

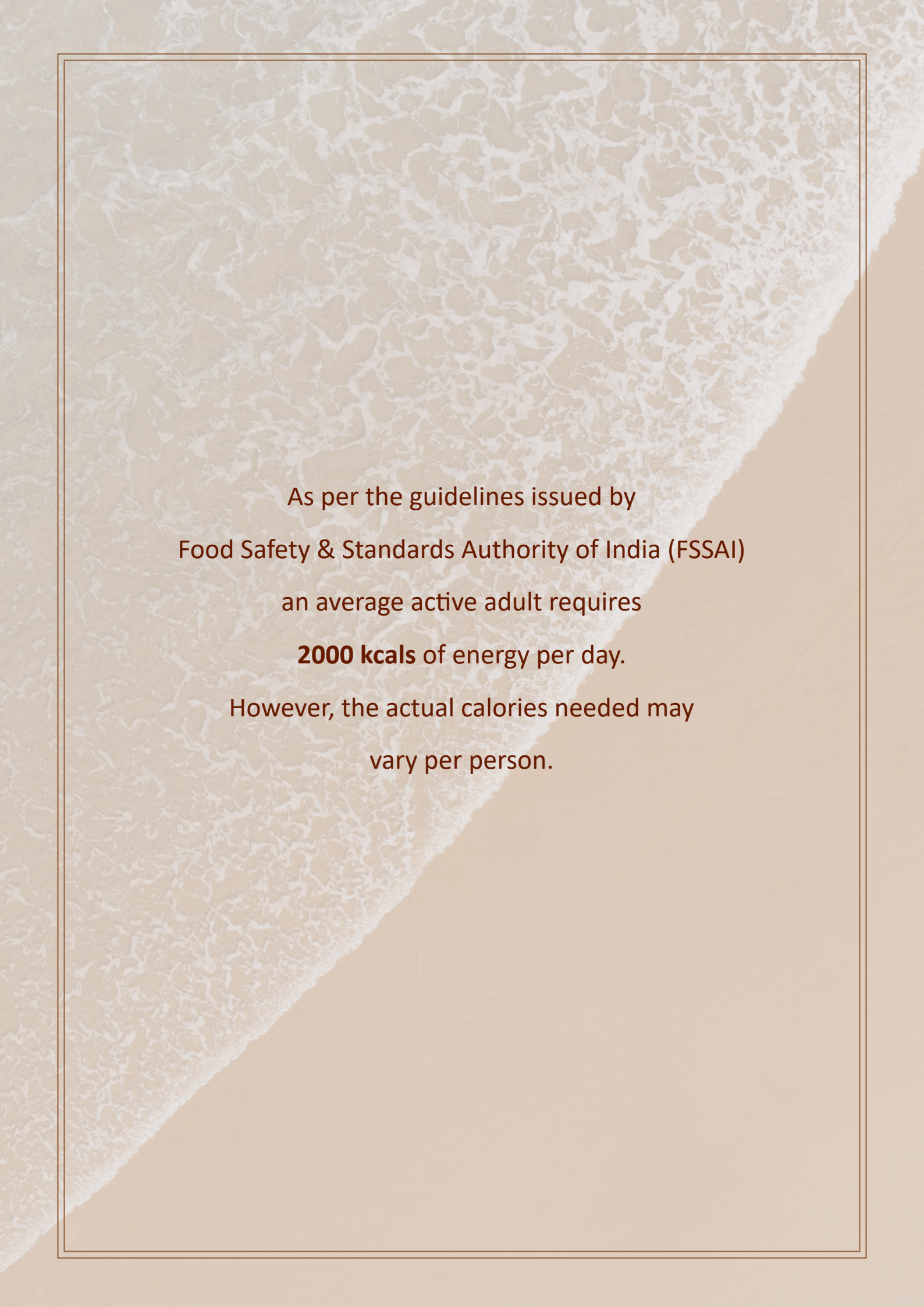
GATEWAY VARKALA

IHCL SELECTIONS

Coastal Kitchen

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.





