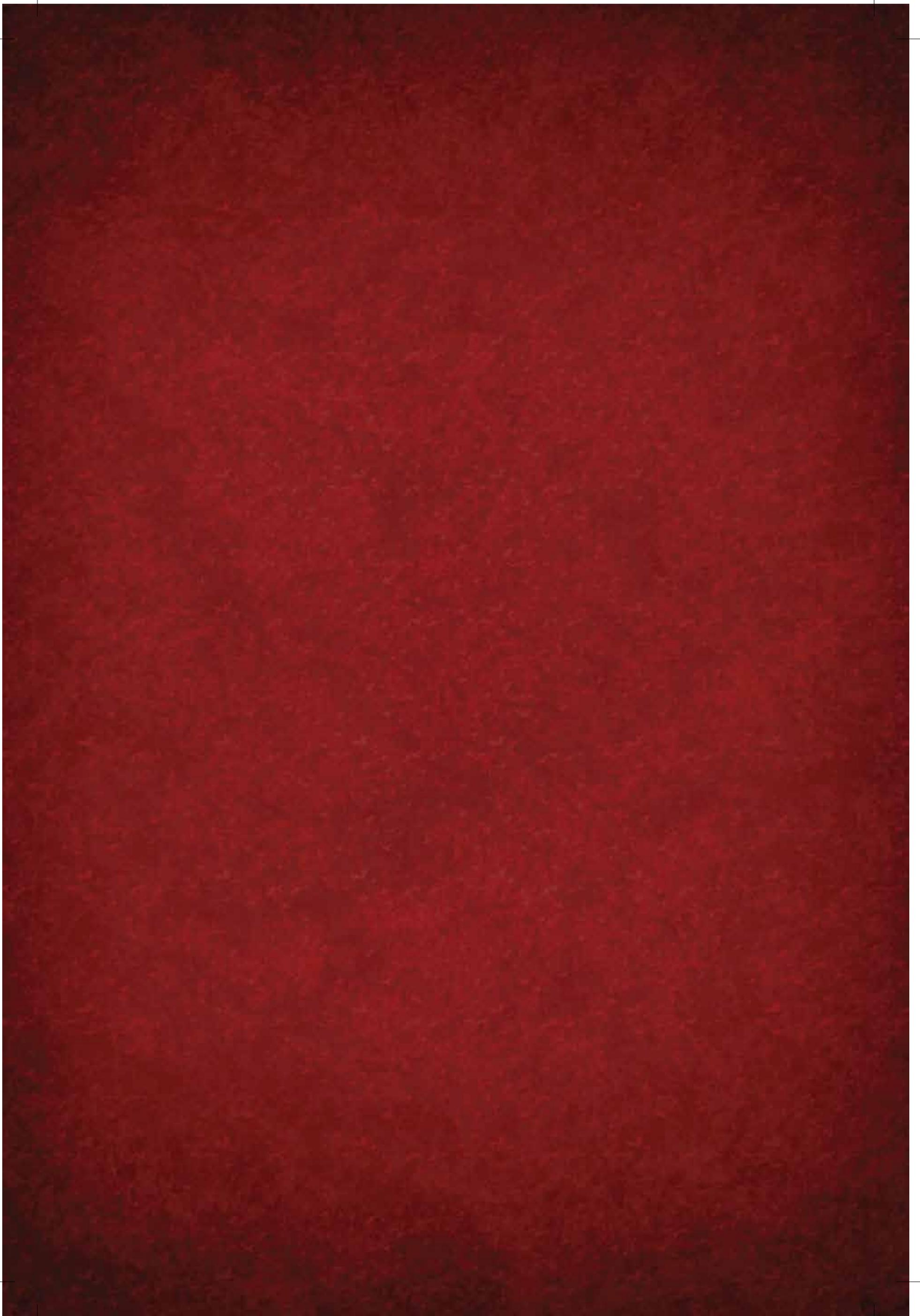


Cover by Paresh Maity

*A taste of timelessness*





**KARAVALLI**  
**THE BEST OF THE COAST**



*Karavalli - Circa 1991*

THAR DESERT

RAJASTHAN

JAIPUR

AGRA

RANTHAMBORE

MADHYA PRADESH

GUJARAT

INDIA

## *Embark on a unique gourmet journey*

Karavalli or “the land by the sea” stretches from the rugged coastline of Kerala to the sun-drenched beaches of Goa on India’s West Coast. A sought-after source of exotic spices since ancient times, this region has evolved a myriad culinary traditions. And Karavalli has helped preserve this distinctive cuisine of the South West Coast for more than two decades now.

A highly celebrated and awarded restaurant, Karavalli takes pride in replicating the authentic gourmet recipes that were previously confined to the family kitchens of the area. A wealth of spices and special ingredients are sourced from the place of origin, freshly grown vegetables with fresh meats and fish delivered directly from the Coast.

For the final touches of authenticity, wood and charcoal fires are still used.

