



**PALM VILLA**

# Influences on Keralan Food

Our 7 day menu has been developed to provide you with a broad experience of the diverse ingredients, flavours, textures and delights that Keralan food has to offer. Here is a brief description of the many influences that have had an impact on the dishes we serve.

Geographically, Kerala can be divided into **three climatically distinct regions** that all contribute to the diversity of ingredients that are available: 1. **The Eastern Highlands** (rugged and cool mountainous terrain planted with tea, coffee and spices), 2. **The Central Midlands** (rolling hills planted with rubber trees and spices), and 3. **The Western Lowlands** (coastal plains of rice paddies, coconut groves and sea/ backwater fishing).

Traders from **Greece, Rome, the Mediterranean, Arab Countries, and Europe (Portuguese, Dutch and British)** have visited Kerala for its spices over more than 2,000 years and they all had an impact on Keralan cuisine.

In addition to historical diversity, the cultural influences, particularly the large percentages of Muslims and **Syrian Christians** have also contributed unique dishes and styles to Kerala cuisine, especially non-vegetarian dishes. Historically, Kerala was part of the Tamil-speaking area, and Tamilan influence is seen in the popularity of sambar, idli and dosa. The **European influence** is also reflected in the numerous bakeries selling cakes and Western-style yeast-leavened bread, and in Anglo-Indian cuisine as the import of potatoes, tomatoes, and chili peppers from the Americas led to their enthusiastic use in Kerala.

Pre-independence Kerala was split into the princely states of **Travancore** in the south, **Kochi** in the centre, and **Malabar** in the north and this split is reflected in the recipes and cooking style of each area.

Keralan cuisine consists of a variety of vegetarian dishes using many vegetables and fruits that are not commonly used in curries elsewhere in India. Northern malabar has an array of vegetarian and non-vegetarian dishes such as porota (a layered flatbread, said to come from south east Asia), and the Kerala variant of the popular biriyani, from north India/Pakistan. Travancore region boasts of dishes like appam (thick rice flour pancakes) that is largely identified with the Saint Thomas Christians (also known as Syrian Christians) of the region. A favourite dish of Syrian Christians are stews with chicken, lamb and mutton and much of their food comprises of coconut and seafood.

Star Anise

Coriander

Cashew Nut

Coconut

Tamarind

Nutmeg

Ginger

Clove

Curry Leaf

Cinnamon

Turmeric

Black Pepper

Green Chilli

Cardamom



# Breakfast Menu

*Breakfast is served between 8.30am - 10am*

## South Indian Breakfast

*Only 1 Indian option available per day*

*Please order the evening before*

### Monday-Appam

Delicious and light rice flour pancakes served with Mild milky vegetable stew or egg roast

### Tuesday-Idli

Steamed savoury cakes made with rice and where Dhal flour. Served with vegetable sambar and coconut chutney

### Wednesday-Idiyappam/String Hoppers

Noodle cakes served with egg roast, kadala (Chickpea) curry or coconut milk & honey

### Thursday- Masala Dosa

Thin savoury dhal flour pancake stuffed with spiced potato. Served with coconut chutney

### Friday -Utappam Dosa (*Plain, Onion or masala*)

Thick savoury pancake. Served with sambar And coconut chutney.

### Saturday-Upama

Fine corn grain with ginger, chilli, carrot& onion. Served with coconut chutney or banana & honey

### Sunday-Poori Bhaji

Wheat flour chapatti fried to create a 'Puff' shape And served with spiced potato bhaji

## Continental Breakfast

*All optional available every morning*

*please choose 1 option per person*

### Cereals

Muesli, Corn Flakes, Wheat Flakes or Chocos. Served with hot milk, cold milk or honey and curd

### Eggs

Your choice of fried, boiled, poached, scrambled or omelette ( Plain, cheese/ tomato/ mushroom or 'Masala' with onion, chili and Tomato)

### Pancake (*Plain, Honey/Lemon or Kerala Style*)

Choose from plain, honey/lemon or delicious 'Kerala style' (with grated coconut, banana, Raisins , honey and cinnamon)

