



ALWAYS FRESH...ALWAYS HOT

## THE MENU

“ I AM IN A  
RELATIONSHIP  
WITH FOOD ”

RASA PRIDES ITSELF ON OFFERING THE VERY BEST IN SOUTH INDIAN VEGETARIAN CUISINE. HERE YOU FIND EXQUISITE RANGE OF KERALAN HEALTHY DISHES THAT ARE CREATED WITH LOVE AND DEEP RESPECT FOR INGREDIENTS.

**RASA VEG FEAST**

£ 22.50

**RASA VEGAN FEAST**

£ 25.00

Our team of award winning chefs, are expert at preparing the most exquisite mix of flavours and textures in a Kerala Banquet. Why not let us prepare your own personal feast enabling you to sample a wide range of our dishes.

A taste of all our specialities samples from our pre-meal snacks, starters, curry selection, side dishes, rice, breads and a traditional Keralan sweets.

Please let us know if you have any particular favourites you would like us to include.

## Chef Special

### Organicseasonal dish (V) (N)

( Available only on friday,saturday & sunday )

Fragrant explosion of taste on a plate, the irresistible taste of seasonal curry sure to leave you asking for more!!!!

£7.95

### Thakkali Curry (Gf)

A fresh and tangy dish made of fresh tomatoes, cooked in yoghurt with fresh ginger, onions, spices and coriander.

£ 6.95

### Beet Cheera Pachadi (Gf)

An amazingly vibrant dish, traditionally only served at wedding feasts. Fresh beetroot and spinach are blended together in a yoghurt sauce with roasted coconut, mustard seeds and curry leaves - a must for the adventurous.

£ 6.95

### Rasa Kayi (V) (Gf)

A mixed vegetable speciality from the Southern State of Karnataka. A spicy curry made of beans, carrots, cauliflower,potatoes and simmered in a sauce of garlic, ginger and fennel.

£ 6.95

### Bagar Baingan (N) (Gf)

A Hyderabad recipe of aubergines cooked in a ground paste of roasted onions, coriander seeds, chillies and tamarind, mixed with yoghurt and cashew nut sauce.

£ 7.95

### Cheera Parippu Curry (V) (Gf)

Fresh spinach and toor dal cooked in a thick sauce of garlic, tomatoes and green peppers, flavoured with curry leaves.

£ 6.95

### Rasa Vangi (V) (Gf)

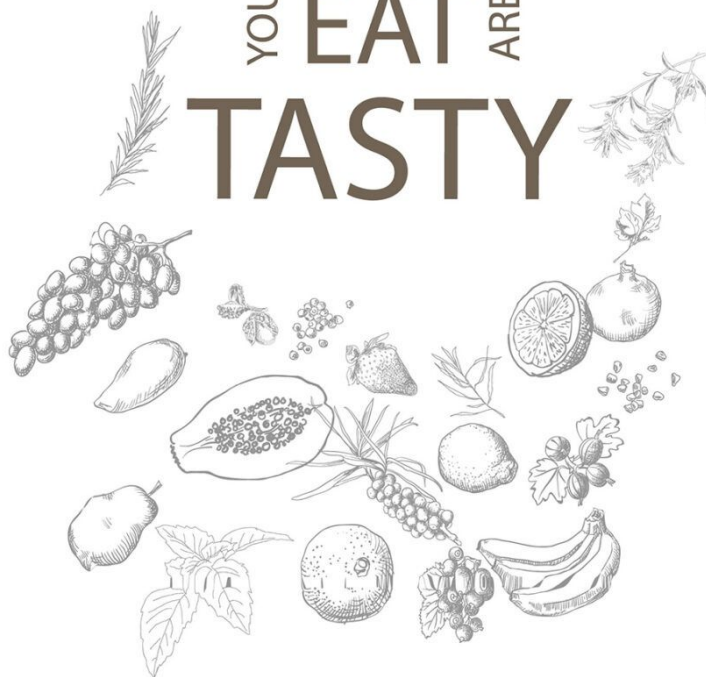
Aubergines cooked in a thick tomato and onion sauce, flavoured with curry leaves, chilli and coriander.

£ 7.95

# Rasa

IT DOES NOT  
MATTER HOW

SLOWLY  
YOU GO, AS LONG AS  
THE DISHES  
YOU EAT ARE  
TASTY



### Nadan Paripu (V) (Gf)

A Kerala lentil curry made of washed mung beans and split yellow lentils with tomato, chillies and garlic.