BOMBAY

GOA

KARWAR

MANGALORE

BANGALORE

COORG

KERALA

PERIYAR

ARABIAN  
SEA

INDIAN  
OCEAN





*Coriander Leaves*



*Mace*



*Byadgi Chillies*



*Green Chillies*



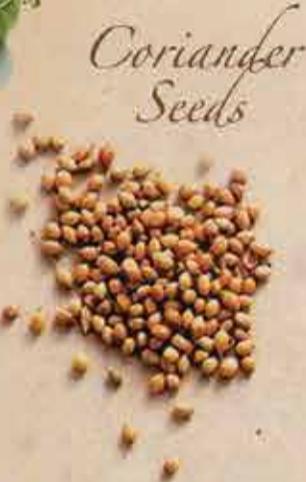
*Select Mixed Spices*



*Mustard Seeds*



*Kokum*



*Coriander Seeds*



*Garlic*



*Chilli Powder*



*Bay Leaves*



*Cinnamon Sticks*



*Nutmeg*



*Ground Ginger*



*Fenugreek Seeds*



*Cloves*



*Green Cardamom Pods*



*Cumin Seeds*



*Star Anise*

*Black Peppercorns*



*Curry Leaves*



*Turmeric*



*Curry Powder*



*Rock Salt*

# *True originals*

As spectacular and surprising as the countryside is at every turn, the cuisine of its many communities were largely confined to family kitchens in the deep interior.

Until Karavalli, at The Gateway Hotel, Bangalore, captured and showcased them. Not only were the authentic recipes tracked down to the place of origin, the chefs were sent to be trained in the kitchens of traditional homes. Refinements like mechanised stone grinders have been introduced to preserve the robust flavours of the coconut-rich masalas, which can easily be damaged by the high heat of regular mixers. All, to ensure that your favourite dishes taste as delectable as they should.



# *Dance of the spices*

As pungent or aromatic seasonings, spices were prized long before recorded history. Though they've always been used to flavour food and drink, spices have also been used for their medicinal properties. Spices are considered aphrodisiacs by many cultures around the world. They have also been used for the coronation of emperors, religious ceremonies, making perfumes, and as burial accoutrements for the wealthy.

India is known as the 'The Home of Spices'.

# *West Coast seafood grill*

Karavalli's famed West Coast seafood grill is a must-try culinary experience for all seafood lovers. Fresh catch are steeped in marinades held close to hearts of family kitchens of the South West Coast. Each marinade has been specially prepared to bring out the unique flavour and texture of specific types of fish and meat. These are then freshly grilled to perfection and served piping hot.

# *The know-how of choosing the right Fish in the right season.*

*Did you know that there are specific months when you shouldn't eat species of fish? Because worldwide the seafood demand is increasing; yet many of the fish we enjoy are in trouble due to overfishing or destructive fishing and farming practices.*

*At Karavalli, we prefer to avoid serving fish that are breeding or carrying eggs in specific months so that they can reproduce and replenish their populations. Our chefs strive to provide you with equally delicious and healthy alternative recipes, instead.*

---

<i>Months</i>	<i>Fish</i>
<i>January to July</i>	<i>Lobster</i>
<i>January to September</i>	<i>Pearlspot</i>
<i>June to February</i>	<i>Pomfret</i>
<i>June to March</i>	<i>Prawns</i>
<i>September to May</i>	<i>Mud Crab</i>
<i>October to May</i>	<i>Seer Fish</i>
<i>December to July</i>	<i>Lady Fish</i>
<i>December to August</i>	<i>Red Snapper</i>

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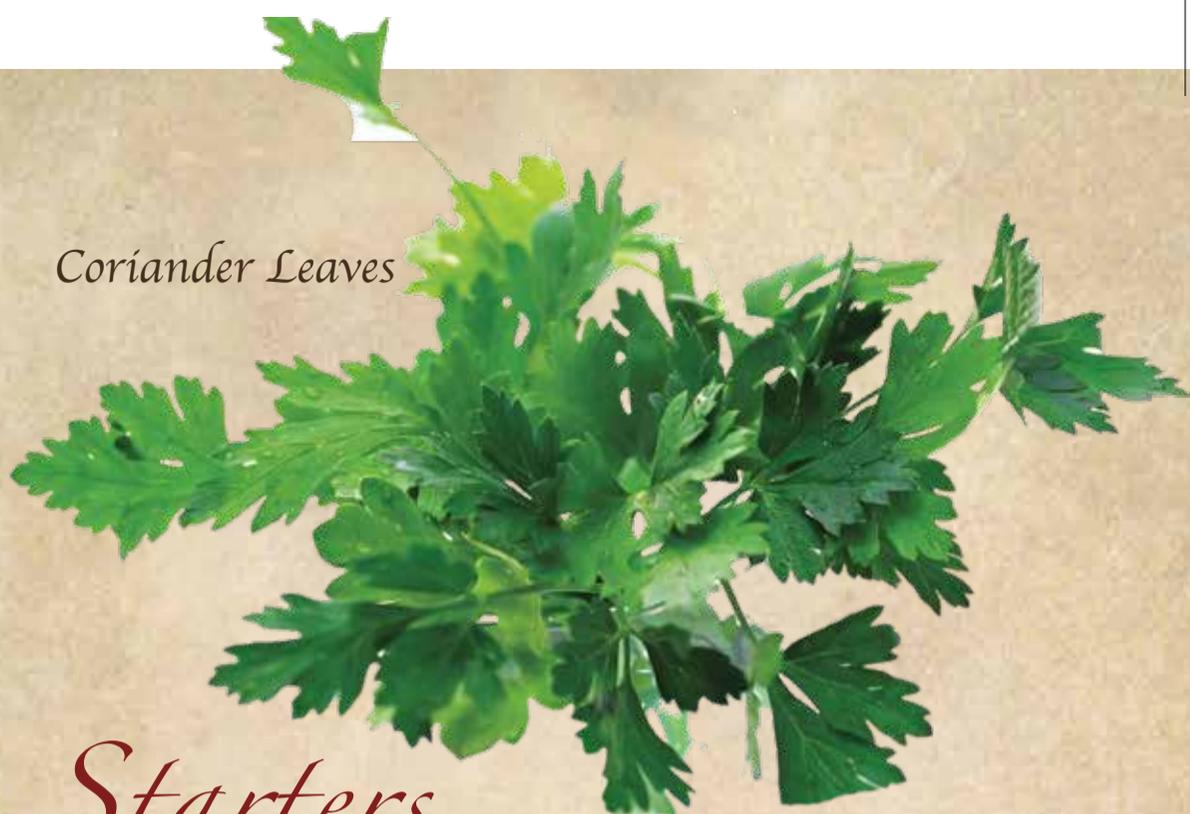
*knowyourfish.org.in*



