

GATEWAY VARKALA

IHCL SELECTIONS

In-room dining

In God's Own Country, the unique cuisine is a part of its distinctive culture. The state along the coast offers many common threads, yet on culinary terms there are unique manifestation within the Malabar region.




GATEWAY VARKALA

III(1).SELECTIONS

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.

Starters


















-  **Pachakari Wada** | kcal | 219 | 240 gm  **475**
Shallow fried spiced vegetable Patti served with Tomato chutney
-  **Pepper Potato** | kcal | 219 | 160 gm  **475**
Cubes of potato sauteed with grained pepper corns
-  **Kozhi Porichathu** | kcal | 354 | 240 gm **580**
Deep fried chicken in southern marination
-  **Koonthal Varatiyathu** | kcal | 279 | 180 gm  **690**
Griddle cooked squid
-  **Kanava Peera** | kcal | 279 | 180 gm  **690**
Squid in Malabar style
-  **Malabar Konchu Porichathu** | kcal 216 | 240 gm  **950**
Masala fired baby prawns
-  **Mixed Vegetable Pakode** | kcal 511 | 240 gm  **420**
Deep fried vegetables in Basin batter
-  **Bhunne Mutter ki Aloo Tikki** | kcal 228 | 240 gm  **475**
Peas stuffed Potato Patti
-  **Chicken Tikka choice of Laal Mirch or Malai** | kcal 529 | 240 gm **580**
Choice of marinated chicken morsels cooked in clay oven
-  **Ajwaini Mahi Tikka** | kcal 433 | 240 gm  **710**
Garlic and carrom infused clay oven glazed fish cubes
-  **Tandoori Jhinga** | kcal 220 | 200 gm  **1000**
Marinated prawns cooked in clay oven
-  **Crispy Fish Fingers** | kcal 306 | 200 gm  **650**
All-time favorite-served with chips and tartar sauce

List of Allergens:


















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

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 Vegetarian  Non Vegetarian  Signature dishes

<p>  Cheese Cherry Pineapple Sticks kcal 350 200 gm  475 </p>
<p>  Crispy Mushroom kcal 350 200 gm  475 </p> <p>Shallow fried button mushrooms in oriental sauce</p>
<p>  Vegetable Spring Rolls kcal 219 200 gm   475 </p>
<p>  Chilly Paneer kcal 407 240 gm  475 </p> <p>Cubes of paneer and bell peppers cooked in shallow pot with tangy oriental sauce</p>
<p>  Mushroom Pepper Salt kcal 290 240 gm 475 </p> <p>Button Mushrooms cooked in shallow fat fry with minced onions and chilies</p>
<p>  Chilly Chicken kcal 460 240 gm   580 </p> <p>Chunks of chicken cooked in Chinese sauce</p>
<p>  Chicken Spring Rolls kcal 460 200 gm  580 </p>
<p>  Chicken Lollipop kcal 460 200 gm   580 </p> <p>Oriental style marinated chicken wings fried to perfection</p>

Soups

<p>  Oven roasted tomato and basil soup kcal 147 150 ml  315 </p>
<p>  Cream of Mushroom kcal 157 150 ml  315 </p>
<p>  Minestrone Vegetable kcal 165 150 ml 315 </p>
<p>  Hot and Sour vegetable kcal 62 150 ml  315 </p>
<p>  Sweet Corn Vegetable kcal 62 150 ml 315 </p>
<p>  Lemon Coriander Vegetable kcal 62 150 ml 315 </p>
<p>  Vegetable Clear kcal 62 150 ml 315 </p>
<p>  Hot and Sour Chicken kcal 135 150 ml  345 </p>
<p>  Sweet Corn Chicken kcal 135 150 ml 345 </p>
<p>  Lemon Coriander Chicken kcal 135 150 ml 345 </p>
<p>  Clear Chicken kcal 135 150 ml 345 </p>
<p>  Cream of Chicken kcal 176 150 ml  345 </p>

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 Vegetarian
  Non Vegetarian
  Signature dishes