### Porridge (*Plain or Kerala Style*)

Served plain or in 'Kerala Style' (with coconut milk, banana, raisins, honey and cinnamon)

*Toast can be served with homemade jams, Honey, nuttella or cheese (cheddar/gouda) Please ask the staff when ordering breakfast*

*Breakfast is served with a fruit platter, toast, 1 glass of fruit juice and your choice of black/green/masala tea or cafetiere press coffee*

*Breakfast is included in the room tariff, so please enjoy it to the full and start your day with a smile : )*

## Lunch & Snacks Menu

*Lunch is served between 1 pm -2.30 pm and available with 1 hour notice*

### SALADS (V options)

**Multivitamin Salad** cabbage, tomato, pineapple, pomegranate, spinach, capsicum & honey dressing – **Rs350 (V)**

**Greek Salad** with tomato, black olives, cucumber, green capsicum, feta cheese and olive oil – **Rs.400 (V)**

**Chickpea Feta Salad** with spinach, capsicum and chilli dressing - **400 (V)**

**Prawn Salad** potatoes, carrot, beans, tomato & grilled prawns dressed with homemade mayonnaise - **Rs-550**

**Papaya Chicken/Prawn Salad** grilled chicken/prawns with papaya in a mild chilli dressing - **Rs.450/Rs.550**

**Tropical Chicken Salad** shredded chicken, coconut and mango/pineapple with a light curry mayonnaise – **Rs.450**

**Tuna Nicoise Salad** grilled tuna, potatoes, beans, tomato, egg and olive with a vinaigrette dressing – **Rs-450**

### SOUPS (V options)

**Gazpacho** - **Rs.300** Tomato/Veg/Chicken/Seafood (clear or cream) - **Rs.300 (V)/Rs.350/Rs.400**

### SNACKS, SANDWICHES & BURGERS

**Burger** - **Rs.450(V) or Rs.500(M) or Rs.550 (F), Extra Rs.50 with cheese**

Veg, beef, chicken or fish burger in a bun with lettuce, tomato & sauces. Served with fries & coleslaw

**Sandwiches (V options)- Rs.350 (V) or Rs.400 (M) or Rs.450 (F) or 500 (P)**

Cheese, chicken, Fish or Prawn served on fresh toasted bread with homemade mayonnaise and side salad or fries. Any of the above options can be made as a 'Club Sandwich' with egg and cheese (**Extra Rs.50**)

**Chapatti ('Katti') Roll (V options) - Rs.350 (V) or Rs.400 (M) or Rs.450 (F)**

2 fresh chapatti rolls with Vegetable, Chicken or Fish –Spicy Indian style or Continental style with side salad

**Samosas or Cutlet (V options ) - Rs. 350 (V) or Rs.400 (M) or Rs.450 (F)**

Vegetable, chicken or fish blended with mild spices and fried. Served with side salad & chutney

**Pakora (V options) - Rs.350 (V) or Rs.400 (M) or Rs.450(F) or Rs.500 (P)**

Vegetable, paneer, chicken, fish or prawns fried in a light batter and served with a mint and yoghurt chutney

### INDIAN LUNCH OPTIONS (All Indian options for 2 persons minimum. Please order 2 hours in advance)

**Kerala Thali Meals (V options) - Rs.600 (V)**

Chef's interpretation of the traditional Kerala lunch consisting of various vegetable dishes served with Kerala red rice on a traditional platter with papadam. Side dishes of fish curry or fish/chicken fry (**Extra Rs.200**)

**Biryani (V option) – Rs.550 (V), Rs.600 (M) or Rs.650 (F) or Rs.700 (P)**

A traditional classic northern dish of fragrant basmati rice cooked with cloves, cinnamon, cardamom, ginger and cashew nut.

