

A whole lot of wholesome!

If variety is the spice of your life, then CAPE COMORIN is glad to present a menu that features a wide selection of culinary delights from the Far Far East, the Wild Wild West and of course, from our own backyard - the land of the Moplahs, known for the confluence of Malabari and Arabic cuisine.

While our master chefs have perfected the art of recreating international fare using the finest produce, they've also masterminded WELLNESS FOOD - great-to-taste, micronutrient based food and beverage for those who look after themselves.

Wellness Food includes ingredients of low glycemic value - such as complex carbohydrates, unpolished and unprocessed whole grains, vegetables and legumes - that ensure sugar is released into the blood steam much slower than other types of food. This helps in weight management and keeping your energy levels high.

It also includes fresh fruit dishes packed with antioxidants and phytochemicals that fight against free radicals and inflammation, known to cause chronic diseases; pro-biotic food that's naturally fermented and loaded with useful bacteria; and super foods that are believed to be mood enhancers.

Think there's nothing better than good home-cooked food? We agree! That's why we brought in homemakers to don the chef's cap. They're eager to bring to your table the cuisine prepared using fresh-off-the market ingredients and flavours that are characteristic of this part of the world.

It that's too hot to handle, there's an assortment of classics that's pretty much in your comfort zone.

 Vegetarian

 Non-Vegetarian

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.

List of Allergens:

Moluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten 

Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites 

*Please inform our associates if you are allergic to any ingredients.
All prices are in Indian rupees and subject to government taxes.*

Breakfast

07:30 am- 10:30 am

- **Freshly squeezed seasonal fruit juice | 150 kcal | 330ml** 330
Choice of pineapple, watermelon, grape
- **Dressed fresh fruits | 140 kcal | 250gms** 330
Watermelon, pineapple, papaya, apple and banana
- **Smoothie | 347 kcal | 330 ml** 330
Banana, blueberry or seasonal fruit with yoghurt and honey
- ▲ **Breads and morning pastries (any three)** 385
| 780 kcal | 175gms   
Croissants, danish pastry, muffin or whole wheat bread served with butter, fruit preserve, marmalade and honey
- ▲ **Pancakes or waffles | 532 kcal | 175 gms** 420
Plain, apple, blueberry or banana served with maple syrup or honey and melted butter.
- ▲ **Eggs made to order | 810 kcal | 220gms** 420
Scrambled, fried, poached, boiled or omelette of your choice served with hash brown, tomato, ham/bacon/chicken sausage

Indian

- **Idli | 444 kcal | 450gms** 420
Steamed rice and lentil dumplings served with sambar and chutney
- **Medu vada | 695 kcal | 450gms** 420
Deep fried crispy lentil savoury. Served with sambar and chutney

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- **Broken wheat upma | 675 kcal | 350gms**    420
South Indian specialty made with broken wheat; tempered with mild spices and served with chutney

- **Dosa / Uthappam | 607 kcal | 125gm**  420
Traditional rice and lentil pancake, plain or masala served with sambar and chutney

- **Poori with aloo bhaji | 652 kcal | 360 gm**   420
Whole wheat deep fried Indian bread, served with potato bhaji

- **Choice of stuffed paratha**   420
Pan-grilled whole wheat flat bread with choice of stuffing
Aloo - 633 kcal | 165gm | Gobi- 616 kcal | 165gm
Paneer- 630 kcal | 150gm

- ▲ **Vellayappam - Mutta roast | 610 kcal | 480 gm**  425
Hoppers served with pan roasted eggs in robust onion tomato masala

Lunch / Dinner

12.30 to 3.00 pm & 7.30 pm to 10.30 pm

Soups and Starters

- **Slow roasted tomato and basil soup | 207 kcal | 250ml**    330

- ▲ **Oriental soups (choice of chicken or vegetables)
60 kcal | 250 ml**
Sweet corn/shanghai chilli garlic/manchow/hot and sour 330

- ▲ **Fish fingers | 820 kcal | 300 gms**     650

- ▲ **Tawa fried fish | 350 kcal | 180 gms**  680
Seer fish slices with spicy red chilli marinade griddled to perfection with fresh coconut oil.

- ▲ **Masala fried prawns | 360 kcal | 250 gms**  825
Prawns shallow-fried with traditional red chilly marinade

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- ▢ Syrian beef fry | 922 kcal | 250 gms** 710
Pan roasted beef cubes redolent with Malabar pepper and ground coriander.