Salads

- 🟢 **Sprout Salad I kcal 944 I 350 gm** **370**
Quinoa grains and sprouted beans, bell peppers, raw mango and toasted sunflower seeds with black salt and cumin vinaigrette
- 🟢 **Greek Salad I kcal 30 I 350 gm** 🍷 **315**
Tomato, cucumber, bell peppers, feta, Kalamata olives with lemon oregano vinegar
- 🔴 **Hawiiian Chicken Salad I kcal 288 I 350 gm** 🍷 **370**
Combination of shredded chicken, bell peppers in creamy sauce
- 🟢 **Green Salad I kcal 28 I 350 gm** **185**
Mix of Onions, tomatoes, carrots, onions, chilly and lemon

Mains

- 🟢 **Koonu Varutharachha curry I kcal 270 I 250 gm** **500**
Button mushrooms cooked in roasted whole spices and coconut finished with tamarind
- 🟢 **Koonu kurumulauittathu I kcal 270 I 250 gm** **500**
Sautéed button mushrooms with onions and pepper corns
- 🟢 **Vegetable Mappas I kcal 302 I 250 gm** 🌿 **500**
South indian preparation of assorted vegetables with coconut milk and green chillies
- 🟢 **Avial I kcal 500 I 250 gm** **500**
Signature Kerala dish of mixed vegetables, curd, coconut and seasoned with coconut oil and curry leaves
- 🔴 **Kozhi Varutharachha curry I kcal 485 I 250 gm** **630**
Signature dish of Kerala, Chicken cooked to perfection with handpicked spices, brown coconut and brown onion paste
- 🔴 **Kozhi Roast I kcal 354 I 250 gm** **630**
Chicken marinated with special masala, slow roasted with small onion and tomatoes
- 🔴 **Tenderloin Ullarthiyathu I kcal 525 I 250 gm** **765**
Dry classic spicy beef preparation in slow fire

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🟢 Vegetarian 🔴 Non Vegetarian ☆ Signature dishes

▲	Meen Kodampuli Curry I kcal 485 I 250 gm 🐟	660
	Kokum flavoured “traditional Kerala” fish preparation	
▲	Meen Pollichathu I kcal 306 I 250 gm 🐟	660
	Griddle cooked fish marinade in coastal spices	
▲	Naadan Mutton Curry I kcal 356 I 250	765
	Traditional Local style lamb curry	
▲	Chemmeen Varatiyathu I kcal 310 I 250 gm 🦀	103
	Crispy fried prawns simmered in thick gravy	
▲	Malabari Chemmeen Curry I kcal 310 I 250 gm 🦀	103
	Shrimps cooked in freshly extracted coco milk	
■	Tandoori Vegetarian Platter I kcal 334 I 550 gm 🌾	925
	Potato, Baby corn, Mushrooms, Capsicums, Laal Mirch ka Paneer Tikka, Kasundi Phool, Phaldari Kebab	
■	Makkai Palak I kcal 295 I 250 gm 🥛	500
	Fresh corns cooked in spinach paste	
■	Dal Makhani I kcal 1032 I 250 gm 🥛	500
	Black gram and red kidney beans simmered overnight on the tandoor	
■	Dal Tadka I kcal 317 I 250 gm 🥛	395
	Yellow lentil tempered with cumin, garlic, onion and tomato	
■	Multi Grain Kichdi I kcal 508 I 250 gm	500
	Barley, Green moong dal, brown rice, broken wheat, dal, broccoli florets and spices	
■	Subz ki Tokri I kcal 1074 I 250 gm	500
	Home style preparation of your choice of vegetables, Bhindi naintara, aloo methi, aloo jeera, gobi mutter	
■	Paneer Makhini I kcal 522 I 220 gm 🥛	500
	Cottage cheese cooked with makhini gravy	
■	Paneer Katti Roll I kcal 510 I 200 gm 🥛 🌾	500
	Paneer rolled sandwich, kachumber and mint chutney	