£ 6.95

### Paneer Cheera Curry (Gf)

Home made Paneer (curd cheese) and spinach cooked with garlic, peppers and tomato in a creamy sauce. Goes well with lemon rice.

£ 7.95

### Moru Kachiathu

An unusual combination of sweet mangoes and green bananas cooked in yoghurt with green chillies, ginger and fresh curry leaves. A sweet and sour dish that is highly recommended.

£ 6.95



## SOUPS

### Rasam (V)


**£ 5.50**

The essence of Kerala - a peppery lentil broth laced with garlic, tomatoes, spices and tamarind.

### Parippu (V) (Gf)

**£ 5.50**

A soup made from a combination of three different lentils, flavoured with tomato, garlic, coriander and black pepper.



## Dosas

### Chilli Onion Rava Dosa (V)

**£9.95**

A large lacy, crispy pancake made of semolina and rice flour batter mixed with ginger, green chillies and cumin seed. Served with sambar (lentil and vegetable sauce), coconut chutney and spicy potato masala.

### Masala Dosa (V)

**£ 8.95**

A paper thin pancake made of rice and black gram, folded in half with a filling of spicy potatoes cooked with onions and ginger and served with sambar and coconut chutney. A most popular southern dish.

### Nair Dosa(V)

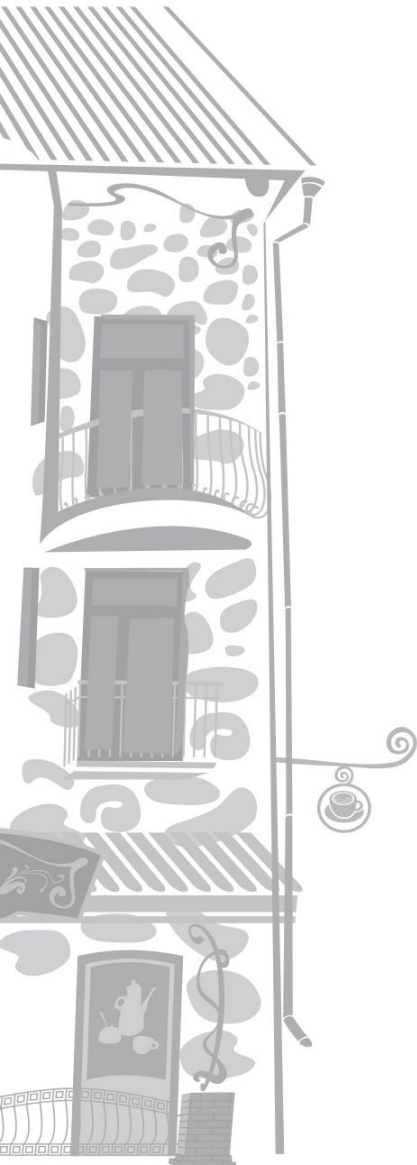
**£ 9.95**

A speciality dosa from Kerala, usually eaten during festivals and celebrations. A rice and black gram flour pancake filled with a mixture of potatoes, beetroot, carrot, onions and ginger. Served with sambar and fresh coconut chutney.

### Plain Dosa(V)

**£ 6.50**

A paper-thin pancake made of rice and black gram, served with Sambar and coconut chutney.



# Side Dishes

## Savoy Cabbage - Stir Fried (V) (Gf)

£ 5.95

Thorani, an essential dish at every Kerala feast, can be made from a variety of vegetables. This one is made from chopped cabbage, lentils stir fried together with onion, fresh coconut and mustard seeds.

## Spinach & Potatoes (V) (Gf)

£ 5.95

Nutritious keralan side dish with the combination of spinach, potatoes and spices.

## Chana masala (V) (Gf)

£ 5.95

Chickpeas and tomatoes are simmered with a mixture of fried garlic, ginger, onion, and spices

## Vendakka Masala (V) (Gf)

£ 5.95

Fresh Okra stir fried with shallots, garlic, then tempered with chillies, mustard seeds and curry leaves.

## Kerala Salad (V) (Gf)

£ 5.95

A very unusual salad from Kerala made with guava, avocado, stir fried Indian shallots. Fresh coconut, lemon juice and chilli powder.

## Raita

£ 2.95

Cucumber, tomato & onions in yogurt.

# RICE

*Rice is the staple diet of Kerala and South India. Keralites cook their rice for variety and texture.*

## Coconut Rice (V) (Gf)

£ 3.95

Plain rice mixed with fresh coconut, urad dal (black lentils) and curry leaves.