Vegetable, chicken, Fish & Prawn options. Served with papadam, pickle & vegetable raita

**Chef's curry of the day with Chapatti (Veg/Chicken/Fish options) - Rs.350 (V) Rs.400 (M) or Rs.450 (F)**

# Dinner Menu – South Indian Experience

*Dinner is served between 7pm – 8.30 pm*

*Please choose 1 main dish per person (P - Prawn, F - Fish, M- Meat or V – Vegetarian), according to the Menu of the Day below.  
If you require alternative meals, we request that food is ordered in advance, so your chef has time to buy fresh produce from the local markets and prepare dishes to your personal taste.*

**(V) Vegetarian – Rs 650, (M) Meat – Rs 750, (F) Fish – Rs 850 (P) Prawn – Rs 900 (per person)**  
*inclusive of main dish, rice / bread and 2 vegetable / salad side dishes and chutney / pickle*

## Monday Menu

- (P) Prawn Ularthi – prawns in a dry gravy with onion, cilli and large coconut pieces
- (F) Fish Masala – Chunks of boneless kingfish in rich medium spiced gravy
- (M) Kozhi Varutharachathu – Tender chicken pieces cooked in a rich chettinad style gravy
- (V) Vegetable Kurma – Vegetable cooked with coconut milk, cinnamon, cardamom, pineapple & grapes
- Cheera Thoran – Red or green spinach sautéed with grated coconut
- Okra Do – pyas – Ladies fingers fried with onion and tomato
- Chapatti and Jeera Rice (basmati rice with cumin)

## Tuesday Menu

- (F/P) Fish / Prawn Alleppey Curry – A delicious sweet and sour curry made with green mango
- (M) Chicken Pepper Masala – Boneless chicken fried with a thick peppery masala
- (V) Veg Mango Curry – A delicious sweet and sour curry made with green mango
- Ivigourd Mazhukuparathi – Small cucumber type vegetable dish, lightly fried with mild spices
- Green Gram – Mung bean with grated coconut
- Pathiri (thin rice flour pancake) and coconut rice (basmati rice with grated coconut)

## Wednesday Menu – Traditional Kerala Sadhya Feast – Rs 800

Our chef's interpretation of the sadhya feast that is usually served at weddings and during the 'Onam' festival consisting of various vegetable dishes served with red rice on a banana leaf with spicy pickles, crunchy banana chips, crispy pappadams, plantains and payasam (a sweet milky porridge desert). This is usually a vegetarian meal, but you can choose one of the following side dishes in addition:

- (M) Chicken fry with Indian spices (Rs 200 extra)
- (S) Fish fry (pomfret or karimeen /pearl spot) with Indian spices (Rs 250 extra)

## Thursday Menu

- (S) Fish polichathu – Soft white fish cooked in a banana leaf with thick keralan gravy
- (M) Kadai chicken – Chicken pieces slowly sautéed in a kadai dish with ginger and tomatoes
- (V) Paneer Butter Masala – Cubes of indian paneer cheese in a tomato masala with onion & mild chilli
- Brinjal Thoran – Chopped aubergines sautéed with grated coconut
- Beetroot Fry – Beetroot fried with mild spices, mustard seed and onion
- Katti parippu – Yellow dhal cooked with coconut milk and spices
- Tawa paratha (thick chapatti made with wheat flour and ghee) and tomato rice

# Dinner Menu – South Indian Experience

## Friday Menu Mutton Rs. 850 Duck Rs. 850

(F) Fish Mollee – Chunks of seer fish cooked in mild spices with coconut milk and tomato

(M) Duck Roast or Mutton Korma (according to availability ) \_ Duck/Mutton on the bone in a thick gravy

(V) Veg Stew- Vegetables in thick coconut milk mesala

- Snake Gourd Thoran – Snake gourd fried with coconut, onion, curry leaves and Mustard seeds
- Channa Masala – White Chickpeas in a rich cashew and tomato gravy
- Appam – Delicious thick rice flour pancake

## Saturday BBQ – (V) Vegetarian – Rs 800, (M) Chicken – Rs 1,000, (S) Seafood – Rs 1,500

(S) Grilled Seafood – Fish Steak & Skewers, Prawns and calamari, according to the catch of the day\*

(M) Chicken Tikka Skewers – Boneless Chicken marinated in Indian spices and served with mint chutney