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 Cutlet I kcal 219 I 160 gm** 🌾 **450**
Shallow fried spiced potato Patti served with Tomato chutney
- **Chilly Paneer I kcal 407 I 160 gm** 🥛 **450**
Cubes of paneer and bell peppers cooked in shallow pot with tangy oriental sauce
- ☆ **Mushroom Pepper Salt I kcal 290 I 160 gm** **450**
Cooked in shallow fat fry with minced onions and chilies
- ▲ **Chilly Chicken I kcal 460 I 160 gm** 🥒 🌿 **550**
Chunks of chicken cooked in Chinese sauce
- ▲ **Chicken Lollipop I kcal 460 I 160 gm** 🥒 🌿 **550**
Oriental style marinated chicken wings fried to perfection
- ▲ **Crispy Fish Fingers I kcal 306 I 160 gm** 🐟 **550**
An all-time favourite-served with chips and tartar sauce
- ▲ ☆ **Kozhi Porichathu I kcal 354 I 160 gm** **550**
Chicken morsels cooked in deep fry with southern spice marination
- ▲ **Koonthal Varatiathu I kcal 279 I 160 gm** 🦑 **650**
Griddle cooked squid
- ▲ **Kanava Peera I kcal 279 I 160 gm** 🦑 **650**
Squid in Malabar style
- ▲ ☆ **Malabar Konchu Porichathu I kcal 216 I 160 gm** 🦀 **900**
Masala fired baby prawns





List of Allergens:

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




Kindly inform us if you are allergic to any food ingredients! ♦ All prices are in Indian Rupees and subject to Government taxes.

■ Vegetarian ▲ Non Vegetarian ☆ Signature dishes

Soups

- **Oven roasted tomato and basil soup** | kcal 147 | 200 ml  **300**
- **Hot and sour Soup Vegetarian** | kcal 62 | 200 ml  **300**
- ▲ **Hot and sour Soup Chicken** | kcal 135 | 200 ml   **325**
- **Sweet Corn Soup Vegetarian** | kcal 62 | 200 ml **300**
- ▲ **Sweet Corn Soup Chicken** | kcal 135 | 200 ml   **325**
- **Clear Soup Vegetarian** | kcal 62 | 200 ml **300**
- ▲ **Clear Soup Chicken** | kcal 135 | 200 ml **325**
- **Lemon Coriander Soup Vegetarian** | kcal 62 | 200 ml **300**
- ▲ **Lemon Coriander Soup Chicken** | kcal 135 | 200 ml **320**

Salads

- **Greek Salad** | kcal 30 | 180 gm  **300**
 Tomato, cucumber, bell peppers, feta, Kalamata olives with lemon oregano vinegar
- ▲ **Hawaiian Chicken Salad** | kcal 288 | 140 gm  **350**
 Combination of shredded chicken, bell peppers in creamy sauce
- **Green Salad** | kcal 28 | 140 gm **175**
 Mix of Onions, tomatoes, carrots, onions, chilly and lemon
- **French fries** | kcal 330 | 220 gm  **275**
 Crispy golden finger chips served with ketchup

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Sandwiches and Burgers

- ▲ **Non-vegetarian club sandwich I kcal 362 I 180 gm**  **550**
 Iceberg lettuce, , cheese, tomato, and shredded chicken with dijon mustard spread in choice of white, whole wheat selection of grilled, toasted or plain sandwich
- ▲ **Chicken burger I kcal 310 I 180 gm**  **550**
 Crispy chicken patty in bun with cheese, lettuce
- **Vegetable burger I kcal 310 I 180 gm**  **500**
 Crispy veg patty in a with cheese, lettuce”
- **Vegetable club sandwich I kcal 312 I 180 gm**  **500**
 Iceberg lettuce, and choice of vegetables with mustard spread
 In choice of white or whole wheat bread