*Karavalli's famed West Coast Seafood Grill is an experience for gourmets and seafood lovers. Fresh catches of fish are steeped in spice blends that are closely guarded secrets in family kitchens of the South West Coast.*



Coriander Leaves



## Starters Sea Food

- **Crab Milagu fry** 1650  
*pan-roasted fresh mud crab in a spicy pepper masala.*
- **Neitha Denji** 1200  
*tender sea crab, fried with a subtle kundapur spice mix and clarified butter*
- **Tiger Prawns Roast** 1525  
*one of Karavalli's best-loved dishes -fresh tiger prawns tossed in a Kerala spice mix full of the fresh flavours of tomato, ginger, green chillies, coconut slivers, lemon juice and traditional spices.*
- **Camaro Con Cilantro** 1200  
*prawns flavored with fresh coriander and cooked in a delicate saffron sauce.*
- **Scampi Tawa Fry** 1200  
*marinated scampi grilled to perfection.*
- **Kane Kaidina** 995  
*a perennial favourite- whole Lady Fish, from the estuaries of Mangalore, marinated and griddle fried.*
- **Meen Eleittad** 995  
*fresh black pomfret, marinated in Malabar masala, wrapped in a banana leaf and pan-fried to perfection.*

*Please let our service associate know if you are allergic to any food ingredients.*

*All prices in INR. Extra taxes applicable.*

## *Mud crabs from Kannoor, Kerala*

*Scylla Serrata*, often called mud crab or mangrove crab, is found in the estuaries and backwaters of Kerala, especially in Kannoor. Here mangrove plants grow in abundance, offering an ideal eco system that shelters small fish and vegetable matter which forms the main part of the mud crab's diet. Considered to be one of the tastiest among the crab species, the mud crabs from Kannoor are certainly the best in this part of the world. Karavalli goes to great lengths to source mud crabs from the most quality-conscious hatcheries of the area, so that what you get on your plate are the healthiest, most succulent mud crabs available.



- *Kane Bezule* 995  
*whole lady fish, seasoned generously with finely ground Mangalorean spices, and pan- cooked.*
- *Meen Pollichathu* 995  
*backwater pearl spot, smothered in a tangy spice mix of shallots, wrapped in banana leaves, and shallow fried.*
- *Masala Nistei* 995  
*tender cubes of fried seer fish, tossed with onion, tomato, capsicum, and Malwan garam masala.*
- *Killemeen Porichathu* 995  
*marinated red snapper fish slow cooked on tawa*
- *White Pomfret Recheado* 995  
*white pomfret stuffed with popular recheado masala made with chilli, cloves, garlic, pepper, vinegar and griddle cooked*
- *Malvani Surmai Fish Fry* 995  
*king fish marinated in Malvani garam masalas, coated with semolina and shallow fired.*
- *Octopus Sukka* 995  
*fresh octopus tossed in Kundapur spice mix, with flavours of grated coconut, mild bydagi chillies, coriander seeds, fenugreek, pepper corns and cumin*
- *Koondal Pattichathu* 995  
*marinated squids cooked with spicy Kerala masala*

*Please let our service associate know if you are allergic to any food ingredients.*

# *Pepper from Coorg*

Black pepper was referred to as “black gold” long before petroleum was even heard of.

During the days of spice trading, a kilogramme of pepper cost more than a kilogramme of gold. Originating in the humid, tropical, evergreen forests of the Western Ghats, black pepper from Coorg has now become the “Gold Standard” for pepper throughout the world. That is why we use it for our spicy favourites like Koli Barthad.

# Meat and Poultry

- **Kori Kempu Bezule** 825  
boneless chicken, marinated in a traditional Mangalorean spice mix, tossed in yoghurt, green chillies and curry leaves.
- **Koli Barthad** 825  
succulent pieces of chicken, pan-fried in a blend of roasted spices and the tart flavours of Coorg vinegar.
- **Ghee Roast Chicken** 825  
tender chicken, fried with a subtle Kundapur spice mix and clarified butter
- **Galinha Cafreal** 825  
griddle cooked chicken morsels in fresh coriander, pepper, cinnamon and cashew based masala.
- **Attirachy Ularthu** 825  
lamb cubes, cooked with onion, tomato and fresh spices, including ginger, green chillies and fennel powder, from Travancore, Kerala.
- **Erachi Ularthu** 825  
tenderloin, cooked with onion, tomato and fresh spices, including ginger, green chillies and fennel powder.

Please let our service associate know if you are allergic to any food ingredients.



Black Peppercorns

All prices in INR. Extra taxes applicable.

# *Byadgi chilli from Dharwad*

Byadgi chilli, mainly grown in the Indian State of Karnataka, is remarkable for the excellent combination of rich colour and medium spice level. More aromatic than other chilli varieties, Byadgi chilli is what gives the traditional taste to our mildly spicy Gobi Kempu Bezule.