(V) Roasted Paneer & Vegetable Skewers – Paneer, onions, capsicum, zucchini and anbergine

*served with pulao rice, vegetable skewers, grilled corn, dhal, chutneys and pickles*

## Sunday Menu – Toddy Shop Menu

A Today shop is a local “pub” where palm toddy (a mildly alcoholic fermented juice made from the sap of palm trees) is served along with very spicy food. The most popular dish is Kappa (taploca – similar to sweet potato) with fish curry. *Please confirm the day before if you'd like to try Toddy (Rs.400 per bottle)*

(F/P) Travancore Fish/ Prawn Curry – Popular local rich curry with tamarind in a medium spicy sauce

(S) Calamari Masala – Squid in a rich gravy with coconut

(M) Beef Curry – Beef simmered in a rich, thick coconut milk gravy

(V) Brinjal Masala – Anubergine in a rich onion, tomato and coconut milk gravy

- Tapioca – Steamed tapioca, seasoned with curry leaves, mustard seeds and grated coconut
- Payar Thoran – Long Beans finely chopped and fried with spices and grated coconut
- Pumpkin Curry – Chunks of pumpkin with cumin, coconut, chill and gram
- Kerala Parotha – Kerala Specialty bread made of wheat dough cooked on a griddle

“we use seer fish (King Fish), pomfret, moda (butter fish), karrimeen (pearl spot) and tuna, according to the catch to the day

## All Day Snacks

Pappadoms with homemade pickle/ tomato chutney – Rs. 150

Roasted Cashews with curry leaves & spices – Rs. 300

Peanut masala with finely chopped onions, tomato, crushed pappadoms & spices – Rs. 250

Prawns or Squid Rings fried in Indian Masala – Rs. 500

Prawns or Squid Rings in Tempura batter with aioli – Rs. 500

Fish/ Chicken Goujons served with aioli or chutney – Rs. 450

Local whitebait (Kozhuva) served with lime and aioli – Rs. 400

Veg/Chicken/Prawn Pakoras served with tomato chutney – Rs.300 (V) / 400 (M) 500 (P)

# Dinner Menu – Continental

*Dinner is served between 7pm - 8.30 pm*

*Your chef also prepare continental items as per your request. Please order your dinner a few hours in advance to allow our chef sufficient time to buy fresh produce and prepare your meal to suit your taste*

**(V) Vegetarian – Rs. 650, (M) Meat – Rs. 750, (F) Fish – Rs.850, (P) Prawn – Rs.900 (per Person)**

## **Fish 'n' chips (F)**

Fresh white fish fillet cooked in a light beer batter.

*Served with chips, side salad, tartar sauce and ketchup*

## **Chicken Steak (M)**

Chicken Breast grilled with your choice of Italian (tomato/ herb) marination or mushroom sauce.

*Served with basmati rice / chips / mashed potato and side salad / steamed veg / grilled veg*

## **Grilled Fish Steak (F)**

Grilled fish steak prepared in a Continental or Indian style marinade.

*Served with basmati rice /chips/ mashed potato and side / steamed veg /grilled veg*

## **Honey Ginger Glazed Prawns (P)**

Large prawns grilled in a honey, ginger and garlic sauce.

*Served with basmati rice / chips / mashed potato and salad / steamed veg / grilled veg*

## **Pasta (V / M / F&P Options)**

Spaghetti or penne served with seafood, vegetables or chicken in a fresh tomato or cream sauce.

*Served with garlic bread and side salad*

## **Burger – Rs. 550 (V) or Rs. 600 (M) or Rs. 700 (S)**

Veg, Beef, Chicken or fish burger in a bun with lettuce, tomato & sauces. *Served with fries & coleslaw*

## **Additional Vegetable Side Dishes (V) – Rs.150**

*Steamed carrot, cauliflower and green beans*

*Grilled mixed vegetables*

*Mashed potato*

*French fries*

*Side salad*

## **Seafood Platter – Rs. 1,500 per person. Please order 1 day in advance if you require langoustine**

Assorted fresh market seafood: grilled tiger prawn / langoustine, seer fish / tuna steak, whole pomfret /karrimeen (peal spot) and calamari cooked with an Indian or Continental marinade.

