

## Welcome to Kerala Delicacies

9th April 2012 an auspicious day for the members of “Kerala Delicacies”, a long cherished wish being fulfilled at fore street, Kingsbridge and other milestone was achieved and a dream come true, as we started our new venture on 3rd October 2014 at, The Plains, Totnes. We are also proud to start our new venture on the 1<sup>st</sup> May 2015 at Ilbert Road, Kingsbridge. We offer a very traditional genuine menu. We have outstanding South Indian Cuisine mainly from the southern part of India-Kerala.

Manoj John, the Managing Director was born in Kerala, India, took his Hotel Management and Catering Technology Degree from the MGR Institute of Hotel Management and catering Technology, Madras, India in the year 1996. He has 20 years of experience in this field from various parts of the world.

He started his career as a Chef in International Hotel, Cochin, Kerala, India a 3\*star rated Hotel in the year 1997. From there he joined the Royal Caribbean Cruise Group, based in Miami, United States of America as a Chef De Partie. His Job experience and imaginations made him to take up new challenges in other parts of the world- Northern Ireland. The Hastings Group of Hotels as a Sous Chef, and worked as a Head Chef in Various parts of South Devon.

He had a notable achievement in the Tilda Food competition held in the House of Commons, London in the year 2009 and was awarded.

### OUR SPECIALIST CULINARY TEAM:

**Manoj John- HEAD CHEF (Kerala)**

**Note: Customers allergic to nuts, dairy products or allergic to any ingredients should please inform the staff before placing the order.**

## SEASONAL MENU



Spice Levels - ● HOT ● MEDIUM ● MILD



## STARTERS

- **Onion Spinach Pakora £3.99**

*Chef special crunchy snack with finely shredded spinach, onion and water chestnut.*

- **Bombay Chat £4.49**

*Popular Indian street food with yogurt, topped with homemade chutneys and granfleur vermicelli.*

- **Exotic Chicken Tikka £4.49**

*Boneless Chicken marinated three distinct flavours and grilled in clay oven.*

- **Lamb Trio £5.99**

*Three different ways of Lamb which is Samosa, Spicy crested Lamb Tikka and Sheekh Kebab.*

- **Vegetable TRIO £ 4.99**

*Three way of Vegetables served with different flavours.*

- **Chemmen Chuttathu £5.99**

*Prawns with shell grilled in Indian Spices.*

- **Saffron Paneer Tikka £4.49**

*Indian cottage cheese marinated in Kerala spices, saffron and grilled in the clay oven.*

- **Scallops Saffron Sauce £6.99**

*Panfried scallops in roasted black pepper served with saffron sauce.*

- **Titli Prawn £6.99**

*This is one of the best Indian starters. Titli means {Butterfly} Large King Prawns marinated in Indian spices and crumbed with Japanese breadcrumbs.*

- **Crab Dué £6.99**

***Our own chef's special dish**, soft shell crab, stuffed together with all ingredients deep fried and served with crab Salad.*

- **Crab Cake £4.99**

*Crab cake made with Green Onions, fresh ginger and broccoli coated with breadcrumbs.*

- **Sheekh Kebab £4.49**

*Minced lamb with herbs and spices cooked on a skewer in our clay oven.*

- **Squid Pepper Fry £5.49**

*Strips of squid cooked in Indian herbs and spices served with squid rings deep fried.*



## FISHERMENS NET

- **Kerala Monk Fish Curry £12.99**

*Nice and spicy fish curry with coconut paste and Tamarind.*

- **Chilli Monk Fish /Prawn £12.99**

*Marinated fish fried and sauteed with onions, ginger,garlic and peppers.*

- **King Prawn Piralan £12.99**

*King Prawn with shalots garlic,ginger,curry leaf and finished with coconut milk.*

- **Alleppey Monk Fish / Prawn £12.99**

*Fish/ Prwan in a tangy coconut masala with ginger raw mango and a hint of green chilly in a nice flavoured sauce.*

- **Goan Monk Fish Curry £12.99**

*A popular dish in the state of GOA delicious fish curry cooked with vinegar flavour and fresh coriander and finely touched with coconut milk.*

- **Tiger Prawn Masala £11.95**

*Prawn cooked with shallot,garlic,ginger,chilli curry leaf & finished with coconut milk.*

- **Meenum Kudampulium £12.99**

*Kerala fish curry made with hot spices and cooked in Traditional Kerala Tamarind which is KOKUM.*

- **Seabass Moilee £13.99**

*Moilee is a famous fish curry from kerala. The word molee means stew, where fish is stewed and coconut milk and spiced with different Keralan spices.*