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▲	Chicken Katti Roll I kcal 510 I 200 gm 🌾	685
	Grilled chicken tikka, kachumber and mint chutney	
▲	Tandoori Murgh I kcal 242 I 600 gm 🍷	685
▲	Lahori Fish Tikka Masala I kcal 490 I 250 gm 🍷	685
▲	Lamb Roganjosh I kcal 360 I 250 gm	765
▲	Tandoori Non-Vegetarian platter I kcal 833 I 450 gm 🍷 🐟	1240
	Kebab bhannu, pudhina aur kali mirch fish tikka, galouti kebab Kcal	
▲	Murgh Tariwala I kcal 451 I 220 gm	635
	Traditional Punjabi style thin curry with Indian Aroma	
▲	Pan Seared Chicken Breast I kcal 438 I 300 gm 🍷	685
	Pan seared chicken breast with sauteed spinach served with risotto and roast gravy	
▲	Charred Fillet Steak I kcal 770 I 300 gm	790
	Minced Steak served along with Mash potato and Boiled vegetables	
▲	Pan seared fish with parsley butter I kcal 253 I 200 gm 🐟	685
	Grilled fish served with mashed potatoes and steamed vegies	
■	Gobi Manchurian (Dry/Gravy) I kcal 220 I 250 gm 🥑	475
	Batter fried cauliflower cooked in Chinese sauce	
■	Stir Fried Vegetable I kcal 420 I 250 gm	475
	Wok-tossed seasonal vegetables with light sauce	
▲	Chilly Chicken I kcal 253 I 250 gm 🥑	635
▲	Chicken Manchurian I kcal 410 I 250 gm 🥑	635
	Batter fried chicken simmered in manchurian sauce	
▲	Kung Pao Chicken I kcal 460 I 250 gm 🥑 🍷 🌾	635
▲	Prawn in Black Bean Sauce I kcal 405 I 200 gm 🦀 🥑 🍷	1030
	Batter fried prawns cooked in black bean sauce	

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Rice & Noodles

 Vegetable Noodles kcal 326 380 gm 	475
 Vegetable Fried Rice kcal 326 400 gm 	475
 Egg Fried rice/noodles kcal 334 380 gm 	500
 Chicken Fried rice kcal 343 400 gm 	580
 Chicken Noodles kcal 343 380 gm 	580
 Rice (Steamed/Boiled) kcal 333 480 gm	315
 Rice Flavoured (Lemon, Coconut, Pulao, Jeera Rice) kcal 374 480 gm 	400

Breads

 Appam kcal 139 150 gm Fermented Rice Hoppers	210
 Malabari Paratha kcal 217 80 gm  	185
Soft and flaky refined flour bread	
 Tandoori Breads kcal 230 90 gm 	185
 Chapati or Pulka kcal 230 40 gm 	160

Biriyani

An Unique biriyani like no other, prepared in a flat vesel with small fragrant rice, roast onions, ghee, spices and the meat. This does not come in a vegetarian version. Order yours with lamb, seafood or poultry

 Vegetable kcal 1289 550 gm   	580
 Chicken kcal / Fish kcal 1578 / 925 550 gm   	685
 Prawn kcal 560 550 gm    	895
 Lamb kcal 1945 550 gm   	790











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


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  Signature dishes

Pasta

- **Choice of vegetable pasta-**
Penne/Spaghetti I kcal 429 I 160 gm   **580**
 Choice of sauces, arabiatta
- **Mac 'n' Cheese Mushroom I kcal 529 I 160 gm**   **580**
- **Risotto Provencal I kcal 429 I 250 gm**  **580**
 SAFFRON FLAVOURD ARBORIO RICE RISOTTO WITH VEGETABELE AND PARMESAN
- ▲ **Risotto Gamberi I kcal 555 I 250 gm**  **685**
 ARBORIO RICE RISOTTO WITH SHRIMPS, FINISHED WITH SHELL FISH BISQUE
- ▲ **Choice of chicken pasta - penne/spaghetti**
Choice of sauces I kcal 548 I 375 gm   **685**
- ▲ **Mac 'n' Cheese Chicken I kcal 548 I 375 gm**   **685**

Sandwiches and Burgers

- ▲ **Non-vegetarian Club Sandwich I kcal 362 I 250**    **580**
 Iceberg lettuce, cheese, tomato, and shredded chicken with dijon mustard spread
 in choice of white, whole wheat bread selection of grilled, toasted or plain sandwich
- ▲ **Chicken Burger I kcal 310 I 250 gm**    **580**
 Crispy chicken patty in bun with cheese, lettuce
- **Vegetable Burger I kcal 310 I 250 gm**   **530**
 Crispy veg patty with cheese, lettuce
- **Vegetable Club Sandwich I kcal 312 I 250 gm**   **530**
 Iceberg lettuce, and choice of vegetables with mustard spread and choice of
 white or whole wheat bread

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■ Vegetarian ▲ Non Vegetarian ★ Signature dishes

