

Indian Summer House

Muvattapuzha

Kerala India

Our Menu

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Breakfast Menu

South Indian Breakfast

Please order the evening before

Only One Indian option available per day

Puttu

Steamed rice cake served with fresh coconut milk, honey, banana and pappadum.

Idli

Steamed savoury cakes made with rice and white dahl flour. Served with vegetable sambar and coconut chutney

Masala Dosa

Savoury pancake made with rice and white dahl flour with a potato masala filling. Served with coconut chutney

Idiyappam/String Hoppers

Noodle cakes served with egg roast or kadala (chickpea) curry

Upama

Fine corn grain with finely chopped ginger, green chilli, carrot and onion. Served with banana and honey

Appam

Thick rice flour pancake served with mild vegetable stew

Poori

Wheat flour bread deep dried to create a "puff" shape and served with potato or vegetable masala

Variations & Side Dishes: Spicy Beef fry, Mung Beans, Tomato Chutney, Chana Masala,

Continental Breakfast

All options available every morning

Fruit Plate

Plate of seasonal fruit (watermelon, papaya, banana, pineapple, orange, grapes, mango, apple, pomelo, sweet lime, jackfruit, pomegranate,

Muesli

Served with cold milk, honey and yogurt

Corn Flakes or Wheat Flakes

Served with sugar and cold milk

Plain Toast or French toast

Choice of local white bread or homemade wholemeal bread. Served with butter, jam, honey, vegemite

Eggs

Your choice of fried, boiled, poached, scrambled or omlette (Plain or with onion, chilli and tomato). Served on toast.

Pancake

Served plain or in Kerala style (with grated coconut, banana, raisins, honey and cinnamon)

Porridge

Served plain or in Kerala style (with grated coconut, banana, raisins, honey and cinnamon)

Idli

Puttu

Masala Dosa

Idiyappam

Upama

Appam

Poori



Indian Summer House

Lunch and Snacks Menu

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South Indian Lunch Meals

Please order at breakfast

Only One Indian option available per day

Kerala Thali meal

Chef's interpretation of the traditional Sadhya consisting of various vegetable dishes served with Kerala rose rice on a banana leaf with pickles and papadum. Side dish of either Fish Curry, Fish Fry or Chicken Fry at your request.

Biryani

A traditional northern dish of fragrant basmati rice cooked with cloves, cinnamon, cardamom, ginger and cashew nuts. Served with Vegetable, Fish or Chicken and papadum, pickles and vegetable raita.

Masala Dosa

Savoury pancake made with rice and white dahl flour with a potato masala filling. Served with coconut chutney and sambar.

Salads

Fresh Garden Salad

Tomato, cucumber, capsicum and lettuce dressed with balsamic vinegar and olive oil

Greek Salad

With tomato, black olives, cucumber, green capsicum, feta cheese and olive oil

Prawn Salad

With boiled potatoes, carrot, green beans, fresh tomato and grilled prawns dressed with homemade aoli

Watermelon Salad

Plate of chunked watermelon, steeped red onion sprinkled with feta and mint and spritzed with lime and olive oil.

Tropical Chicken Salad

Shredded chicken, coconut and mango or pineapple with a lime vinaigrette

Tuna Nicoise Salad

Fresh grilled Tuna steaks, boiled potatoes, green beans, tomato, egg, olives with a vinaigrette dressing served on a bed of lettuce

Soups

Tomato Soup

Lentil Soup

Seafood Soup

Chicken Cream Soup

Vegetable Cream Soup

Drumstick Clear Soup

Snacks

Sandwiches

Chicken, Fish, Egg or Cheese served on fresh homemade wholemeal bread served with mayonnaise and side salad

Katti Roll

Two fresh chapatti rolls with your choice of filling: Fish, Chicken or Vegetable. Spicy or Non Spicy as per your request

Pakora

Vegetable, paneer, chicken, fish or prawns fried in a light pea flour batter served with a mint and yogurt sauce

Cutlet

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

Indian Summer Burger

Beef or Goat patti with cheese, lettuce, tomato, fried egg served open on homemade wholemeal bread or in local sweet bun served with fries

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Dinner Menu

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Please order the night before

Choose Two dishes from each section Vegetables, Meats and Fish

Rice, Chappati, Pappadums, Pickles and Yogurt will be served with your meal along with a 'small bite' of the Chef's selection or you can order a soup.

