

Kerala Lamb Curry GF DF \$18.00

Lamb cooked in a thick gravy made with onion, ginger, garlic, tomatoes and powdered spices and garnished with coconut milk and curry leaves.

Malabar Lamb Pepper Masala GF DF \$18.50

Kerala special delicacy in which lamb is cooked in a thick onion tomato gravy and mixed with green peas and chef's special spices.

Trivandrum Lamb Mappas GF DF \$19.00

Delicious Kerala lamb delicacy in which lamb is cooked in Malabar spicy masala with onion, tomato masala, flavored with coconut milk and special spices.

Kottayam Lamb Ishtoo \$19.00

A Kerala Syrian Christian delicacy, lamb is cooked in a coconut milk base flavored with carrots, potato, cashew nut and whole garam masala.

SEAFOOD

Kerala is very close to the sea side and also many scenic backwater stretches into the inner parts of Kerala, which makes Kerala a hub of Seafood capital of India. On our seafood list we have special seafood dishes made with chef's special ingredients, masalas, spices, herbs and techniques. You can choose the hotness of each dish but spice levels vary depending on each dish's speciality.

Tellichery Squid Curry GF DF \$17.00

Tellichery is very famous for its seafood dishes. This is a squid curry cooked in tangy gravy with a flavor of mustard seeds, ginger, garlic, onion, tomato and red chilly garnished with coconut cream.

Calicut Squid Masala GF DF \$18.00

Calicut is the place where Portuguese navigator Vasco-Da-Gama landed. This squid masala is cooked in a thick onion, tomato gravy and mixed with coconut cream and chef's special spices, a bit spicier than squid curry.

Cochin Fish Curry GF DF \$19.00

Cochin is the commercial capital of Kerala and also called as Queen of Arabian sea. This fish speciality with authentic Kerala flavour where fish is cooked in coconut milk along with chef's special tomato onion gravy, tomato and chef's special spices.

Paravoor Fish Moilee GF DF \$20.00

Paravoor is one of the major places for seafood in Kerala. This fish stewed in rich silky coconut milk, flavored with fennel and pungent peppercorns, embellished with the tartness of tomato and vinegar, aroma of fresh curry leaves and coconut oil, has its culinary legacy woven intricately with Kerala's rich sociohistoric trail.

Kuttanadan Chemmeen

Mulagittathu GF DF \$19.00

Kuttanad is a region covering Alleppey and Kottayam districts in the state of Kerala. This place is known for its paddy field and lowest altitude in India, also one of the few places in the world, where farming is carried out 1.2 to 3 meters below sea level. This lip-smacking delicacy from Kerala in which prawns are marinated in spices, briefly stir-fried on the stove together with spicy red chilli paste and tamarind. Highly recommended for hot curry lovers.

Alleppey Prawn Curry GF DF \$21.00

Alleppey is one of the districts of Kerala, famous for scenic backwaters, houseboats and seafood. Prawn curry is cooked in tangy gravy with a flavor of mustard seeds, ginger, garlic, onion, tomato and mild chilly and garnished with coconut cream.

Hoseboat Prawn Moilee GF DF \$22.00

Houseboats are huge, slow moving barges used for leisure trips in scenic backwaters of Kerala. In earlier times, rice and spices were transported from Kuttanad to the Cochin port. Prawns cooked in a coconut based with carrot, capsicum, onion, tomato, ginger, garlic, lemon juice and chef's special spices.

Meen Pollichathu Chefs Special GF DF \$8.00

Kumarakom is one of the major backwater destinations in Kerala. This is a must try fish dish, where fish fillet has been cooked in specially made onion tomato gravy and then wrapped with banana leaves. Thereafter, this wrap is left in the griddle, which adds the banana leaf flavor to the fish.

Malabar Dhum Biryani GF

Dhum biryani is a chef's special rice preparation, cooked in specially prepared vegetable stock, finally mixed with choice of meat or seafood or vegetable with fried onion, cashew nut, raisins, carrots, capsicum, coriander, flavorings. All Biryani comes with a hardboiled egg (except vegetarian), Pickle and raita.

Mix Vegetable Biryani \$15.00

Chicken Biryani \$16.00

Beef Biryani \$17.00

Lamb Biryani \$18.00

Fish Biryani \$19.00

Prawn Biryani \$20.00

30, Maria place
Wanganui - 4500
www.kungfuyoga.co.nz
manager@kungfuyoga.co.nz
Tel: 06 345 4889
Mob: 027 236 3320



KUNGFU YOGA

—South Indian Kerala Restaurant—

30, Maria Place,
Wanganui -4500

www.kungfuyoga.co.nz

Email : manager@kungfuyoga.co.nz

Ph: 063454889, Mob : 0272363320



Open 6 days

Tuesday to Sunday

12:00 pm to 2:00 pm

5.00 pm till close



ENTREES

- Kerala Veg 65** GF DF \$8.99
Crispy and crunchy deep fried assorted vegetables made with 65 ingredients.
- Veg Spring dosa** GF DF \$ 9.99
A tasty vegetable stuffing wrapped in a delicious crispy thin pancake, served with Kerala coconut chutney.
- Malabar Mushroom 65** GF DF \$ 9.99
Crispy and crunchy deep fried mushroom made with 65 ingredients.
- Gobi 65** GF DF \$9.99
Popular Indian street snack made of crispy deep fried cauliflower florets, served with chef's special sauce.
- Chicken Spring Dosa** GF DF \$10.99
Chicken cooked by yummy South India style stuffed in wafer-thin crispy pancake, served with Kerala coconut chutney.
- Drums of Heaven** GF DF \$11.99
Deep fried chicken lollies tossed in chef's special hot garlic sauce
- Malabar Fish Fry** GF DF \$12.99
Deep fried Fish, marinated with home made Kerala spices, served with chef's special sauce.
- Golden Fried Prawns** GF DF \$12.99
A treasure of battered deep fried prawns served with chef's special sauce.
- Kerala Chemmeen (Prawns) Fry** GF DF \$12.99
Luscious Kerala style marinated prawns, deep fried and served with chef's special sauce.
- Malabari Kanava(Calmari) Fry** GF DF \$11.99
Calamari steeped in Kerala spices and ginger garlic paste, coated with rice flour, deep fried and served hot with chef's special sauce.

