

Raintree


TAJ
CONNEMARA
CHENNAI

RAINTREE MENU

Rarely does a cuisine raise itself to becoming a veritable chronicle, assaying tales of times bygone and travels uncharted. Authentic Chettinad, is one such. The recipes, like a compendium of culinary history bearing living testament to places and people visited. Secrets locked away in spices, and cooking styles that speak in a tongue altogether eloquent.

"RAINTREE" offers authentic cuisine of Chettinadu region comprising of Karaikudi and adjoining areas. Culinary journeys brought in new dimension bringing in influences, spices, recipes from the interiors of South East Tamil Nadu which show Mercantile Chettinadu people's fervour for new ideas, to implement in their daily meals.

The hardy people adapted amazingly, salting and sun-drying vegetables to last over extended periods of time, also making the most of meats and seafood available. This augured well for the men-folk, who, as seafaring merchants, money-lenders and traders, explored opportunity in faraway lands. Their travels taking them to the farthest corners of erstwhile shipping lanes and their palates returning with needy-acquired tastes along with the rare spices thereof. The coming together of these diverse influences, is what makes Tamil Nadu fare so unique.

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

Vegetarian Tasting Menu

2,250

WELCOME DRINK

- Thakkali melagu Rasam
98.1 kcal / 100 ml

STARTERS

- Thamarai thandu varuval
24.6 kcal / 40 gms | Crisp lotus stem, yogurt, green chili, curry leaves

- Ragi masala kuzhi paniyaram
137.4 kcal / 60 gms | Finger millet poffertjes

MAIN COURSE

- Tirunelveli sodhi kozhambu
178 kcal / 60 gms | Tirunelveli vegetable stew

- Manathakalli Vathal kozhambu
47 kcal / 50 gms | Night shade berry, tamarind, shallots curry

- Vazhapoo paruppu urundai kozhambu
120 kcal / 60 gms | Lentil gallets in tomato, shallot and coconut, banana blossoms

- Urulai podi perattal
61.1 kcal / 60 gms | Baby potatoes crisp fried and tossed with spice pound

- Beans and asparagus poriyal
160 kcal / 80 gms | Dry cooked vegetables, coconut shavings

SIDES

- Appam | 174.8 kcal / 50 gms, Dosa | 47 kcal / 50 gms, Idiyappam | 66 kcal / 40 gms

- Wheat parotta | 247 kcal / 70 gms, Malabar parotta | 278 kcal / 70 gms

- Steamed rice | 334 kcal | 100 gms, Flavoured rice | 294 kcal | 100 gms

DESSERTS

- Elaneer Payasam
164.4 kcal / 70 gms | Tender coconut kernels, cardamom and coconut milk

- Rosappu gulkand
158.4 kcal / 100 gms | White pumpkin with dates, rose petals and honey



Vegetarian Non vegetarian

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Non-vegetarian Tasting Menu

2,750

WELCOME DRINK

- Thakkali melagu Rasam
98.1 kcal / 100 ml

STARTERS

- Kozhi ellu varuval
130 kcal / 80 gms | Boneless chicken with till seeds, curd, green chilies and spices

- Kari sukka
103 kcal / 100 gms | Boneless Lamb, shallots, garlic and spices

- Urugai podi idly vathakal
213 kcal / 100 gms | Mini Idlies with raintree special lentil powder

MAIN COURSE

- Vanjaram meen varuval
174 kcal / 100 gms | Seer fish marinated with chilli and spice

- Kozhi Chettinad
193 kcal / 100 gms | Chicken morsels, roasted coconut and spices

- Kari malli chops
95 kcal / 90 gms | Lamb chops, shallots and coriander

- Urulai podi perattal
61.1 kcal / 60 gms | Baby potatoes crisp fried and tossed with spice pound

- Tirunelveli sodhi kozhambu
178 kcal / 60 gms | Tirunelveli vegetable stew

SIDES

- Appam | 174.8 kcal / 50 gms, Dosa | 47 kcal / 50 gms, Idiyappam | 66 kcal / 40 gms

- Wheat parotta | 247 kcal / 70 gms, Malabar parotta | 278 kcal / 70 gms

- Steamed rice | 334 kcal | 100 gms, Flavoured rice | 294 kcal | 100 gms

DESSERTS

- Elaneer Payasam
164.4 kcal / 70 gms | Tender coconut kernels, cardamom and coconut milk

