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cafe sample  
the world  
samsara

LUNCH & DINNER MENU



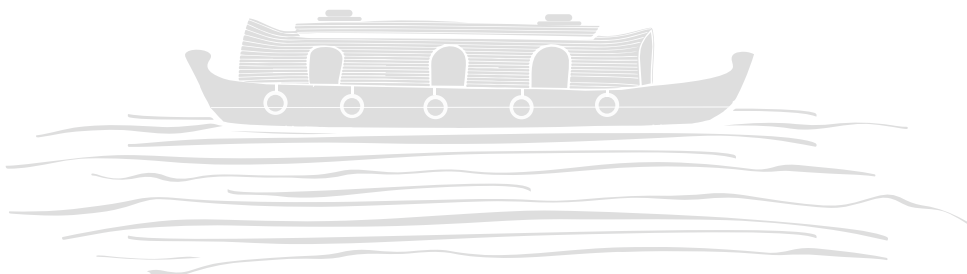
**“One cannot think well, sleep well, if one has not  
dined well.” - Virginia Woolf**

**Welcome to Cafe Samsara, our destination for fine gastronomy.**

*A stop-over that you'd want to frequent more often, as we unlock the tastes of Niraamaya.  
Ask for a touch to every familiar flavour and our chefs will be pleased to dish it your way.  
We invite you to explore our menu that's designed for you to savour the dance of the freshest  
ingredients with the tastiest twists.*



*Count on us to flavour your food, just the way you like it.*



**Food, family and friends make a great trio  
- Enjoy the best of Cafe Samsara**



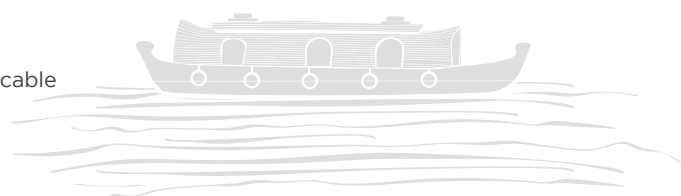
# SOUPS

- Thyme Infused Broccoli Puree with Roasted Almonds** 400  
*Served with garlic croute*
- Chilled Celery, Carrot and Cucumber Soup** 400  
*Cold soup with raw vegetables and apple cider*
- Basil Flavoured Chicken Soup** 480  
*Flavoured chicken broth and seasonal vegetables served with garlic croute*
- Seafood and Saffron Broth** 480  
*Served with garlic croute*
- Hot and Sour Soup**

  -  **Vegetable** 400
  -  **Chicken** 480
- Soup of the Day**

  -  **Vegetarian** 400
  -  **Non Vegetarian** 480

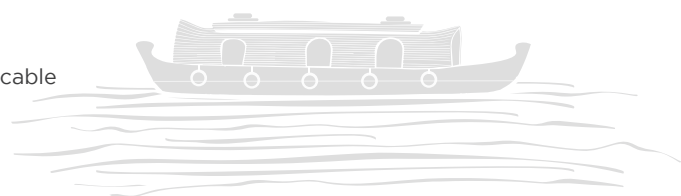
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## SALADS

- ▣ **Balsamic Marinated Peppers with Olives and Sundried Tomatoes** 420
- ▣ **Lebanese Mezze Platter** 420  
*Hummus, baba ganoush and labneh with pita bread*
- ▣ **Chef's Salad** 420  
*Lettuce, sprouts, cucumber, pimentos, olives, orange, cherry tomato and jalapenos*
- ▣ **Chicken and Apple Walnut Salad** 460  
*Celery and yogurt dressing*
- ▣ **Seared Steak Salad** 460  
*Beef, lettuce, tomatoes, bell peppers, boiled egg, caramelized onion, blue cheese and chimichurri dressing*
- ▣ **Caesar Salad with Cajun Spiced Prawns** 650  
*Lettuce, parmigiano reggiano and garlic croutes, caesar dressing and cajun spice dusted grilled prawns*