## Tamarind Rice (V) (N) (Gf)

£ 3.95

Rice tossed gently with tamarind juice (a sweet and sour fruit), cooked with cashew nuts, peanuts and dried red chillies.

## Tomato Rice (N) (Gf)

£ 3.95

Basmati rice cooked in coconut milk with fresh tomatoes and cashew nuts.

## Lemon Rice (V) (Gf)

£ 3.95

A tangy, fresh tasting rice tossed with lemon juice, fresh curry leaves and mustard seeds.

## Brown Rice (V) (Gf)

£ 3.95

Kerala brown rice.

## Boiled Rice (V) (Gf)

£ 3.95

Plain white basmati rice.



“ THERE IS NO  
**LOVE**  
SINCERER THAN  
THE LOVE OF  
**FOOD** ”



## Breads

### Paratha (2 Pieces)

£ 4.00

A Kerala speciality - wheat dough layered and coiled into a coil mat shape then cooked on the griddle. A must with our curries.

### Chapatti (2 Pieces)

£ 3.50

Round, flat wholemeal bread.

### Poories (2 Pieces)

£ 3.75

Traditional puffed wheat flour

### Uzhunappam (V) (Gf)

£ 4.00

A very fragrant bread made of rice flour, Indian shallots, cumin seeds and roasted coconut blended together and cooked into a thick, crispy flat bread.

### Appam (V) (Gf)

£ 3.50

A crispy, spongy rice pancake, essential for mopping- up moist curries.

## Madhuram (Desserts)

Any auspicious feast in Kerala is not complete with out a "payasam". It is said that the payasam (the sweet) will make the meal memorable for years. We have a selection of traditional Keralan sweets rarely seen outside our villages and those ever popular Kulfies.

### Pal Payasam (N)

£ 3.95

An auspicious rice pudding from the famous Krishna temple in Kerala. Rice cooked in boiling milk with cashew nuts and raisins.

### Kulfi

£ 5.50

### Home made Indian Ice Cream in 3 flavours (Pistachio / Almond / Mango)

### Mango Halwa (V) (N)

£ 4.75

Chef's speciality sweet made from pureed Indian Alphonso mangoes flavoured with cashew nuts and raisins. Suitable for vegans.bread.

### Kesari (N)

£ 4.75

A Brahmin recipe of semolina, mango, cashew nuts, and raisins, they are more like Halwas but much lighter and with more flavour.

### Mango Sorbet (V) (Gf)

£ 3.50

### Vegan Ice Cream

£ 3.50

(Please ask for details)

### Ice Cream

£ 3.50

Vanilla/strawberry/chocolate

**V - vegan**

**Gf - gluten free**

**N - contains nuts**



# PRE-MEAL

## Snacks

£ 3.95

These light and crispy treats are popular in Keralian tea shops for "tiffin" (afternoon tea) and to munch while waiting at the station for the Trivandrum main train. They are best accompanied by our unique selection of home-made chutneys and pickles. A snack tray consisting of:

### **Achappam**

A flower shaped snack made of rice flour and coconut, black sesame seeds and cumin seeds. This snack began life in the Christian homes of Travancore and is now eaten all over Southern India.

### **Pappadavadai**

Pappadoms dipped in a light batter of rice flour, cumin and sesame seeds and fried to give them extra "crunch and crackle" - these are Pappadoms with a difference.

### **Pappadoms**

Plain crispy snack made of black gram lentils and rice.

### **Banana Chips**

Crispy banana chips

### **Murukku**

Crunchy sticks made from roasted rice flour, black sesame seeds and cumin seeds.



### **Medhu Vadai (V) (Gf)**

**£ 5.50**

Literally translated as "soft silky dumplings". A spongy dumpling in a crunchy case, made from urad beans and chillies - served with coconut chutney.

### **Masala Vadai (V) (Gf)**

**£ 5.50**

Vadas are South India's great treats, crunchy, deep-fried patties made of mixed lentil batter laced with fresh curry leaves, ginger and green chillies, served with coconut chutney. A favourite tea time snack in the family home.

### **Kathrikka (V) (Gf)**

**£ 5.50**

Finely sliced pieces of aubergines are dipped in a special batter, blended with coriander and chilli, before frying. Served with a fresh tomato chutney.

### **Bhel Mix (V)**

**£ 5.50**

Famous Bombay roadside snack made of fresh crispy chickpeas, bhel, sev, onions blended in spicy tamarind juice and freshly chopped coriander leaves.

experience  
*life* again...

# Rasa Gurukul



A Self contained  
**Organic Resort**  
by the River Chalakkudy

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