- Karupatti nei mysorepak
393 kcal / 100 gms | Palm jaggery mysorepak

- Tender coconut ice cream
35.5 kcal / 75 gms



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Sea Food Tasting Menu

3,250

WELCOME DRINK

- Thakkali melagu Rasam
98.1 kcal / 100 ml

STARTERS

- Karuveppilai yera
132 kcal / 100 gms | Fried prawns, curry leaf powder
- Kadamba varuval
101 kcal / 100 gms | Squids, chilli and spices
- Vanjaram meen varuval
174 kcal / 100 gms | Seer fish marinated with chili and spices

MAIN COURSE

- Meen manga kozhambu
102 kcal / 100 gms | Fish, raw mango with tamarind and tomato
- Yera melagu perattal
184 kcal / 150 gms | Prawn, shallots, pepper
- Nandu masala
129 kcal / 130 gms | Crab meat, curry leaves and coconut shallots
- Tirunelveli sodhi kozhambu
178 kcal / 60 gms | Tirunelveli vegetable stew
- Urulai podi perattal
61.1 kcal / 60 gms | Baby potatoes crisp fried and tossed with spice pound

SIDES

- Appam | 174.8 kcal / 50 gms, Dosa | 47 kcal / 50 gms, Idiyappam | 66 kcal / 40 gms
- Wheat parotta | 247 kcal / 70 gms, Malabar parotta | 278 kcal / 70 gms
- Steamed rice | 334 kcal | 100 gms, Flavoured rice | 294 kcal | 100 gms

DESSERTS

- Elaneer Payasam
164.4 kcal / 70 gms | Tender coconut kernels, cardamom and coconut milk
- Rosappu gulkand
158.4 kcal / 100 gms | White pumpkin with dates, rose petals and honey
- Karupatti nei mysorepak
393 kcal / 100 gms | Palm jaggery mysorepak



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VEGETARIAN APPETIZERS

- Podi urugai idly vathakal
319 kcal / 150 gms | Tossed mini pickle idly ghee, podi and curry leaves
- Thamarai thandu varuval
238 kcal / 150 gms | Crisp Lotus stem, yogurt, green chili, curry leaves
- Navathanya vadai
622 kcal / 200 gms | Mixed grains fritters with ginger and green chilly
- Ragi Masala kuzhi paniyaram
498 kcal / 180 gms | Finger millet Poffertjes
- Tanjavur masala uppu urundai
621 kcal / 180 gms | Coconut and steamed rice flour dumplings
- Kalan melagu peratal
210 kcal / 260 gms | Mushroom, shallots, pepper powder and curry leaves



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NON VEGETARIAN APPETIZERS

▲	Nandu varuval 160 kcal / 150 gms Crispy fried soft shell crab	1550
▲	Nandu dosai 168 kcal / 180 gms Crab meat wrapped with rice pancakes	1150
▲	Karuveppilai yera 106 kcal / 160 gms Fried prawns, curry leaf powder	1250
▲	Vanjaram meen varuval 174 kcal / 100 gms Seer fish marinated with chili and spices	1150
▲	Kadamba masala 246 kcal / 180 gms Chettinadu spiced tossed squids	950
▲	Raintree kozhi melagu 195 kcal / 160 gms Chicken with masala and crushed black pepper	950
▲	Kozhi ellu varuval 333 kcal / 180 gms Chicken with till seed, green chili and curry leaves	950
▲	Kari sukka 257 kcal / 250 gms Boneless Lamb, shallots, garlic and spices	1150



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MAIN COURSE

VEGETARIAN

■	Manathakali vathal kozhambu 376 kcal / 300 gms Night shade berry tamarind, shallots curry	925
■	Karuvepillai poondu kozhambu 123 kcal / 200 gms Roasted garlic curry-leaf curry	925
■	Urulai podi perattal 486 kcal / 250 gms Baby potatoes crisp fried and tossed with spice pound	925
■	Haricot beans and asparagus 312 kcal / 250 gms Poriyal, fresh vegetables, grated coconut	925
■	Katharikai kheti kozhanbu 836 kcal / 240 gms Aubergine cooked with tamarind, shallots	925
■	Vazhapoo paruppu urundai kozhambu 482 kcal / 240 gms Lentil gallets in tomato, shallot and coconut, banana blossoms	925
■	Tirunelveli sodhi kozhambu 250 kcal / 300 gms Tirunelveli vegetable stew	925
■	Kaikari chettinadu 372 kcal / 280 gms Raintree speciality spice mix with fresh seasonal vegetables	925