DOSA

- Dosa is a popular South Indian classic made from overnight fermented rice and lentil. A crispy pancake occasionally filled with delicious stuffing, accompanied traditionally with 'sambar' a warm and comforting lentil curry and coconut chutney.
- Masala Dosa** GF DF \$11.99
Pancake made by stuffing a dosa with lightly cooked potatoes, onions, green chili and spices.
- Chicken Dosa** \$12.99
Peppy flavoured chicken topped with potato filling.
- Beef Dosa** \$13.99
Peppy flavoured beef topped with potato filling.
- Lamb Dosa** \$14.99
Peppy flavoured lamb topped with potato filling.
- Mysore Masala Dosa** \$12.99
Crispy pancake smeared with chilli tomato chutney and topped with traditional potato filling.

- Mysore Chicken Dosa** \$13.99
Chef's special chilli tomato chutney spreaded on dosa and topped with chicken and potato filling.
- Mysore Beef Dosa** \$14.99
Chef's special chilli tomato chutney and topped with beef and potato filling.
- Mysore Lamb Dosa** \$15.99
Chef's special chilli tomato chutney and topped with lamb and potato filling.

BREADS

- Kerala Paratha** \$3.00
Popular Kerala layered flat bread made from refined flour. This homemade bread involves quite a unique method of weaving and puffing of the dough flattened and cooked in griddle which leaves layers on the bread.
- Kerala Garlic Paratha** \$4.00
- Kerala Cheese Paratha** \$4.50
- Kerala Cheese and Garlic Paratha** \$5.50
- Appam (2 Pieces)** GF DF \$6.00
(A thin crepe made from fermented rice & coconut milk. Highly recommended with ishtoo and moilee dishes.)

SIDES

- Raita** GF \$4.00
Popular Indian Yoghurt dish with chopped onion, tomato, carrot, cucumber, coriander and black pepper
- Sambar** GF DF \$10.00
- Chefs Special Flavoured Rice** GF \$6.00

VEG SPECIALS

- Kerala Style Potato & Peas Masala** GF DF \$14.00
Delightful blend of green peas, potato & rich onion tomato masala & traditional spices
- Malabar Mushroom Broccoli Masala** GF DF \$15.00
Mushroom & Broccoli tossed in rich onion tomato masala.
- Kerala Mix Vegetable Curry** GF DF \$16.00
Fresh seasonal vegetable cooked with kerala spices and homemade tomato onion gravy.
- Mix Vegetable Chettinadu** GF DF \$16.00
A famous dish from the state of Tamil Nadu Seasonal vegetables cooked with chef's own creation Chettinadu masala.

- Kottayam Mix vegetable Ishtoo** GF DF \$15.00
Kerala Syrian Christian delicacy, assorted vegetables cooked in coconut milk finished with carrots, potato, cashew nut and whole garam masala.
- Kadala (Chickpea) Chettinadu** GF DF \$15.00
A famous dish from the state of Tamil Nadu, chickpea cooked in specially made chef's special Chettinadu masala.
- Malabar Paneer Butter Masala** GF \$16.00
Homemade cottage cheese tossed in Malabar style makhani masala
- Malabar Paneer Peas Masala** GF \$16.00
Green peas and homemade cottage cheese prepared in chef's special masala.
- Gobi Manchurian** DF \$17.00
Indo-oriental style curry is made from battered cauliflower with a crispy coating tossed in a mouthwatering spicy sauce, chopped capsicum, onion, tomato, mild chili paste, pepper and finished with coriander leaves.
- Paneer Manchurian** \$17.50
Indo Chinese specialty made from paneer cooked in chef's special spicy gravy chopped capsicum, onion tomato, mild chilly, paste, pepper and finished with coriander leaves
- NON VEG**
- Butter Chicken** GF \$16.00
Chef's special kiwi style dish cooked in traditional makhani gravy with traditional special spices.
- Chicken Chettinadu** GF DF \$16.00
A famous dish from the state of Tamil Nadu, chicken cooked exclusively in Chef's Chettinadu Masala.
- Kerala Chicken Curry** GF DF \$15.00
A typical Kerala dish in which chicken is cooked in a thick gravy made with onion, ginger, garlic, tomatoes and powdered spices and garnished with coconut milk and curry leaves.
- Kottayam chicken Ishtoo** GF DF \$17.00
A kerala Syrian Christian delicacy, chicken cooked in coconut milk base flavored with carrots, potato, cashew nut and whole garam masala.
- Chicken Manchurian** DF \$17.00
Indo oriental curry where marinated boneless chicken is deep fried and tossed with oriental based ginger garlic concoction, capsicum, onion, tomato, leeks and garnished with coriander leaves.
- Kerala Beef Curry** GF DF \$16.50
ginger, garlic, tomatoes, powdered spices and garnished with coconut milk and curry leaves.
- Malabar Beef Pepper Masala** GF DF \$17.50
Kerala special delicacy in which beef is cooked in a thick onion tomato gravy and mixed with green peas and chef's special spices.
- Kottayam Beef Ishtoo** GF DF \$17.50
Kerala Syrian Christian delicacy, beef cooked in coconut milk base flavored with carrots, potato, cashew nut and whole garam masala.