- **Kanava Curry £10.99**

*Squid cooked in hot spices and kokum, fresh ginger and garlic.*

- **Scallop Mango Curry £13.99**

*Scallops simmered in fresh coriander and raw mango sauce.*



## BUTCHERS

- **Lamb Madras £8.99**

*A rich hot flavoured sauce with aromatic spices from the land of Madras.*

- **Lamb Korma £8.99**

*Lamb very delicately cooked with cashew paste, and roasted home spices.*

- **Lamb Jalfrezi £8.99**

*Lamb with green chilli and finished with lashings of lemon juice.*

- **Kashmiri Rogan Josh £8.99**

*Lamb Cubes simmered and sautéed with onion, ginger garlic, and kashmiri chilli.*

- **Sag Gosht £9.49**

*Slow braised lamb and leaf spinach tossed with garlic, cumin and roasted fenugreek leaves.*

- **Beef kurumulaku £10.99**

*An authentic festive dish of beef, hot, cooked with crested green - black pepper.*

- **Hyderabadi Lamb Shank (Rogan Josh/Vindaloo) £13.95**

*Lamb shank simmered with sautéed onion ginger garlic mint & coriander paste yoghurt & groundspices.*

- **Pondicherry Lamb Curry £9.49**

*Spicy preparation of lamb with a perfect combination of spices and flavors in a homemade style.*

- **Lamb Palli Palayum £ 9.99**

*Palli Palayum is one of the best cities in Chennai. This is one of the favourite dishes for the locals in Chennai. Cooked in Indian aromatic spices, grated coconut, fresh ginger garlic and green onions.*



## POULTRY

- **Chicken Korma £7.95**

*Chicken very delicately cooked with mint, fresh coriander, cashew and yoghurt.*

- **Chicken Madras £8.49**

*A rich hot flavoured sauce with aromatic spices and a hint of lemon juice.*

- **Chicken Tikka Jalfrezi £8.49**

*Chicken tikka with green chilli and finished with lashings of herbs.*

- **5 Spiced Chicken Tikka Masala £8.49**

*Our own exclusive recipe of chicken tikka in creamy roasted cashew nut, cooked in five mild spices.*

- **Kerala Chicken Curry £8.99**

*One of our traditional keralan chicken curry with homemade roasted spices.*

- **Calicut Chicken Curry £8.99**

*Calicut is from the northern parts of Kerala famously known as Kozhikode. This is Our Chef's special dish with true Kozhikodan style served medium hot.*

- **Duck Malabar £13.95**

*Duck breast cooked in creamy masala coconut sauce.*

- **Daba Murgh £8.99**

*Chicken supreme marinated in aromatic spices and cooked in clay oven and is our Chef's own exclusive recipe cooked in tender sauce and green pepper.*

- **Green Pepper Chicken £9.49**

*This is our own Chef's exclusive recipe chicken breast brimming with green herbs fresh ginger and garlic, tomato, fresh green chilli, spinach and pepper.*

- **Staff Fav Chicken Curry £8.99**

*This is one of the favourite chicken dish with bone enjoyed by the staff cooked in real Indian spices.*

- **Kashmiri Chicken Rogan £8.99**

*Rogan Josh is an aromatic lamb dish of Persian origin which is one of the signature recipes of Kashmiri cuisine. Brimming with flavours of fennel, ginger and marked by its striking red hue from the Kashmiri red chillies.*



## **FROM THE TANDOOR** **[NOT A CURRY]**

- **Acharei Salmon £13.95**

*Salmon marinated in Achar, lemon and special chef spices.*

- **Tandoori Chicken £8.99**

*Most popular north Indian dish. Half chicken marinated in yoghurt, lemon and tandoori spices served with makhani sauce and salad.*

- **Master Chef Platter £14.95**

*Our Chef's signaturred tandoor dish, which includes, salmon, King prawn, Kebab, 3 different flavours of chicken tikka and lamb tikka grilled with both English and Indian herbs, served with crispy salad and fresh lemon. This dish is our chefs own recipe.*

- **Lamb/ Chicken Shashlick £10.95**

*Lamb/ Chicken marinated in our own chefs special spices.*

- **Seafood Platter £12.99**

*Seafood served with different ways which include Salmon, Kings Prawn cooked in clay oven and panfried scallop and deep fried soft shell crab.*

- **Exotic Chicken Tikka £9.99**

*Boneless Chicken marinated three distinct flavours and grilled in clay oven.*

- **King Prawn Tandoori £12.99**

*King prawn marinated in herbs cooked in clay oven served with crispy salad.*

- **Al - Fham Chicken £9.99**

*This is one of the best Arab dish which is popularly called Al- Fham. Half chicken marinated in green chilli, fresh ginger and garlic, hand picked spices served with Aubergine mash.*

- **Barbary Duck £13.95**

*A Kerala hunter's special preparation of Barbary duck; normally cooked on firewood, here it is cooked in the Tandoor and served with aromatic sauce.*



## BIRIYANI

### **Kerala Special Biryani**

Kerala special dum biriyani in variety of customer choices served in with raita, sauce.

