA

▲ LAMB PEPPERONI	 	457 kcal	1200
▲ CHICKEN TIKKA	 	423 kcal	1200
● SPINACH AND MUSHROOM	 	356 kcal	1100
● BURRATA AND BASIL PESTO	 	473 kcal	1100
● PANEER TIKKA AND BELL PEPPER	 	443 kcal	1100
● CLASSIC MARGHERITA	 	323 kcal	1100














CALZONE

▲ CLASSIC SEAFOOD CALZONE	  	381 kcal	1200
▲ CLASSIC CHICKEN AND CHEESE CALZONE	 	447 kcal	1200
● CLASSIC SPINACH AND RICOTTA CALZONE	  	453 kcal	1100

BURGERS

● NAUGHTY VEGETABLE BURGER	  	266 kcal	1000
(Crispy vegetable patty, knotted buns, curried mayonnaise, fat chips, W ketchup)			
▲ NAUGHTY CHICKEN AND CHEDDAR BURGER	   	349 kcal	1200
(Crispy spicy chicken, fried egg, fat chips, double cheddar cheese, ketchup and gravy)			
▲ NAUGHTY BEEF BURGER	    	433 kcal	1200
(Knotted buns, sliced beef, fried egg, bacon, fat chips, ketchup and gravy)			

DESSERTS

▲ TIRAMISU	  	340 kcal	700
▲ NUTELLA AND SEA SALT BROWNIES	   	353 kcal	700
▲ BURNT RASAKADALI BANANAS	  	293 kcal	700
(Moist banana cake and vanilla ice cream)			
● CARAMELIZED UNNIAPPAM		194 kcal	700
(With Jaggery butterscotch sauce, crispy coconut)			
● KULFI		298 kcal	700
● CUT FRUITS		88 kcal	500
● ICE CREAM		273 kcal	500

List of Allergens:

 Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

Kindly inform us if you are allergic to any food ingredients. All prices are in Indian Rupees and subject to Government Taxes..

● Vegetarian ▲ NonVegetarian

An average active adult requires 2,000 kcal energy per day, however, calorie needs may vary

All grills will be accompanied with potato of the day, charred vegetables and flaky Indian bread.

- All prices are in Indian rupees and subject to government taxes
- Please let us know if you are allergic to any particular ingredient