# Vegetarian

- **Gobi Kempu Bezule** 695  
cauliflower florets, fried crisp and tossed in yoghurt, green chillies and curry leaves.
- **Urullakkizhangu Roast** 695  
tender baby potatoes, roasted with fennel, chilli, Malabar masala, a blend of several spices, and a dash of lime juice.
- **Kaaju Kothmir Vade** 695  
fresh coriander and onion-infused cashew fritters.
- **Aulmin Mirsang Fry** 695  
fresh button mushrooms, capsicum and onions, sautéed with tomatoes and Goan xacuti masala- a complex blend of eighteen spices.
- **Kinnya Masala Dosa** 695  
rice and lentil crepes, filled with a spicy coconut relish and seasoned potatoes.
- **Chattambade** 695  
deep fried patties of ground split Bengal gram, crushed aniseeds, green chillies and curry leaves.
- **Oggaraneda Aritha Pundi** 695  
steamed rice dumplings, flavoured with coconut and cumin.
- **Pachakkai Varuthathu** 695  
crisp-fried raw banana, tossed in a tangy Kerala spice mix.

Please let our service associate know if you are allergic to any food ingredients.



All prices in INR. Extra taxes applicable.

Byadgi Chillies

# *Kodumpuli from Kerala*

Kodumpuli, a fruit that resembles tamarind, is used to add sourness to curries. When the fruit ripens, it's removed from the vine, seeded, and left to dry in the sun till it turns leathery. The skin is then smoked, infusing it with a complex aroma. It adds a pleasant sourness to the gravy, with hints of sweetness, astringency, and the faintest whiff of smoke. The effect on the dish is completely transformative. Like white wine in, or with, a fish stew, Kodumpuli compliments the fish's natural flavour while giving it something to play against. At Karavalli, we source our Kodumpuli from the heart of Kerala, where the ancient traditions of curing this essential ingredient is still being practiced.



## *Kane fish from the estuaries of Mangalore*

Kane is a meat eating fish that's caught in the waters off the North Karnataka Coast. This diet makes it one of the most succulent fish found here. Although Kane is caught in the waters off Kundapur and Malpe, the finest come from the estuaries around Mangalore. We have the best-of-the-catch flown daily from the coast. So if you want Mangalore's signature fish, Karavalli is the place to experience it.

## *Main Course*

### *Sea Food*

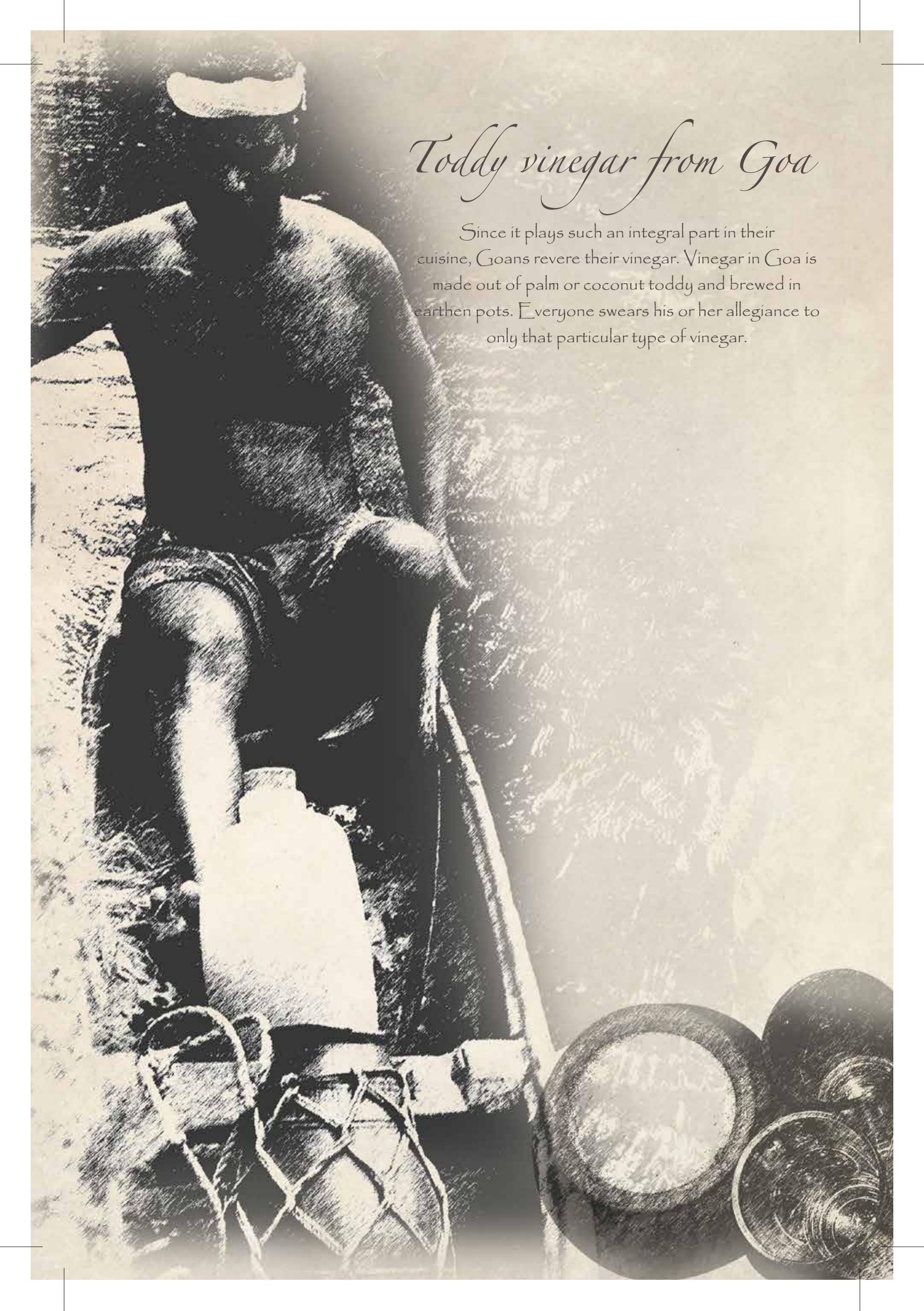
- *Chevod Balchao* 1650  
*fresh lobster, prepared in a popular Goan pickle masala with local chillies from Goa, and the distinctive Goan vinegar.*
- *Karavalli Crab Curry* 1650  
*a Karavalli special-currried fresh mud crabs, cooked in a spicy gravy.*
- *Sungatache Kodi* 1525  
*succulent tiger prawns, delicately cooked in ground coconut paste, cumin and spices.*
- *Yetti Pulimunchi* 1200  
*prawns simmered in coconut, chilli and tamarind based in hot and sour curry*
- *Allapuzha Meen Curry* 995  
*cubes of sear fish, simmered in a moderately spiced gravy of freshly ground coconut, ginger and raw mangoes.*