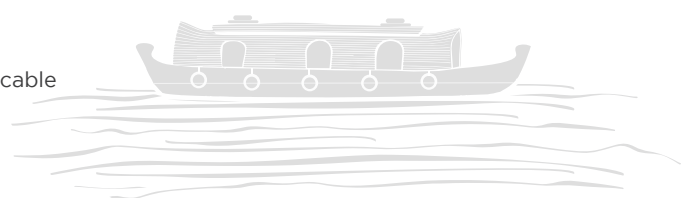
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## APPETIZERS

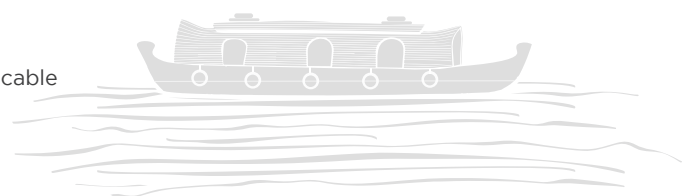
- 📍 **Tomato Basil Bruschetta** 350  
*Crispy bread with fresh tomatoes, basil and olive oil*
- 📍 **Bhindi Jaipuri** 350  
*Crispy ladies finger with chaat masala*
- 📍 **Vazhaipoo Vada** 350  
*Banana blossom cutlet with spicy local chutney*
- 🌶️ 📍 **Koon Kurumulaku** 450  
*Marinated grilled mushrooms tossed with black pepper and onions*
- 📍 **Arancini with Spicy Tomato Relish** 500  
*Panko crumbed risotto balls filled with cheese*
- 📍 **Quesadillas with Sour Cream and Salsa** 550  
*Whole wheat tortilla with cheese, bell peppers, zucchini, onions and jalapenos*
- 🌶️ 📍 **Dill and Spring Onion Flavoured Paneer Tikka** 550  
*Charcoal roasted cottage cheese flavoured with dill, spring onion, mint and yogurt*

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<p><b>▣ Sesame Chicken Fingers</b></p> <p><i>Sesame dusted deep fried chicken fingers with hot garlic sauce</i></p>	550
<p><b>🍷▣ Kozhuva Porichathu</b></p> <p><i>Tiny river fish, crispy fried with local spices</i></p>	550
<p><b>🍷▣ Erachi Perattu</b></p> <p><i>Beef tossed with shallots, tomatoes, coconut slices and aromatic spices</i></p>	620
<p><b>🍷▣ Tandoori Chicken Lasooni Tikka</b></p> <p><i>Juicy chunks of chicken marinated in fresh curd, infused with garlic and green chillies</i></p>	650
<p><b>🍷▣ Meen Kallil Chuttathu</b></p> <p><i>Grilled fish fillet marinated with local spices</i></p>	650
<p><b>🍷▣ Tandoori Machli</b></p> <p><i>Tender morsels of fish with a fresh curd, red chilli and carom seed marination</i></p>	650
<p><b>🍷▣ Kanava Masala Fry</b></p> <p><i>Local spice dusted grilled squid</i></p>	600
<p><b>🍷▣ Attirachi Thangakothitu Ularthiyathu</b></p> <p><i>Slow roasted tender chunks of mutton in aromatic spices, coconut slices, and curry leaves</i></p>	750

Government taxes are applicable



## SANDWICHES

### Grilled Panini Sandwiches with a choice of

- Provencal vegetables and mozzarella* 550
- Roasted chicken, capers and brie cheese* 600
- Seared steak and cheddar with caramelized onion and jalapen* 650

### Choice of Sliders in Olive Focaccia with Hand-Cut Wedges and Sprouts Salad

- Vegetable** 550
- Tenderloin** 650
- Chicken** 600

*With a choice of toppings fried egg, cheese, coleslaw, bacon, tomatoes, jalapenos, caramelized onion and gherkins*