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MAIN COURSE

SEAFOOD

-  **Kadal Nandu melagu perattal** 1650
 258 kcal / 260 gms | Crab meat , crushed pepper, ginger and tomato
 
-  **Yera roast** 1650
 289 kcal / 300 gms | Tiger prawns, shallots and garlic
 
-  **Yera melagu stew** 1450
 289 kcal / 300 gms | Sea Prawns, pepper, coconut
 
-  **Meen manga kozhambu** 1250
 256 kcal / 250 gms | Fresh seer fish curry, tamarind and tomato
 

MEAT AND POULTRY

-  **Kari malli chops** 1250
 400 kcal / 250 gms | Lamb chops, coriander, shallots
 
-  **Karaikudi kari kozhambu** 1250
 404 kcal / 280 gms | Lamb in a spicy coconut curry
 
-  **Nattu kozhi kozhambu** 1250
 457 kcal / 350 gms | Country chicken, slow cooked, spices
 
-  **Kozhi varutha curry** 1150
 579 kcal / 300 gms | Chicken with hand grounded spices and coconut
 
-  **Kozhi Chettinad** 1150
 579 kcal / 300 gms | Chicken morsels , roasted coconut and spices
 



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RICE AND BREAD

-  **Chettinad mutton biryani** 1250
 825 kcal / 400 gms | Lamb, hand ground spices and jeeraga samba rice

-  **Kalan palapinji biryani** 995
 617 kcal / 400 gms | Mushroom and babyjack fruit biryani

-  **Nei soru** 625
 1285 kcal / 300 gms | Ghee rice

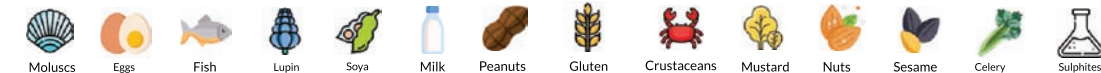
-  **Vettilai poondu sadam** 625
 265 kcal / 450 gms | Betel leaves and golden garlic rice
 
-  **Curd rice** 575
 735 kcal / 350 gms |

-   **Dosa** | 99 kcal / 90 gms, egg dosa | 337 kcal / 190 gms, kal dosa | 123 kcal / 130 gms 450

-   **Appam** | 352 kcal / 100 gms, muttai appam | 517 kcal / 180 gms 400

-  **Parotta** | 556 kcal / 140 gms, wheat parotta | 494 kcal / 140 gms 400



-  **Idiyappam** 400
 476 kcal / 120 gms
- Steamed rice** 400
 1085 kcal / 320 gms | Ponni sadam






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DESSERT

- **Elaneer payasam** 550
 217 kcal / 150 gms | Tender coconut kernels, cardamom and coconut milk

- **Kavanarisi halwa** 475
 585 kcal / 140 gms | Black rice pudding, sugar and cardamom

- **Karupatti nei mysorepak** 475
 393 kcal / 100 gms | Palm jaggery mysorepak




- **Rosapu gulkandu** 475
 246.9 kcal / 150 gms | White pumpkin with dates, rose petals and honey

- **Parupu payasam** 475
 433 kcal / 150 gms | Roasted dal cooked with ghee, coconut and jaggery

- **Specialty ice cream** 475
 71 kcal / 150 gms | Tender coconut, 76.5 kcal / 150 gms | filter coffee




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BEVERAGES

- **Neer More** 400
 73 kcal / 300 ml | Chilled buttermilk with spices and herbs

- **Vasantha neer** 400
 73.8 kcal / 300 ml | Tender coconut, mint, honey and lime
- **Nannari sarbath** 400
 130 kcal / 300 ml | Nannari (Sarasaparilla) chia seed sarbath
- **Dabra Kaapi** 400
 55 kcal / 150 ml | The famous South Indian filter coffee with milk

- **Chaya** 400
 55 kcal / 150 ml | The traditional South Indian village tea




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