*Please let our service associate know if you are allergic to any food ingredients.*

*All prices in INR. Extra taxes applicable.*

## *Turmeric*

One of the key ingredients in many Indian dishes, especially meat curries, Turmeric has a peppery, warm and bitter flavour and a mild fragrance slightly reminiscent of oranges and ginger. Ancient Indian medicine, Ayurveda, has recommended its use in food for its medicinal value. At Karavalli, we source our Turmeric from organic farms which emphasise the total organic process - planting, cultivation, selective harvesting and production. This wonderful spice adds flavour and good health to most of our non-vegetarian delicacies.



## *Toddy vinegar from Goa*

Since it plays such an integral part in their cuisine, Goans revere their vinegar. Vinegar in Goa is made out of palm or coconut toddy and brewed in earthen pots. Everyone swears his or her allegiance to only that particular type of vinegar.

# *Meat and Poultry*

- *Kori Gassi* 950  
tender pieces of chicken, cooked with finely ground fresh coconut, byadgi chillies, coriander and tamarind.
- *Kozhi Malliperlan* 950  
an all-time favourite- boneless pieces of chicken and vegetables, in a tender gravy of coconut milk and fresh spices.
- *Malvani Kombdi Curry* 950  
succulent pieces of chicken marinated with freshly ground Malvan masala and cooked with ground coconut, onion and hing
- *Thaarav Roast* 950  
duck roast - a Syrian christian speciality from Kerala- traditionally eaten with idiappam or appam
- *Pork Sorpotel* 950  
a Goan classic- cubes of pork, cooked in a traditional red spicy curry.
- *Mutton Eshtew* 950  
tender cubes of mutton, cooked in coconut milk and spices, paired with appams.

*Please let our service associate know if you are allergic to any food ingredients.*

*All prices in INR. Extra taxes applicable.*

## *Wood-fired curries*

Several centuries ago, our ancestors discovered the perfect way to make a curry. It was all a matter of clay pots and wood-fire. Clay is a porous material which, when saturated with water and heated in the oven, provides slow evaporation of steam from the pores. This creates a moist enclosed environment that results in meat, poultry and fish dishes that are succulent, savoury and tender. Since it is cooked slowly with steam, the natural juices and flavour are preserved in their entirety. At Karavalli, our range of wood-fired dishes, cooked in a clay pot and in specially-created, traditional “Oles” or fireplaces, celebrates this age-old tradition.

*Curries cooked on a specially created Ole  
- a traditional wood-fired hearth.*

- *Karavalli Mutton Curry* 950  
*a speciality from south Canara- finely ground local spices, thickened with cashew paste and coconut milk, and flavoured with tomato.*
- *Kozhi Milagittathu* 950  
*a home-style chicken curry from the Syrian christians of Kerala.*
- *Meen Vevichathu* 995  
*a home- style spicy fish curry from the Syrian christians of Kerala.*
-  *Kadala Gassi* 750  
*brown chickpeas, cooked with a coconut spice roast from south Canara.*

*Please let our service associate know if you are allergic to any food ingredients.*



*All prices in INR.  
Extra taxes applicable.*

## *Kori Roti*

One of Mangalore's most iconic dishes, Kori Roti epitomises the Bunts' unique culinary tradition. This dish is served in two separate parts – “Kori Gassi”, a thick spicy coconut gravy with succulent pieces of chicken and “Roti”, a special kind of crepe, made from rice paste and then dried quite hard and crispy. When the chicken gravy is poured on the roti, it is transformed into a soft-textured delicacy that simply melts in the mouth.

Karavalli recommends that Kori Roti is best eaten with your fingers.

# *Karimeen from the backwaters of Kerala*



Pearl Spot fish, or Karimeen, is unique to Kerala's backwaters and one of its most prized delicacies. The method by which it is caught is equally unique - women using their bare hands and feet! As the women wade through the backwaters, the fish see their approach and dive down to bury their heads in the mud. Not to be outsmarted, the women feel around in the mud with their sensitive feet and locate the fish. Then, ducking quickly under the water, they grab the unsuspecting prize with their bare hands. We have an arrangement with the fisher folk whereby the cream of the catch is set aside for Karavalli and ends up at your table.