Main Course






















- **Dal makhani I kcal 1032 I 220 gm**  **350**
 Black gram and red kidney beans simmered overnight on the tandoor
- **Dal tadka I kcal 317 I 220 gm**  **325**
 Yellow lentil tempered with cumin, garlic, onion, tomato
- **Khichdi I kcal 221 I 200 gm**  **350**
- ★ **Koonu Varutharachha curry I kcal 270 I 180 gm** **450**
 Button mushrooms cooked in roasted whole spices and coconut finished with tamarind
- ★ **Koonu kurumulakittathu I kcal 270 I 180 gm** **450**
 Sautéed button mushrooms with onions and pepper corns
- **Gobi Manchurian (Dry/ Gravy) I kcal 220 I 180 gm**  **450**
 (Batter-fried cauliflower perfectly cooked in Manchurian)

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- | | | |
|---|---|------------|
|  | Stir Fried Vegetable kcal 420 180 gm | 450 |
| | (Wok-tossed seasonal vegetables with light sauce) | |
|  | Vegetable Mappas kcal 302 180 gm  | 450 |
| | (South indian preparation of assorted vegetables with coconut milk and green chillies) | |
|  |  Avial kcal 500 180 gm  | 450 |
| | (Signature Kerala dish of mixed vegetables, curd, coconut and seasoned with coconut oil and curry leaves – without this, no Kerala feast is complete) | |
|  | Paneer Makhini kcal 522 220 gm  | 450 |
| | (Cottage cheese cooked with makhini gravy) | |
|  | Chicken Manchurian kcal 410 180 gm  | 600 |
| | batter fried chicken simmered in manchurian sauce | |
|  |  Kozhy Varutharacha Curry kcal 485 180 gm | 600 |
| | Signature dish of Kerala, Chicken cooked to perfection with handpicked spices, brown coconut and brown onion paste | |
|  | Murgh Tariwala kcal 451 220 gm | 600 |
| | Traditional Punjabi style thin curry with Indian Aroma | |
|  |  Kozhi Roast kcal 354 220 gm | 600 |
| | Chicken morsels marinated with special masala, slow roasted with small onion and tomatoes | |
|  | Tenderloin Ullarthiyathu kcal 525 220 gm | 700 |
| | Dry classic spicy beef preparation that is made by simmering the | |
|  | Pan seared fish with parsley butter kcal 253 200 gm  | 625 |
| | Grilled fish served with mashed potatoes and steamed vegies | |
|  |  Meen kodampuli curry kcal 485 180 gm  | 625 |
| | Kokum flavoured “traditional Kerala” fish preparation | |

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▲★	Meen Pollichathu kcal 306 180 gm 🐟	625
	Griddle cooked fish marinade in coastal spices	
▲	Naadan Mutton curry kcal 356 220 gm	700
	Traditional Local style lamb curry	
▲	Prawn in Black Bean Sauce kcal 405 200 gm 🦞🥬🥜	900
	Batter fried prawns cooked in black bean sauce	
▲★	Chemeeen Varattiyathu kcal 310 180 gm 🦞	900
	Crispy fried prawns simmered in thick gravy	
▲★	Malabari Chemeeen Curry kcal 310 180 gm 🦞	900
	Shrimps cooked in freshly extracted coco milk	

Noodles

■	Vegetarian kcal 326 180 gm 🥬	400
▲	Non Vegetarian kcal 343 180 gm 🥬🍳	450
▲	Egg kcal 334 180 gm 🥬🍳	400

Rice

■	Fried Rice Vegetarian kcal 326 180 gm 🥬	400
▲	Fried Rice Non Vegetarian kcal 343 180 gm 🥬🍳	450
▲	Fried Rice Egg kcal 334 180 gm 🥬🍳	400
■	Rice (Steamed/Boiled) kcal 374 180 gm 🥬	275