- ▢ Taaza murgh tawa kabab | 516 kcal | 225 gms** 680

Chicken morsels steeped in spicy marinade cooked on iron griddle with chef's spices. Served with lacha onion salad, mint and peanut chutney

- ▢ Travancore chicken fry | 771 kcal | 225 gms** 690

- ▢ Chong-jing gai | 935 kcal | 150 gms** 680

Crispy chicken pieces tossed with red chilli, sesame oil and scallions

- ▢ Hara bhara kabab | 397 kcal | 250 gms** 465

Grilled cottage cheese medallions studded with greens and vegetables.

- ▢ Butter garlic cottage cheese | 664 kcal | 210 gms** 560


Sandwiches, burgers and wraps

- ▢ Chicken tikka sandwich | 1436 kcal | 450 gm** 660

Shredded chicken tikka with peppers and cheese, served in toasted bread with fries

- ▢ Club sandwich | 1505 kcal | 650 gms** 680

Triple - layered, toasted, multi grain or white bread sandwich with cheese, lettuce, tomato, chicken, fried egg and onion marmalade

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- **Chicken burger | 1094 kcal | 250 gms** 650
With a choice of onion marmalade or cheese, pickled gherkins, lettuce and tomato

- **Veggie club sandwich | 1240 kcal | 550 gms** 570
Triple - layered, toasted, multi grain or white bread sandwich with cheese, lettuce, tomato, coleslaw and pickled cucumber

- **Paneer kathi rolls | 588 kcal | 350 gms** 570
Juliennes of paneer, capsicum and onion tossed in Indian masala, rolled in Indian bread.

- **Vegetable burger | 979 kcal | 250 gms** 570
Grilled vegetable patties with cheese, pickled gherkins, lettuce and tomato

Pizza

- **Mexican | 1382 kcal | 600 gms** 590
With bell peppers, onion, jalapeno, spicy tomato salsa sour cream and cheese

- **Tandoori chicken Pizza | 1796 kcal | 500 gms** 630
Tandoori chicken, bell peppers, red onion and fresh coriander

International selection

- **Good ole fish 'n' chips | 897 kcal | 250 gms** 690
Served with tartar sauce

- **Grilled darnes of seer fish | 545 kcal | 350 gms** 690
Served with mashed potato, day's veggies and garlic butter sauce.

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- Grilled chicken supreme | 853 kcal | 410 gms**  650
Served with mashed potato, veggies, mushroom sauce

- Grilled tenderloin of beef | 828 kcal | 450 gms**  750
Served with mashed potato, veggies, choice of pepper, mushroom or red wine sauce

Pasta (penne/ fussili/ spaghetti)

- Arrabiata | 628 kcal | 300 gms**   580
Spicy tomato sauce

- Alfredo with chicken | 802 kcal | 300 gms**   690
cream sauce, parmesan and pan fried chicken

From the Indian kitchen

- Murgh tariwala | 444 kcal | 450 gms** 690
Chicken served with onion tomato gravy flavoured with cumin-coriander powder.

- Chikken tikka makhani masala | 775 kcal | 450 gms**   690
Clay baked chicken morsels finished in creamy tomato butter gravy

- Mutton roganjosh | 876 kcal | 450 gms**  750
On the bone lamb cubes stewed in Kashmiri red chilli and caramelised onion gravy.

- Gosht saagwala | 600 kcal | 450 gms**  750
Mutton cubes slow cooked in refreshing spinach gravy with select spices.

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●	Paneer aapki pasand	580
	Paner lababdar 635 kcal 450gms  	
	Paner tikka masala 466 kcal 450gms  	
	Palak paneer 683 kcal 450gms 	
●	Makai bhindi 455 kcal 400 gms 	550
	Okra and corn kernels tossed in tangy onion tomato masala with cumin seeds	
●	Dal makhani 535 kcal 400 gms 	450
	A Punjabi delicacy, black gram cooked on a slow flame with butter, cream and Indian spices	
●	Dal tadka 508 kcal 450 gms 	385
	Curried moong and masoor dal served tempered with garlic and cumin seeds.	