## *Classic Combinations*

- *Kori Roti* 950  
*a popular combination of thin crisp rice pancakes and Mangalorean chicken curry.*
  
- *Pothi Choru* 950  
*unique to the moplabs of Kerala- a one- dish speciality of clarified butter flavoured rice with chicken curry, wrapped and steamed in banana leaves.*
  
- *Moplah Chemeen Biriyaní* 1200  
*prawns biriyaní from the Malabar muslim community, served with chammandí- dry coconut chutney, a yogurt relish and appala.*

*Please let our service associate know if you are allergic to any food ingredients.*



Potato



Bread Fruit



Onion



Ridge Gourd



Yam



Fresh Pineapple



Mushroom



White Pumpkin



Bitter Gourd



Banana Flower



Brinjal



Fresh Peas



Coconut



Drumstick



Mangalore Spinach



Fresh Tomato



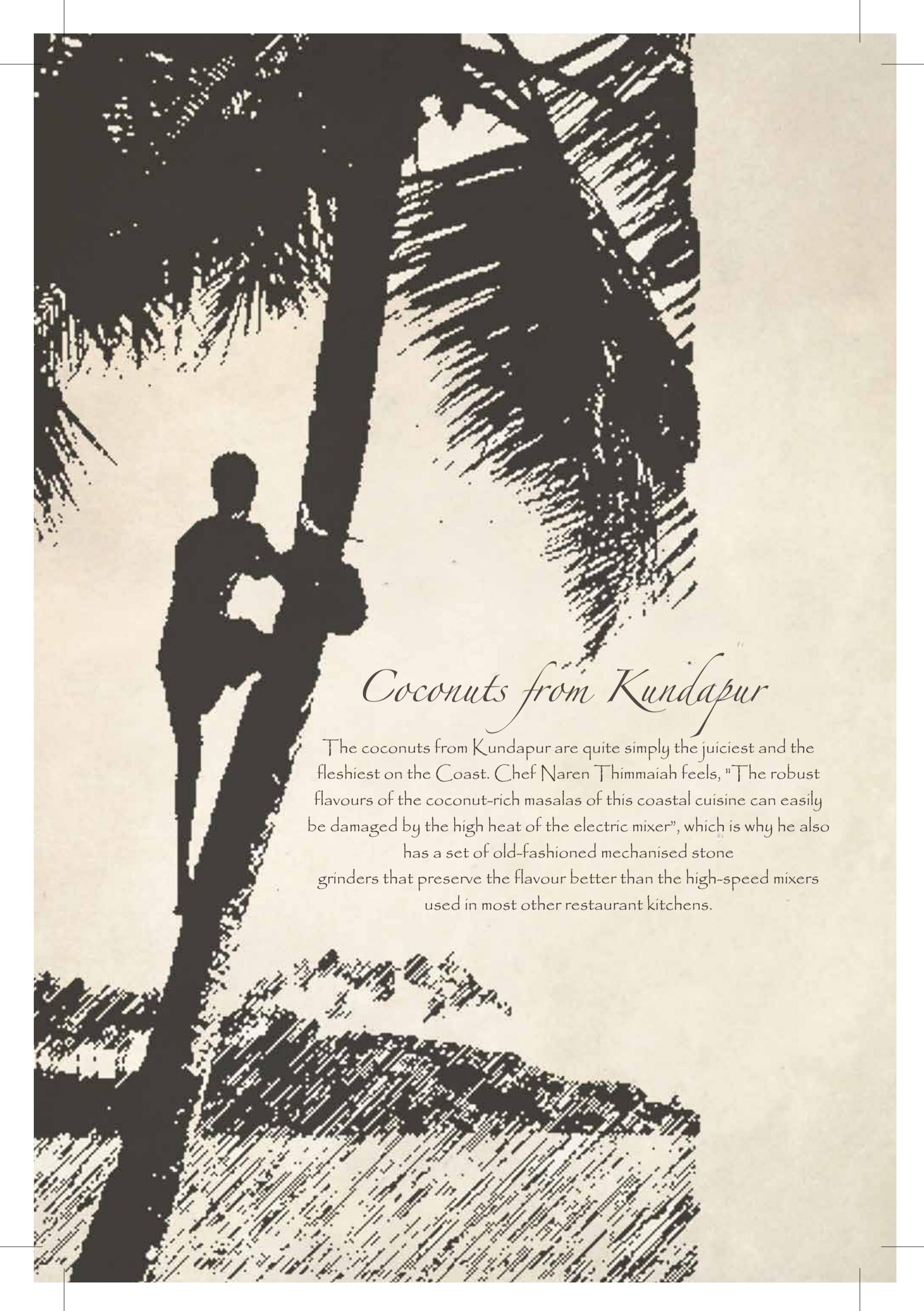
Mangalore Cucumber



Red Spinach



Shallot



## *Coconuts from Kundapur*

The coconuts from Kundapur are quite simply the juiciest and the fleshiest on the Coast. Chef Naren Thimmaiah feels, "The robust flavours of the coconut-rich masalas of this coastal cuisine can easily be damaged by the high heat of the electric mixer", which is why he also has a set of old-fashioned mechanised stone grinders that preserve the flavour better than the high-speed mixers used in most other restaurant kitchens.