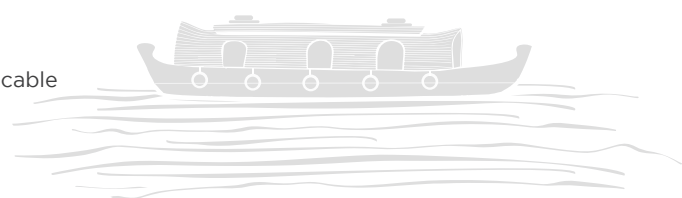
## PIZZA

- Margherita* 550
- Primavera* 600
- Chicken and exotic vegetables* 650

## KATI ROLL

- Paneer tikka* 550
- Chicken* 600
- Lamb* 650

Government taxes are applicable





# MAIN COURSE

## PENNE | SPAGHETTI | FUSILLI

*Tossed in extra virgin olive oil or indulgent cream sauce or pomodoro sauce*

- ▣ *Exotic vegetables* 550
- ▣ *Chicken and olives* 650
- ▣ *Prawns and broccoli* 900

- ▣ **Stir Fried Asian Vegetables with Tofu** 600

*Basil, ginger and soy*

## Oriental Fried Rice or Noodles

- ▣ *Vegetable* 500
- ▣ *Chicken* 550
- ▣ *Seafood* 650

## RISOTTO

- ▣ *Mushroom and pea risotto* 650
- ▣ *Seafood risotto* 850

- ▣ **Kung Pao Chicken** 650

*Spicy stir fried chicken with nuts and pepper*

- ▣ **Honey Mustard Glazed Chicken** 750

*With herb garlic potato mash and sautéed veggies*

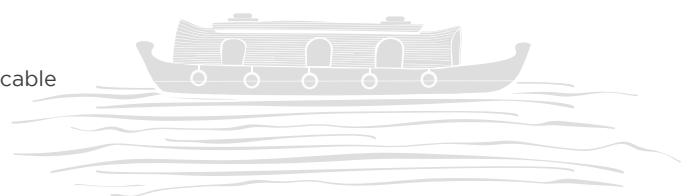
- ▣ **Beef Tournedos** 800

*With blue cheese and caramelized onion cream and tossed veggies*

- ▣ **Nasi Goreng** 850

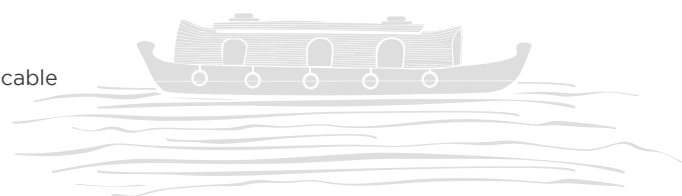
*Indonesian prawn fried rice, chicken satay and fried egg*

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- ▣ Pan Seared Fish Fillet** **850**  
*Herb mash, buttered exotic veggies and caper beurre blanc*
- ▣ Barbecued King Prawn** **950**  
*With dauphinoise potato*
- ▣ The Fisherman's Basket of Local Seafood** **1200**  
*Calamari, fish, prawns in choice of batter fried or Kerala spiced with potato wedges*
- ▣ Seafood Platter** **2200**  
*Tiger prawns, squid, fish with local spices or lemon mustard garlic*
- ▣ Ocean Fresh Lobster (Seasonal Price)**
- ▣ Fresh Water Jumbo Scampi (Seasonal Price)**

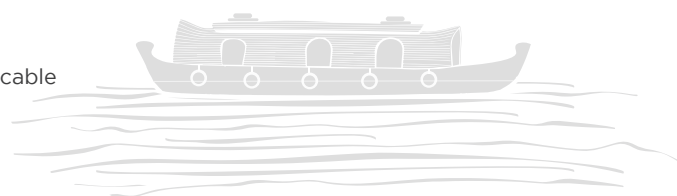
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# INDIAN FAVOURITES