OR

Kerala Sadhya (Thali): Our Chef will prepare his interpretation of the Traditional Kerala Feast consisting of various vegetable dishes served with Kerala rose rice on a banana leaf with spicy pickles, crunchy banana chips, crispy pappadums, local bananas and payasam (a sweet milky dessert with vermicelli and cashews). This is usually vegetarian however you can choose to add one of the following side dishes: Spicy Fish or Chicken Fry

Vegetables

Thoran

Seasonal vegetable prepared with fried coconut, onion, green chilli and mustard seeds

Kichadi

A typically Malayali dish made of curd and cucumber

Theeyal

Similar to Sambar, Theeyal is made from a mixture of spices consisting of roasted coconut, coriander seeds, dried red chili and fenugreek

Aviyal

Very delicious preparation made with mixed vegetables, curd, coconut, seasoned with coconut oil and curry leaves

Olan

Prepared from white gourd, coconut milk and ginger seasoned with coconut oil

Sambar

This is a lentil-based vegetable stew or chowder based on a broth made with tamarind very popular in South India and always on the menu

Kalaan

is a Keralite dish made of yogurt, coconut and one vegetable like nendran plantain or a tuber like yam. It is very thick, which distinguishes it from a similar curry known as pulisheri, and

Vegetables

Brinjal Fry

Chopped aubergines fried with mild spices, mustard seed and onion.

Okra Mazukuparathi

Ladies Fingers (Okra) fried with coconut pieces and peppercorns

Patchadi

Mixed fruit and vegetable curry

Moru Curry

This is a very popular Kerala dish. Many Keralites will be happy to have this curry, some pickle and rice. Yogurt Curry is made of a complex collection of spices and you can add Pineapple or cucumber or gourd to the curry. It's a sweet and sour curry

Pumpkin Erissery

Golden light curry with red beans and roasted coconut

Salads

Red Onion Salad

Fresh vegetable salad

Cucumber, Tomato and Red Onion

Red Onion, Tomato, Yogurt Salad

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Dinner Menu Con't

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Lentils/Pulses/Potato

Cholem Masala

Chick peas cooked with tomato, coriander, onion in coconut milk

Aloo Gobi

Potato and cauliflower fried in rich tomato masala

Cuppa (Tapioca)

Steamed then seasoned with curry leaves, mustard seeds and grated coconut

Koorka

Known as a Chinese Potato these little delicacies are stir fried and make a wonderful side dish

Dahl Makhani

Punjabi dish popular everywhere whole black lentils with kidney beans, butter and cream (Peter describes it as Chocolate Dahl)

Onam Parippu

Moong Dahl (yellow dahl) cooked with fresh green chilli and coconut

Cherupayaru Thoran

This is a dry mung bean fry with cumin and freshly grated coconut

Ishtu

Potatos stewed in a fragrant and spiced coconut milk

Rice and Breads

Basmati Rice

Local Rose Rice

Jeera Rice (with cumin seeds)

Lemon Rice

Tamil Curd Rice

Continental Fried Rice

Appam

a type of South Indian pancake made with fermented rice batter

Chapati

unleavened flatbread. It is a common staple food in India

Dosa

a fermented crêpe or pancake made from rice batter and black lentils. It is a staple dish in South Indian

Idli

rice and fermented black lentil batter that is steamed

Parotta

layered flat bread of Kerala made from maida flour

Puri

unleavened deep-fried bread

Uttapam

dosa-like dish made by cooking ingredients in a batter

Idiyappam (String Hoppers)

Rice noodles steamed

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Dinner Menu Con't

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Meat and Seafood

Fish Mollee

White sea fish cooked in mild spices with three types of coconut milk

Prawn Ularthi

Large prawns in dry gravy with onion, chilli and large coconut pieces

Meen Varuthathu

Commonly prepared with Pomfret or Karimeen this is the typical Kerala style fried. You must have this before leaving Kerala

Fish/Prawn Malabari

Very delicious preparation made with mixed vegetables, curd, coconut, seasoned with coconut oil and curry leaves

Meen Curry

This is a spicy red fish curry from the Kottayam district. Often served with Cuppa (tapioca) in local Toddy shops.

Meen Manga Curry

A lightly spiced fish dish with mango. The Mango can be green or ripened.