*Served with basmati rice / chips /mashed potato and salad / steamed veg / grilled veg*



# Desserts Menu

*Desserts available at any time with 30 minutes notice*

## **Pineapple or banana Flambé**

**Rs.450**

Pineapple / banana fried in butter and jiggery (palm sugar) and flambéed in rum

## **Pineapple or Mango Crumble**

**Rs.400**

Pineapple / mango, ginger and cinnamon under a biscuit crumble topping (seasonal)

## **Kerala Banana Fritter**

**Rs.250**

Served with honey or chocolate sauce

## **Ice Cream**

**Rs. 200**

Vanilla, Chocolate, Strawberry or butterscotch ice cream (ask for availability)

## **Homemade Sorbet**

**Rs. 300**

Pineapple/Ginger, Mint/Lemon, Watermelon, Guava or Mango (ask for availability)

## **Kerala Payasam (minimum 2 persons)**

**Rs. 300**

Vermicelli or rice cooked in sweet boiling milk with cashew nuts and raisins.  
(please provide 1 hour notice)

## **Gulab Jamun**

**Rs.250**

An Indian classic – dough balls of dehydrated milk solids in a light rose water sugar syrup

## **Fruit Salad or Fruit Platter**

**Rs. 300**

All options may be served with ice-cream **(extra Rs.50)**

## **Tea, Coffee & Hot Chocolate**

**Rs.150**

Black tea, green tea, mint tea, cardamom tea, ginger/honey/lemon tea, Indian 'masala chai'  
Freshly ground cafetiere press coffee from the keralan hills  
Cadburys hot chocolate *(made with milk or water as per your request)*

'Lavazza' Espresso / Cappuccino / Latte

**Rs. 150 / Rs.200 / Rs. 200**

# Soft Drinks & Mocktails

## Fresh Fruit Juices

Pineapple, Orange, Papaya, Watermelon or Carrot (*According to availability*) **Rs.200**

## Mocktails (non-alcoholic cocktails)

Cucumber Mojito –Cucumber, crushed mint, honey and soda water **Rs.200**

Virgin Pinacolada – Fresh squeezed pineapple blended with coconut milk and ice **Rs.200**

Mint Lime Cooler – Crushed mint, lime, Ice and sugar syrup **Rs.200**

Watermelon Cooler – Watermelon , mint, lime, ice, and sugar syrup **Rs.200**

Carrot Boost – Carrot , orange, lime and ginger **Rs.200**

Sweet Lime – Freshly squeezed lime, sugar syrup & crushed ice (with water or soda) **Rs.150**

Ginger Lime Punch – Sweet lime water with a hint of ginger **Rs.150**

## Smoothies, Lassis and Shakes

Milkshake – Blended with fresh fruit, milk & Ice cream **Rs.200**

(*banana, Mango, papaya, chocolate, strawberry*)

Lassi (Indian yoghurt drink) – Plain, banana, pineapple, papaya or mango **Rs.200**

Cold Coffee – Cold coffee blended with vanilla/chocolate ice-cream & a hint of vanilla **Rs.200**

Blended Iced Coffee - Cold Coffee blended with vanilla/chocolate ice-cream & a hint of vanilla **Rs.200**

Iced Tea – Whole leaf from Munnar tea plantations with honey & mint **Rs.150**

## Hot Drinks (*Self-service tea and coffee is complimentary, but is chargeable if served by our staff*)

Black tea, green tea, mint tea, cardamom tea, ginger/honey/lemon tea, Indian ‘masala chai’ **Rs.150**

Freshly ground Arabica coffee from the Keralan hills 92 cup cafetiere press) **Rs.150**