## Seasonal Stars

- **Patrade** 695  
*the unique flavours of colocasia leaves, wrapped around a paste of lentils and spices and pan-roasted.*
  
- **Maavinakai Mensukkai** 750  
*chunks of brine-preserved mango, cooked in a blend of chillies and coconut from the havyakas of the Mangalore region.*
  
- **Southeikai Pachadi** 750  
*a soothing cold dish, Mangalore cucumber cooked with ground coconut and curd.*
  
- **Basale Kajippu** 750  
*vine spinach leaves cooked with lentils and coconut.*
  
- **Enne Badnekai** 750  
*baby brinjals simmered in peanut and coconut based aromatic masala.*



# *Boiled rice from Kuttanad*

The staple food of Kerala is “choru”, the famous boiled rice of the State. In fact, no meal in Kerala is considered complete without boiled rice. The Kuttanad Region in Alappuzha District, also known as the “rice bowl” of Kerala, is the best place to source boiled rice. Kuttanad is perhaps the only place in the world where rice is grown four to ten feet below sea level. Karavalli gets all its boiled rice directly from the best paddy farms in the area.

# Vegetarian

-   **Ulli Theeyal** 750  
stewed button onions in a tangy gravy, with freshly roasted and ground spices.
-   **Pachakkari Stew** 750  
seasonal vegetables, gently simmered in creamy coconut milk.
-   **Vazhapoo Thoran** 750  
banana flowers, stir-fried with coconut and spices.
-   **Alambo Arepu** 750  
fresh mushroom curry, prepared with a perfect blend of spices typical of the Mangalore coast.
-   **Vazuthanaga Vazzakka Charu** 750  
a home-style curry of green aubergines, raw bananas and potatoes from Kerala.
-   **Ananas Sansav** 750  
curried pineapples, seasoned with mustard seeds- a traditional speciality from Mangalore.
-  **Avial** 750  
a creamy yoghurt and coconut paste base, for seasonal vegetables flavoured with green chillies and cumin.
-  **Ambot Tik** 750  
potato and cauliflower florets, prepared with delightfully spicy and sour Goan spices.
-  **Kerala Sambhar** 600  
a much-loved classic- yellow lentil and vegetable curry, cooked with tamarind pulp.

Please let our service associate know if you are allergic to any food ingredients.

All prices in INR. Extra taxes applicable.

# *Home grown freshness*

The South West Coast has an exceptionally high diversity of fruits and vegetables, thanks to the heavy monsoon rains of the region. Jackfruit, hog plums, mangoes, brahmi leaves (water hyssop), bitter gourd, Mangalore cucumber, bamboo shoots, colocasia and an incredible variety of spinach are some of the seasonal vegetables grown here. It is but natural that these should find their way into the cuisines of the land, given the multiplicity of cultures and tastes of the region. Karavalli presents some of the most representative dishes all authentically created in the traditional style.

# Accompaniments

- **Appam** 165  
spongy rice pancake.
- **Egg Appam** 180
- **Idiappam (3 pieces)** 180  
steamed rice string hoppers.
- **Neer Dosa (4 pieces)** 180  
paper-thin, delicate rice pancakes that melt in your mouth.
- **Sannas (3 pieces)** 180  
spongy, steamed, Goan rice cakes.
- **Ramasserí Idli** 180  
classic, thin rice cakes from ramasserí, served in pairs.
- **Malabar Paratha** 195  
flaky refined flour bread.
- **Tawa Paratha** 195  
whole wheat flour bread.
- **Unpolished Red Rice** 250
- **Neichoru** 250  
mildly sweetened rice, cooked with clarified butter.
- **Plain Steamed Rice** 250
- **Chitranna** 295  
rice, flavoured with lemon juice and seasoned with mustard seeds, cashewnuts, split gram, red chillies and curry leaves.
- **Puliogare** 295  
rice flavored with tamarind pulp, seasoned with lentils and curry leaves.

Kuttanad Rice

Please let our service associate know if you are allergic to any food ingredients.

All prices in INR. Extra taxes applicable.



# *Bebinca from Goa*

Bebinca is baked in a special clay oven. It is made layer-after-layer over a slow fire and with coal on top of the lid of the pan. Each layer has to be cooked just right before adding another. It is said that the skill of a Goan housewife is measured by the delicacy of the Bebinca she prepares. Traditionally, the famous Bebinca has sixteen layers and each layer is an investment in time and care. At Karavalli, we bring you sixteen marvelously soft, lacy layers.

*Simply sinful!*



## *Palm jaggery from Goa*

The sap extracted from various species of palm trees is very sweet and non-alcoholic before it is fermented. Strained and boiled to crystallising point, it produces palm jaggery, a brown coarse form of sugar, which gives Karavalli's Goan sweet delicacies like Dodol its unique authentic flavour.

# Desserts

- **Bebinca** 450  
*a delightful coconut-based multi-layered, Goan speciality, served warm with vanilla ice cream.*
- **Dodol** 450  
*rice cake, cooked gently in coconut milk and jaggery, served warm, with vanilla ice cream- a Goan speciality.*
- **Elaneer Payasam** 450  
*chilled tender coconut pudding, laced with jaggery.*
- **Ada Pradhaman** 450  
*rice flakes, cooked in coconut milk and jaggery, delightfully thick and creamy.*
- **Ragi Manni** 450  
 *cake made out of ragi flour jaggery and coconut milk.*
- **Chiroti** 450  
*light flaky pastry, sprinkled with granulated sugar and soaked in almond milk.*
- **Gatti Shaavige Payasa** 450  
*creamy vermicelli pudding, set in a mould and served with a caramel sauce.*
- **Speciality Ice Cream** 450  
*banana caramel/ tamarind/choco almond*
- **Coastal Cruise** 500  
*a tempting combination of bebinca and dodol, with vanilla ice cream.*

*Please let our service associate know if you are allergic to any food ingredients.*