Breads

■	Appam Kcal 139 40 gm	100
	Fermented Rice Hoppers	
■	Malabari paratha kcal 217 80 gm 🥛🌾	100
	Soft and flaky refined flour bread	
■	Chapati or phulka kcal 230 40 gm 🌾	100

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






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Moplah Biryani

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

- | | |
|---|------------|
|  Vegetable kcal 1289 220 gm    | 500 |
|  Chicken kcal 1578 220 gm    | 600 |
|  Fish kcal 925 220 gm    | 600 |
|  Lamb kcal 1945 220 gm    | 750 |

Pasta

Choice of Vegetarian pasta- Penne / Spaghetti
sauces

- | | |
|--|------------|
|  Arabiata kcal 529 160 gm   | 550 |
|  Napolitano kcal 529 160 gm   | 550 |
|  Creamy Cheese kcal 586 160 gm   | 550 |


Choice of Chicken pasta- Penne / Spaghetti
sauces

- | | |
|--|------------|
|  Arabiata kcal 548 160 gm   | 600 |
|  Napolitano kcal 552 160 gm   | 600 |
|  Creamy Cheese kcal 625 160 gm   | 600 |
|  Mac 'n' Cheese Mushroom kcal 529 160 gm   | 550 |
|  Mac 'n' Cheese Chicken kcal 388 160 gm   | 600 |

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 Vegetarian  Non-Vegetarian  Signature dishes

Catch of the Day

Coastal Kerala Marination - Red Chillies, Cumin, Turmeric, Coriander, Coconut Oil, Lime, Ginger & Garlic

▲ Sear	I kcal 352	I 250 gm		700
▲ Pomfret	I kcal 295	I 250 gm		700
▲ Pearl Spot	I kcal 347	I 250 gm		700
▲ Jumbo Prawns	I kcal 228	I 250 gm		1200
▲ Snapper	I kcal 248	I 250 gm		700

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Desserts

- █ **Banana Split** | kcal 292 | 160 gm    **350**
Choice of ice creams with slits of bananas and topped with nuts and syrup.
- █ **Gulab jamoon** | kcal 450 | 80 gm    **300**
Flavoured reduced milk dumplings soaked in sugar syrup
- █ **Tropical fresh fruit platter in season** | kcal 142 | 100 gm **300**
- █ **Ice cream (choice of two scoops)** | kcal 280 | 80 gm  **275**
Please check with the order taker on selection of flavors

Beverages


- Tea** | kcal 20 | 220 ml  **175**
Darjeeling, Assam, earl grey, camomile or green tea
- Coffee** | kcal 30 | 220 ml  **175**
Espresso, cappuccino, French press or filter coffee
- Cold coffee with ice cream** | kcal 297 | 220 ml  **225**
- Milk shake** | kcal 328 | 220 ml  **225**
Vanilla, strawberry, mango, butterscotch and chocolate
Papaya and honey, banana and caramel, apple and mint
- Seasonal fresh fruit juices** | kcal 60 - 140 | 220 ml **225**
Orange, sweet lime, watermelon, pineapple or grape
- Lassi** | kcal 153 | 220 ml  **175**
Plain, salted, sweet

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Butter milk | kcal 40 | 220 ml  **175**

Plain, masala

Hot chocolate, bournvita or horlicks | kcal 78 - 100 | 220 ml  **225**

Fresh lime juice | kcal 110 | 220 ml **175**

Sweet, salted or plain with soda or water

Aerated beverages **175**

Beer

Domestic beer **300**

Premium beers **400**

Wine by stem

Fratelli Classic Chenin **550**

Grover Sauvignon blanc **550**

Grovers Shiraz **550**

Fratelli Shiraz Cabernet Frank **550**

Fratellie Merlot **550**




TERMS & CONDITIONS

- ▶ Please inform us of any allergies
- ▶ All chicken dish are on the bone
- ▶ 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
- ▶ All alcoholic /Non alcoholic beverages are including MRP and additional charges of our facilities and services

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INCL. SELECTIONS