‘Lavazza’ Espresso/ Cappucino / Latte **Rs. 150/ Rs. 200/ Rs. 200**

## Soft Drinks

Coke / Pepsi (300ml can) **Rs. 80**

Diet Coke / Diet Pepsi (300 ml can) **Rs. 80**

Sprite / 7up (300 ml can) **Rs. 80**

Soda water (300 ml Bottle) **Rs. 80**

Tonic Water (300 ml can) **Rs. 120**

Mineral Water (500 ml bottle) **Rs. 30**

# Kids Menu

*Dinner is served between 7pm-8.30pm*

*Please advise if your children have any allergies to nuts, gluten or dairy products and we will do our utmost to provide suitable meal options and purchase alternative products.*

*All our dishes are made with fresh ingredients and no artificial additives :)*

## **Kids Burger – Rs. 350 (V) or Rs. 400 (M/F)**

Veg, beef, chicken or fish burger in a bun with lettuce and tomato. *Served with fries & salad or coleslaw*

## **Sandwiches – Rs. 300 (V) or Rs. 350 (M/F)**

Cheese, chicken or fish served on fresh toasted bread with side salad

*Any of the above options can be made a 'Club sandwich' with egg and cheese (Extra Rs. 50)*

## **Fish fingers and chips (F) – Rs. 400**

Fingers of fresh white fish fillet cooked in breadcrumbs. *Served with chips, side salad and ketchup*

## **Chicken Nuggets and chips (M) –Rs. 300**

Chunks of fresh chicken in breadcrumbs. *Served with chips, side salad and ketchup*

## **Grilled Chicken Steak (M) – 350**

Chicken breast grilled with your choice of Italian (tomato / herb) marinade

sauce.

*Served with basmati rice, chips, mashed potato, side salad or steamed veg*

## **Grilled Fish Steak (F) – Rs. 400**

Grilled fish steak prepared in a garlic butter, lemon butter or Indian spice marinade.

*Served with basmati rice, chips, mashed potato, side salad or steamed veg*

## **Pasta – Rs. 300 (V) or Rs. 350 (M) or Rs. 400 (S)**

Spaghetti or penne served with vegetable, chicken or seafood in a fresh tomato sauce.

Or plain pasta with butter / cheese – **Rs. 200**

*Served with garlic bread and side salad*

# Kids Menu

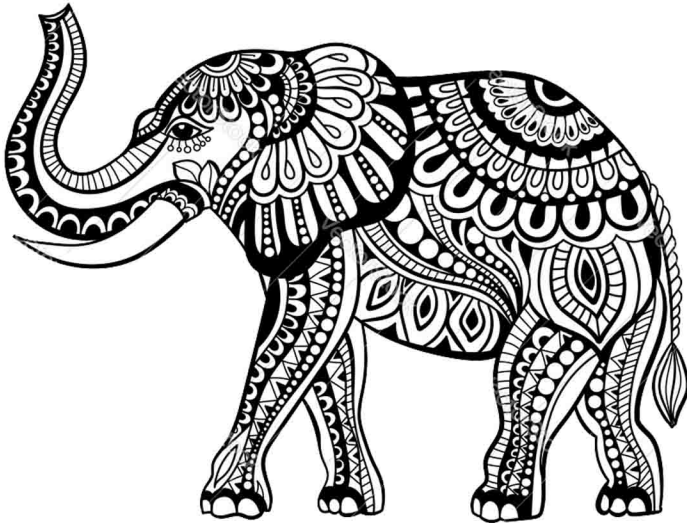
## Indian Delights – Rs. 250

Chapatti or kerala parotta bread with plain dhal or mild vegetable curry  
Appam ( rice flour pancake ) with mild vegetable stew



## Nibbles – Rs. 200

Veg sticks and dips  
cheese toasties  
Soup (chicken or veg ) with toast 'soldiers'  
Boiled egg with toast 'soldiers'



## Desserts

Ice cream sundae special – Rs. 250

Fruit sorbet lollypop – Rs. 150

Fruit salad – Rs. 200

Kerala banana fritter – Rs. 200

Pancake with honey, banana, Nutella or sugar/ lemon – Rs. 200



# PALM VILLA

[www.mararibeachlife.com](http://www.mararibeachlife.com)

+91 (0)9605555636

[e:reservation@mararibeachlife.com](mailto:reservation@mararibeachlife.com)