Chicken/ Lamb	-	<b>£11.50</b>
King Prawn	-	<b>£13.95</b>
Vegetable	-	<b>£10.95</b>

## RICE

Plain Rice	-	<b>£2.50</b>
Coconut Rice	-	<b>£2.75</b>
Lemon Rice	-	<b>£2.75</b>
Saffron Pulao Rice	-	<b>£2.75</b>
Mushroom Rice	-	<b>£2.99</b>

## NAANS

Butter Naan	<b>£2.25</b>
Garlic Naan	<b>£2.50</b>
Chilli and Coriander Naan	<b>£2.75</b>
Coriander Naan	<b>£2.50</b>
Peshwari Naan	<b>£2.75</b>
Kheema Naan	<b>£2.95</b>
Bread Basket (Butter, Coriander, Peshwari)	<b>£5.50</b>
Chappathi	<b>£2.20</b>

## CONDIMENTS

Pappadon - <b>£.60p</b> , Spicy Pappadom <b>£.75p</b> , Chutney Set - <b>£2.00</b>
Raita - <b>£2.95</b>



## DESSERT

<b>Apple samosa and vanilla Icecream</b> <i>Served with caramalised banana.</i>	<b>£4.95</b>
<b>Lemon cheese cake</b>	<b>£4.25</b>
<b>Tandoori pineapple</b> <i>Served with icecream.</i>	<b>£4.95</b>
<b>Ice cream</b> <i>Vanilla/ chocolate/ Coconut.</i>	<b>£3.50</b>
<b>Dessert platter</b> <i>Tandoori pineapple, Apple samosa coconut iceream.</i>	<b>£5.25</b>
<b>Gulab Jam</b>	<b>£4.25</b>
<b>Sticky Toffee with Vanilla Ice Cream</b>	<b>£4.75</b>
<b>Mango Sorbet</b>	<b>£ 3.50</b>





## GARDEN (MAINS)

- **South Indian Vegetable Curry £7.49**

Tribal Cuisine in Kerala, chick peas carrot potato and green beans coconut pate.

- **Cheera Parippukari £7.49**

*Fresh spinach and 4 types of lentil cooked in a thick garlic sauce, tomatoes and curry leaves.*

- **Pineapple Pachadi £7.49**

*It is a part of the Traditional Kerala Sadhya which means 'banquet'. Pineapple Pachadi is a very delicious and exotic dish which has a sweet and tangy taste*

- **Koottu Curry £7.99**

*Koottu Curry is a popular dish for Onam Sadya a festival in Kerala.*

- **5 Spiced Paneer Masala £7.49**

*Our own chefs special cottage cheese made with five spices .*

- **Butter Beans Olan £7.49**

*Butternut squash and cow peas(Lentils family) simmered in a delectable sauce.*

- **Sambar £7.49**

*Sambar is lentil based vegetable stew, made with lentils, tamarind, asafoetida and curry leaves popular in south India and Sri Lankan Tamil.*

- **Chilli Gobi £7.99**

*Garnished with spring onions, coriander leaves and finished with a pinch of Turmeric*

- **Chilli Paneer £7.99**

*Chilli Paneer is a classic Indo Chinese dish inspired with Asian Sauces mainly bell pepper, which a special touch of green onions.*

- **Baigan Barta £7.49**

*A delicious north Indian speciality of roasted Aubergine, skinned and made into simple but exotic preparation.*



## GARDEN SIDE

- **Sag Kumbu £4.75**

*Spinach and mushroom in Indian Spices.*

- **Thorán of The Day £4.75**

*Finely shredded vegetables sautéed with fresh coconut, curry leaves garlic.*

- **Aloo Jeera £4.75**

*Indian style spiced potatoes.*

- **Chana Masala £4.75**

*Chick peas cooked with potato, fresh ginger garlic and touch of coconut milk.*

- **Tadka Dal £4.75**

*Four different types of lentil cooked in our Indian special spices*

- **Sag Aloo/ Sag Paneer £4.25**

*Spinach and potatoes or Spinach and cottage cheese.*

- **Bindi Masala £4.75**

*Pan fried ladies finger in chilli tomatoes and turmeric*

- **Saag Bhaji £4.25**

*This is not a highly spiced dish so goes well as a side dish for a desi Feast. It's a delicious vegetarian dish, fresh spinach sorted with different spices.*

- **Kora Kailu £4.75**

*Mixed Vegetables cooked in fresh ginger garlic fresh coriander.*