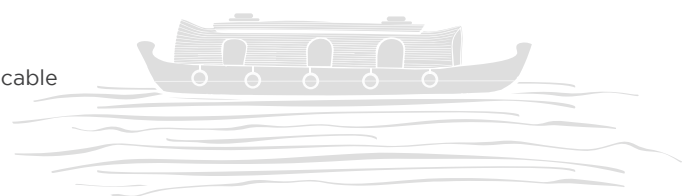
<b>Tandoori Breads</b>	125
<i>Naan or roti with toppings of garlic, cheese or masala</i>	
 <b>Koon Ulli Theeyal</b>	350
<i>Mushrooms and whole shallots braised in a brown coconut methi flavoured masala</i>	
 <b>Vegetable Mappas</b>	350
<i>Mixed vegetables in a creamy coconut milk and coriander flavoured gravy</i>	
 <b>Alleppey Vegetable Curry</b>	350
<i>Mix vegetable curry with coconut milk and raw mango</i>	
 <b>Vegetable Stew</b>	350
<i>Mixed vegetable, coconut milk and spices</i>	
 <b>Vegetable Thoran</b>	350
<i>Vegetables chopped and tossed with grated coconut, small onions, mustard and curry leaves</i>	
 <b>Tadkewali Dal</b>	400
<i>Cumin and garlic tempered yellow lentils with onion, tomato, green chilli and coriander leaves</i>	
 <b>Dal Makhani</b>	450
<i>Black gram simmered overnight and finished with fenugreek, home churned butter and cream</i>	
 <b>Lasooni Palak</b>	480
<i>Choice of paneer, green peas, tofu or potato flavoured with garlic and cumin</i>	
 <b>Mixed Vegetable Methi Malai</b>	480
<i>Carrots, peas, broccoli and cauliflower in a mild fenugreek cream</i>	
 <b>Khumb Matar Masala</b>	480
<i>Mushroom, green peas cooked in tomato and onion gravy</i>	
 <b>Gobi Adraki</b>	480
<i>Cauliflower stir fried with ginger and cumin in onion masala</i>	

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<b>BIRYANI</b>		
 <b>Vegetable</b>		<b>550</b>
 <b>Chicken</b>		<b>700</b>
 <b>Mutton</b>		<b>850</b>
 <b>Prawn</b>		<b>900</b>
<i>Biryani served with raita, papad and pickle</i>		
 <b>Kozhi Varutharacha Curry</b>		<b>650</b>
<i>Chicken cooked with roasted coconut gravy</i>		
 <b>Chooza Khaas Makhani</b>		<b>650</b>
<i>Tikka of chicken, simmered in a satin smooth tomato gravy and redolent of kasoori methi</i>		
 <b>Kozhi Pothi</b>		<b>650</b>
<i>Free range chicken marinated with sour kokum and tomato baked in banana leaf</i>		
 <b>Kumarakom Fish Curry</b>		<b>700</b>
<i>Fish fillet simmered in coconut milk with a fiery red chilli paste and raw mango</i>		
 <b>Kuttanadan Konchu Curry</b>		<b>750</b>
<i>A prawn and coconut milk curry from Kuttanad region</i>		
 <b>Gosht Rogan Josh</b>		<b>800</b>
<i>An aromatic curried lamb dish of kashmiri origin</i>		
 <b>Tharavu Peralan</b>		<b>800</b>
<i>Duck braised in thick green pepper gravy</i>		
 <b>Karimeen - Fish Pearl Spot</b>		<b>860</b>
<i>(Choice of preparations)</i>		
 <b>Pollichathu</b>		
<i>Grilled pearl spot fish in spicy and tangy onion, tomato masala and wrapped in banana leaf</i>		
 <b>Porichathu</b>		
<i>Deep fried pearl spot fish with ground local spices</i>		

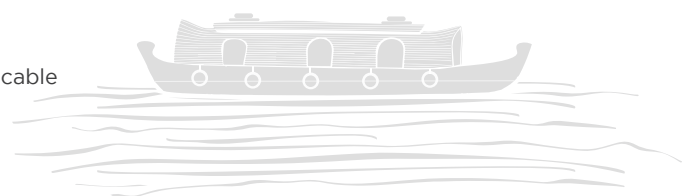
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## RICE AND BREADS