Koonthal Roast

This traditional spicy Squid Roast is normally dry however you can do this in a semi gravy form as well. Like most seafood dishes it is prepared in a claypot.

Beef Fry

Buffalo meat dry fried with onion, green chilli and coconut pices

Beef Curry Nadan

This is a local beef curry that you will find on the roadside stalls in Muvattapuzha. A hawker

Meat and Seafood

Chicken Chettinad*

Tender chicken pieces cooked in special South Indian/Chettinad style

Kozi Varytha Curry

Boneless chicken fried with a thick South Indian masala gravy

Nadan Mutton Curry

Mutton (Goat) Curry is a special aromatic dish that goes well with almost anything. Mutton pieces are cooked in a blended mixture of roasted red chillies and fresh spices

Mutton Pepper Fry

Tender pieces of goat marinated and slowly fried. This dish is spicy and rich. Ask for the addition of fresh green chilli to set your mouth alive!

Mutta Roast

Boiled eggs are added to a delicious onion and tomato based curry

Mutta Curry Chettinad

Boiled eggs are added to a Chettinad curry

The Grill

Ask the Chef about what is available off the grill. Keralites love making their versions of kebabs, tandoori, tikka, fish steaks in a variety of styles: continental, tasty or spicy.

The Seafood Platter

Assorted fresh market seafood; grilled tiger prawns or scampi, seer fish steak, whole pomfret/karimeen (pearl spot) and calamari cooked with an Indian or Continental marinade. Served

**In Chettinad (Tamil Nadu region), the most important spices are anasipoo (star aniseed) and kalpasi (a lichen known as the "black stone flower"). In addition, tamarind, whole red chillies, and fennel*

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Dinner – Continental Selection

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Main Meals

Fish 'n' Chips

Fresh white fillet fish cooked in a light beer batter served with fries, side salad/steamed vegetables, tartare and tomato sauce

Chicken Steak

Chicken breast grilled with your choice of lemon, Italian style or indian style marinade. Served with basmati rice/fried and side salad/steamed vegetables

Grilled Fish Steak

Fresh fish grilled with your choice of lemon, Italian style or indian style marinade. Served with basmati rice/fried and side salad/steamed vegetables

Pasta

Spagetti, Penne or Fusilli served with seafood, vegetables or chicken in a fresh tomato sauce with garden herbs. Served with garlic bread and side salad

Indian Summer Burger

Beef, Chicken, Mutton or Fish with cheese, lettuce, tomato, fried egg served open on homemade wholemeal bread or in local sweet bun served with fries

Side Dishes

Steamed Carrot, Cauliflower and green beans

Mashed potato with cheese and mustard

French Fries

Vegetable Fried Rice

Salads

Tuna Nicoise Salad

Fresh grilled Tuna steaks, boiled potatoes, green beans, tomato, egg, olives with a vinaigrette dressing served on a bed of lettuce

Tropical Chicken Salad

Shredded chicken, coconut and mango or pineapple with a lime vinaigrette

Prawn Salad

With boiled potatoes, carrot, green beans, fresh tomato and grilled prawns dressed with homemade aoli

Fresh Garden Salad

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Greek Salad

With tomato, black olives, cucumber, green capsicum, feta cheese and olive oil

Watermelon Salad

Plate of chunked watermelon, steeped red onion sprinkled with feta and mint and spritzed with lime and olive oil.

Soups

Tomato Soup

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Dinner Desserts

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Panjamaratham

Sauteed banana with dates, honey, ghee and mint leaves

Pazham Pori

Kerala banana fritter served with honey or chocolate sauce and ice cream

Ice Cream

Vanilla, Chocolate or Strawberry

Homemade Sorbet

Pineapple/Ginger, Mint/Lemon, Watermelon or Mango –depends on seasonal availability

Pineapple Crumble

Pineapple, ginger and cinnamon lightly warmed and then sprinkled with a sugary crumble topping

Payasam

This most famous local dessert is made by boiling rice, broken wheat, tapioca, or vermicelli with milk and sugar; it is flavoured with cardamom, raisins, saffron, cashews, pistachios or almonds. There are so many variations of this dish but the one we serve is light and aromatic. A wedding feast is judged mostly on the number and quality of Paysam served. Mini and I had three Payasam at our wedding

Homemade Pudding

Coconut, Mango or Chocolate depending on availability

Seasonal Fruit Salad

Seasonal Fruit Platter