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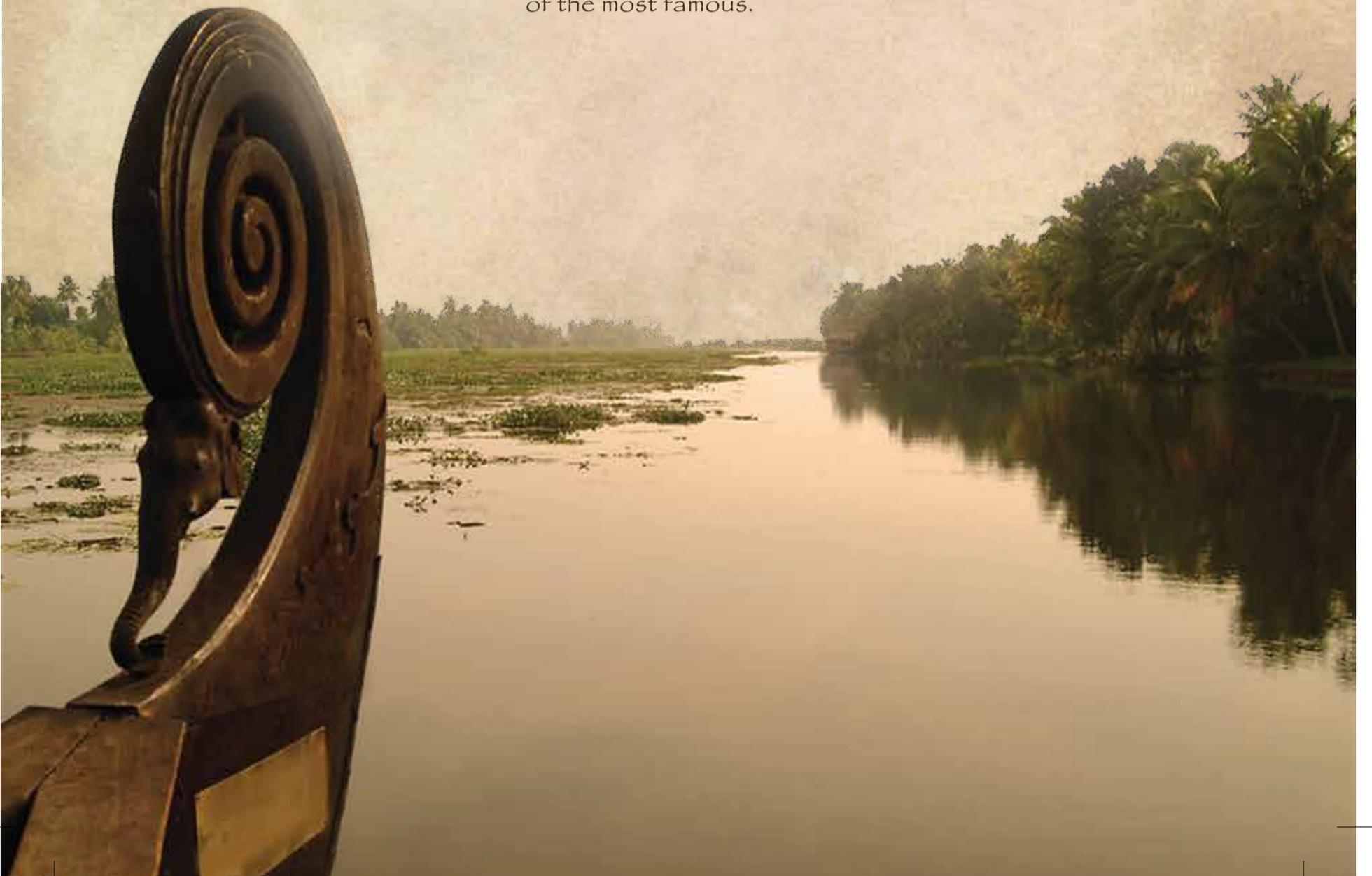
# *Cultural Cauldron*

## *Kerala*

The cuisine of Kerala is linked in all its richness to the history, geography, demography and culture of the land. Mildly flavoured, gently cooked and with a certain genteel delicacy on the stomach, Kerala cuisine uses a variety of non-scalding spices such as cinnamon, cardamom, ginger, clove, garlic, cumin, coriander and turmeric. All of these have therapeutic properties that help tone up the system, in the same way wine aids in the digestion of Western cuisine.

## *Goa*

Goan identity is rooted, among other things, in the deep enjoyment of food and drink. Highly influenced by Konkani, South Indian, Portuguese, British, Muslim and Saraswat cuisines-Goan cooking generally involves liberal amounts of spices-which give the taste and aroma that is so uniquely Goan. Particular combinations of spices have led to a number of styles of cooking, which have subtly differing flavours - Vindaloo and Balchao being two of the most famous.





## *Coorg*

The Coorg's (Kodava's) fondness for good food (kadi) and liquor (kudi) is legendary. Mainly meat eating, with a distinct slant towards pork, the Coorg cuisine mainly uses local produce in a variety of ways, with different combinations of coconut, onion, garlic and a selection of other spices. Coorgs are also partial to vegetables from their forests and fields - tender bamboo shoots, wild mushrooms, wild mangoes, unripe jackfruit and the like.

## *Mangalore*

Mangalorean cuisine is a collective name given to the cuisines of the Mogaveeras, Billavas, Bunts, Saraswat Brahmins, Mangalorean Catholics and the Bearys.

Mangalorean cuisine is largely influenced by South Indian cuisine, with several cuisines being unique to the diverse communities of the region. Spicy fish delicacies like the kane fry (lady fish), rice-based preparations and a wide variety of fruits are perennial favourites on the Mangalorean menu.