<b>Roti   Naan   Kulcha (1 Nos)</b>	<b>125</b>
<b>Chapati (2 Nos)</b>	<b>125</b>
<b>Phulka (3 Nos)</b>	<b>125</b>
<b>Appam (2 Nos)</b> <i>Fermented rice pancakes with a Travancore specialty</i>	<b>125</b>
<b>Malabar Paratha (2 Nos)</b> <i>Soft and flaky refined flour bread and cooked on hot plate</i>	<b>125</b>
<b>☑ Steam Rice   Kerala Red Rice</b>	<b>125</b>
<b>☑ Flavoured Rice</b> <i>Jeera, lemon and coconut</i>	<b>250</b>
<b>☑ Pulao</b> <i>Vegetable, peas and cashew, brown onion cashew, corn</i> <i>All pulao served with mix vegetable raita, papad and pickle</i>	<b>400</b>

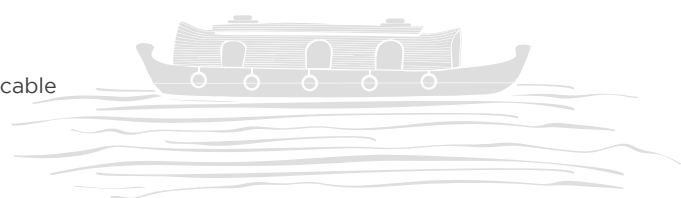
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## YOUNG GOURMAND

☐ Golden Fried Potato Fingers	200
☐ Grilled Cheese and Tomato Filled Sandwich	200
☐ Penne   Spaghetti Pomodoro	300
☐ Chicken Salad Sandwich Triangle	300
☐ Crispy Chicken Nuggets with Barbecue Sauce	380
☐ Breaded Fish Fingers with Garlic Aioli	380

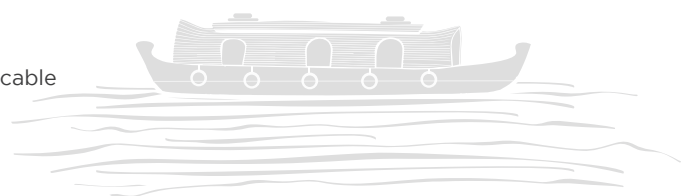
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## DESSERTS

<b>Artisanal Fruit Ice Creams</b>	<b>320</b>
<b>Payasam of the Day</b>	<b>320</b>
<b>Gajar Ka Halwa</b>	<b>320</b>
<b>Gulab Jamun</b>	<b>320</b>
<b>Baked Yogurt</b> <i>Tropical fruit compote</i>	<b>380</b>
<b>Coffee and Cinnamon Creme Brulee</b>	<b>380</b>
<b>Rich Chocolate Cake</b> <i>A decadent chocolate-walnut cake baked with healthy millet flour</i>	<b>380</b>
<b>Warm Date Cake</b> <i>With cardamom infused frozen yogurt</i>	<b>380</b>
<b>Tender Coconut Panna Cotta</b> <i>Classic Italian dessert prepared with sweetened cream and fresh tender coconut pulp</i>	<b>380</b>
<b>Baked New York Cheese Cake</b> <i>Sesame tuile and berry compote</i>	<b>400</b>
<b>Pastry Chef's Dessert of the Day</b>	<b>380</b>

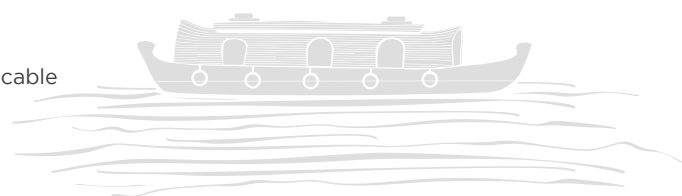
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# BEVERAGES

<b>Aerated Beverages</b>	<b>100</b>
<b>Fresh Lime</b> <i>Sweet or salted, soda or water</i>	<b>100</b>
<b>Tea</b> <i>Assam, Darjeeling, english breakfast, earl grey, green tea and masala tea</i>	<b>150</b>
<b>Coffee</b> <i>Americano, espresso, café latte, cappuccino and filter</i>	<b>150</b>
<b>Freshly Squeezed Seasonal Fruit Juice</b>	<b>200</b>
<b>Lassi</b> <i>Plain, sweet or salted</i>	<b>250</b>
<b>Milk Shakes</b> <i>Vanilla, chocolate and cold coffee</i>	<b>250</b>
<b>Fresh Fruit Smoothies</b> <i>Pappaya, banana and mixed fruit</i>	<b>300</b>