Regional homestyle

▲	Kakkathil	
	Choice of chicken or prawns smothered in red-chilly-country tomato pulp with ginger and curry leaves.	
	Speciality of Malabar	
	▲ Spring Chicken 528 kcal 350 gms	690
	▲ Prawns 372 kcal 320 gms 	830
▲	Aanam	
	Choice of meat or combination vegetables stewed in ginger infused coconut milk with whole species.	
	▲ Mutton 1059 kcal 450gms	710
	▲ Chicken 946 kcal 450 gms	650
	● Vegetables 787 kcal 450 gms	540

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<input checked="" type="checkbox"/> Manga Curry	Choice of prawns or seer fish cubes.	
	<input checked="" type="checkbox"/> Prawns 536 kcal 350 gms 	825
	<input checked="" type="checkbox"/> Fish 508 kcal 350 gms 	750
<input checked="" type="checkbox"/> Thenga varutharacha curry		
	Choice of meat cooked in broiled red chilli coconut gravy with powdered spices.	
	<input checked="" type="checkbox"/> Mutton 889 kcal 450 gms	750
	<input checked="" type="checkbox"/> Chicken 755 kcal 450 gms	690

Rice and breads

<input checked="" type="checkbox"/> Appam 280 kcal 225 gms	170
Lace rimmed pancakes made from fermented rice batter. A Syrian Christian specialty. Also known as 'hoppers'!	
<input checked="" type="checkbox"/> Malabar parotta 482 kcal 100 gms 	180
Griddled multi layered, flaky flour bread. Choice of flour and whole wheat.	
<input checked="" type="checkbox"/> Chapati, phulka 509 kcal 110 gms  Tawa paratha 482 kcal 100gms 	160
<input checked="" type="checkbox"/> Pulao 736 kcal 400 gms  Choice of jeera, kaju mutter or vegetable.	400
<input checked="" type="checkbox"/> Plain rice 539 kcal 400 gms	250
<input checked="" type="checkbox"/> Nei choru 675 kcal 400 gms  Ghee rice. Short grain 'Kaima' rice cooked with ghee.	270
<input checked="" type="checkbox"/> Chuvanna choru 207 kcal	250

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Thalassery biriyani

▢ Vegetable | 985 kcal | 600 gms   620

▢ Chicken | 1308 kcal | 600 gms   760

Pan Asian

▢ Chicken kung pao style | 537 kcal | 200 gms     690
A Sichuan style delicacy, chicken tossed with Sichuan peppers and fried peanuts

▢ Braised fish chilly dry | 566 kcal    690
Marinated fillet of fish braised in chef special chilly garlic sauce

Thai curry - red or green

Flavoured with galangal, lemon grass and kafir lime leaves and laced with coconut milk. Serviced with steamed rice

▢ Vegetables | 918 kcal | 550 gms 580

▢ Chicken | 973 kcal | 250 gms  690

▢ Prawns | 930 kcal | 550 gms   825

Hakka noodles / fried rice

▢ Vegetable | 791 kcal | 450 gms 540

▢ Chicken | 997 kcal | 450 gms  650

▢ Wok tossed Chinese greens, mushroom and tofu | 410 kcal  550
In light soya garlic sauce

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Dessert

- ▣ **Dark chocolate mousse | 431 kcal | 120 gms** 350
- ▣ **Caramel custard | 274 kcal | 125 gms** 🍼 🥰 330
- ▣ **Selection of ice cream** 🍼 300
Ask your server for your choice of topping from our collection
- ▣ **Granma's apples pie | 174 kcal | 150 gms** 🍎 🍼 🥰 300
Baked sliced with cinnamon in pastry shells.
Served with a dollop of vanilla ice cream
- ▣ **Payasam of the day | 250 kcal** 🍇 🍼 300

Beverages

- Coffee | 100 kcal | 220 ml** 🍹 220
South Indian filter coffee or decaffeinated
- Tea | 100 kcal** 🍹 220
Indian readymade 'Chai' or masala
- Hot or cold milk** 🍹 250
With choice of horlicks/ bournvita | 175 kcal 🍎
or hot chocolate | 175 kcal
- Cold coffee with ice cream | 450 kcal** 🍹 250
- Lassi** 🍹 245
Plain or salted | 147 kcal, sweet | 237 kcal | 330 ml
- Bottled drinking water - Himalayan** 200
- Aerated soft drinks** 190
- Fresh lime soda or water** 190
- Soda** 140

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