Catch of the Day

▲ Jumbo Prawns kcal 228 380 gm 	1270
▲ Sear kcal 352 250 gm	740
▲ Pomfret kcal 295 380 gm	740
▲ Pearl spot kcal 347 250 gm	740
▲ Snapper kcal 248 380 gm	740

No Onion No Garlic

■ Tomato soup kcal 147 150 ml 	315
■ Chilly paneer kcal 407 240 gm 	475
■ Mixed vegetable subzi kcal 333 250 gm	500
■ Bhindi Naintara kcal 227 250 gm 	500
■ Choice of pasta with creamy or white sauce kcal 425 250 gm  	580
■ Gobi mutter kcal 228 gm 	500
■ Paneer makhani kcal 522 kcal 227 250 gm 	500
■ Makai palak kcal 427 250 gm 	500
■ Dal tadka kcal 317 250 gm 	395

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Kids Choice

- **Milk Shakes I kcal 328 I 250 ml**  **315**
 (Strawberry, Vanilla, Chocolate, Butterscotch)
- **Vegetable Croquettes I kcal 219 I 200 gm**  **475**
- **Smiley Potatoes I kcal 330 I 200 gm**  **315**
- **French fries I kcal 330 I 220 gm** **300**
 Crispy golden finger chips served with ketchup
- **Kichdi (Plain or Masala) I kcal 221 I 250 gm** **395**
- ▲ **Chicken Wrap I kcal 416 I 220 gm** **685**
- **Mac 'n' Cheese Mushroom I kcal 529 I 250 gm**   **580**
- ▲ **Mac 'n' Cheese Chicken I kcal 548 I 250 gm**  **685**
- ▲ **Chicken Nuggets I kcal 460 I 220 gm**  **580**

Desserts

- **Banana Split I kcal 292 I 160 gm**   **370**
 Choice of ice creams with slits of bananas and topped with nuts and syrup
- ▲ **Warm Chocolate Brownie with Fruit compote and Ice cream I kcal 559 I 150 gm** **420**
- **Sugar free Mousse I kcal 385 I 150 gm** **370**
- **Tropical Fresh Fruit Platter in season I kcal 142 I 100 gm** **315**
- **Gulab Jamoon I kcal 450 I 150 gm**  **370**
- **Pazham Nurukku I kcal 222 I 150 gm** **370**
- **Ari Payasam I kcal 257 I 150 gm**  **370**
- **Kulfi I kcal 228 I 150 gm**  **315**
- **Sugar free Phirni I kcal 232 I 150 gm** **370**
- **Ice cream (choice of two scoops) I kcal 280 I 80 gm** **315**
 Please check with the order taker on selection of flavors

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Beverages

Tea I kcal 20 I 220 ml 	240
Darjeeling, Assam, earl grey, camomile or green tea	
Coffee I kcal 30 I 220 ml 	240
Espresso, cappuccino, French press or filter coffee	
Cold coffee with ice cream I kcal 297 I 250 ml 	315
Milk shake I kcal 328 I 250 ml 	315
Vanilla, strawberry, mango, butterscotch and chocolate Papaya and honey, banana and caramel, apple and mint	
Seasonal Fresh Fruit juices I kcal 60 - 140 I 250 ml	345
Orange, sweet lime, watermelon, pineapple or grapes	
Lassi I kcal 153 I 250 ml 	240
Plain, salted, sweet	
Butter milk I kcal 40 I 250 ml 	240
Plain, masala	
Hot chocolate, bournvita & horlicks I kcal 78-100 I 220 ml 	300
Fresh lime juice I kcal 110 I 250 ml	210
Sweet, salted or plain with soda or water	
Aerated beverages	185

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 Vegetarian  Non Vegetarian  Signature dishes

Beer

Premium Beers

400

Wine by stem

550

Fratelli Classic Chenin

Grover Sauvignon blanc

Grovers Shiraz

Fratelli Shiraz Cabernet Frank

Fratellie Merlot

TERMS & CONDITIONS

- ▶ Please inform us of any allergies
- ▶ All chicken and mutton dishes are on the bone
- ▶ All alcoholic/Non alcoholic beverages are including MRP and additional charges of our facilities and services
- ▶ All prices for food & beverage are in Indian rupees & government taxes as applicable
- ▶ Liquor will not be served to person below 23 years of age

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 Vegetarian  Non Vegetarian  Signature dishes



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