

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

198kcal/200ml

500



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			



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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












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



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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


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



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Biryani

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

Mediterranean

Pasta

(Penne or spaghetti or fusilli)









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



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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























- | | | |
|---|---|-----|
|  | 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

- | | |
|--|-----|
| <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> <p>Ada pradhanam  </p> <p>635kcal/250gm Rice flakes simmered in coconut extract, sweetened with molasses puree, tempered with nuts</p> </div> </div> | 500 |
| <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> <p>Semiya payasam   </p> <p>644kcal/200ml Vermicelli simmered in sweetened, cardamom flavored milk tempered with nuts</p> </div> </div> | 500 |
| <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> <p>Tender coconut soufflé </p> <p>43kcal/150gm Sugar free tender coconut semifreddo</p> </div> </div> | 500 |
| <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> <p>Gulab jamun   </p> <p>700kcal/150gm Deep fried milk dumpling soaked in sugar syrup, topped with nuts</p> </div> </div> | 500 |
| <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> <p>Gajar ka halwa  </p> <p>720kcal/150gm Shredded carrot cooked in condensed milk, clarified butter, topped with nuts</p> </div> </div> | 500 |
| <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> <p>Chocolate mud cake   </p> <p>800kcal/150gm Baked chocolate fudge cake</p> </div> </div> | 500 |
| <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> <p>Selection of ice cream  </p> <p>207kcal/150gm</p> </div> </div> | 500 |
| <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> <p>Selection of cut fruits</p> <p>460kcal/150gm</p> </div> </div> | 500 |



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Beverages

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



Molluscs



Eggs



Fish



Lupin



Soya



Milk



Peanuts



Gluten



Crustaceans



Mustard



Nuts



Sesame



Celery



Sulphites

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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, Akluj, India ●	5500

Chenin Blanc

Grover, Nashik, India ●	5500
Fratelli, Nashik, India ●	5500
Fratelli, Akluj, 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