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# FROM NIRAAMAYA'S HEALTHY CUISINE

## SALADS

- ▣ **Quinoa and Veggies Salad** 450  
*Slow cooked quinoa, bell peppers, tomato, parsley with lime and olive oil dressing*
- ▣ **Beetroot and Spinach Salad** 450  
*Pan seared beetroot, wilted spinach, orange segments, toasted seeds and apple cider vinaigrette*
- ▣ **Garden Fresh Vegetable Crudites** 450  
*Served with homemade ranch dip*

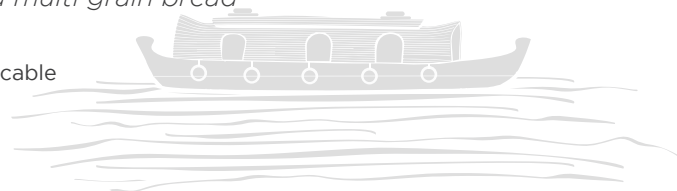
## SOUPS

- ▣ **Classic Minestrone** 480  
*Mildly spiced rustic tomato soup, seasonal vegetables and slow cooked quinoa*
- ▣ **Pumpkin Veloute** 480  
*Roasted pumpkin puree, fresh herbs, pumpkin seeds and blended with coconut cream*
- ▣ **Vembanad Muringakka Thengapal Soup** 480  
*Drumstick and coconut milk*

## SANDWICHES AND WRAP

- ▣ **Veggies in Multigrain** 600  
*Lettuce, zucchini, spinach, bell pepper, hummus and multigrain bread*
- ▣ **California Wrap** 600  
*Garlic roasted mediterranean vegetables wrapped in wheat flour bread on chickpea spread*
- ▣ **Multigrain Chicken Sandwich** 650  
*Pan seared chicken breast, lettuce, tomatoes, hummus and multi grain bread*

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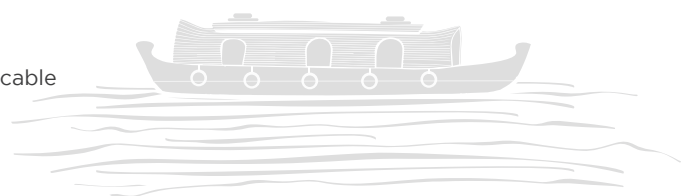
## MAINS

- ▣ **Kuthari Choru** 100
- ▣ **Appam** 125
- ▣ **Mullangi Pattani Nilakadalai Kootu** 500  
*Curried radish, peas and peanut stew*
- ▣ **Muthira Parippu Curry** 500  
*Mustard and garlic tempered horse gram with onion, tomato, green chilli and curry leaves*
- ▣ **Vazhachundu Mulappicha Payar Thoran** 500  
*Banana blossom and gram sprout thoran*
- ▣ **Black Rice Bisi Bele Bath** 500
- ▣ **Whole Wheat Penne | Spaghetti Aglio e Olio** 650  
*With spinach and zucchini*
- ▣ **Tofu and Vegetable Curry** 650  
*Tofu, broccoli, zucchini, corn kernels, carrots and cauliflower in raw mango flavoured rich coconut milk sauce*
- ▣ **Baked Snapper Fillet** 950  
*With tahini, lime, olive oil, beans and mushroom lyonnaise*

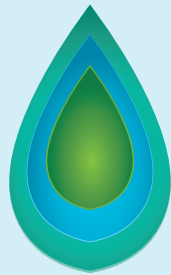
## DESSERT

- Freshly Sliced Seasonal Fruits** 320
- ▣ **Vattalappam** 380  
*Cardamom infused coconut milk and jaggery custard*

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NIRAAMAYA  
WELLNESS RETREATS

[www.niraamaya.com](http://www.niraamaya.com)