



Vembanad

AUTHENTIC SOUTH INDIAN
CUISINE & LOUNGE



M E N U

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Welcome To

Vembanad

AUTHENTIC SOUTH INDIAN
CUISINE & LOUNGE

Discover a delightful culinary journey with our "Vembanad Menu", beautifully showcasing the vibrant and authentic flavors of South Indian cuisine. Each dish is thoughtfully crafted to honor the region's rich culinary heritage and diverse flavors, allowing you to experience the unique ingredients and aromatic spices that define this cherished tradition. Vembanad Restaurant is where authentic South Indian flavours meet warm, contemporary hospitality, inspired by the beauty of Vembanad Lake in Kerala the longest lake in the state and reflecting the rich culinary traditions and cultural heritage of Kerala.

Inspired by the lush landscapes of South India and time honored cooking techniques passed down through generations, our menu invites you to immerse yourself in the heart of this vibrant culture. From the comforting warmth of a homemade dosa to the rich, layered flavors of traditional biryani and the soulful depth of our naturally spice infused curries, every dish tells a story.

Together, these flavors and aromas create a truly memorable dining experience one that celebrates the rich and exceptional tapestry of South Indian cuisine.

Pre Meal Snacks & Pickles £ 5.75

An authentic Kerala "Chayakada" (Tea Shop) are very common in Kerala villages. Here people can discuss politics, economics, religion, everything under the sun. These shops have some traditional Kerala snacks accompanied with home-made chutneys, mango & lemon pickles.

Ethakai Varuthathu

Raw banana slices dipped in turmeric water & deep fried.

Murukku

Savoury crunchy twists made with rice & coconut milk.

Pakkavada

Spicy snack is made of rice flour, gram flour, chilli powder.

Pappadoms

A very thin, crispy, made with black gram lentils.

Soups

Cheera Parippu Soup (v)..... £ 5.75

Cheera Parippu Soup is the combination of lentils and spinach leaves with garlic, cumin & often enriched with coconut milk.

Chemmeen Coconut Soup (Shell Fish)£ 6.29

Chemmeen Coconut Soup is a rich and flavorful seafood soup made with succulent prawns, coconut milk and aromatic spices.



Non-Vegetarian Starters

Chemmeen Fry.....£ 8.49

"Chemmeen" (Prawns) is a speciality of Kuttanad (it's place in Back waters in Kerala) prawns marinated with chilli powder ginger & garlic paste and grilled.

Meen Porichathu..... £ 7.29

A Simple meal of keralite, who loves fish, Marinated Fish cooked in griller. Served with salad & lemon wedges.

Squid Roast£ 8.29

The squid sauteed with onions, ginger, garlic, Coconut strips and a blend of traditional spices like turmeric & chilli powder.

Kovalam Seafood Platter (G) £ 12.99

The best of Kerala's coastal flavours featuring a variety of fresh seafood cooked in traditional styles, its include prawns, fish, squid and crab cake served with fresh seasonal salad and mint sauce.

Chicken 65 (G)..... £ 7.49

Bite-sized chicken pieces in a spicy and tangy masala, then deep fry and served with onion and lemon garnish.

Pala Kozhi Fry £ 7.99

Our Head Chef's special supreme of chicken cooked with traditional Kerala spices.

Pothu Ularthiyath.....£ 8.49

Beef cubes cooked with aromatic spices and stir fried with coconut slices, curry leaves & black pepper.

Lamb Pepper Fry £ 7.99

Tender pieces of lamb are cooked with blend of spices, black pepper, ginger, garlic & sauted with mix peppers and onions.

Lamb Chops (D) £ 7.99

Lamb chops are marinated in an aromatic mix of ginger, garlic, chilli, chat masala & yoghurt and then grilled and served with salads & mint sauce.



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Dishes may contain the following allergens: Nuts (N) | Peanuts (P) | Egg (E) | Fish(F) | Sesame Seeds | Sulphur Dioxide | Molluscs | Soya(S) | Dairy(D) | Celery(C) | Mustard(M) | Gluten(G) | Crustaceans(CR) | Lupin. Other Symbols: Vegetarian(V) | Vegan(VG)

Vegetarian Starters:

Vegetable Samosa(G)£ 5.29

It's a very popular Indian snack made of a crispy, golden-brown pastry filled with potatoes, peas and spices served with salad & tamarind sauce.

Sambhar Vada£ 5.49

Ground urad dal, shaped like doughnuts and deep fried, served in a spiced lentil soup (Sambhar).

Spinach and Onion Vada£ 5.29

Seasoned fresh spinach leaves & onions mixed with gram flour, special Keralan spices & deep fried.

Chilli Paneer (D)£ 7.49

cottage cheese (paneer) cooked in a spicy, tangy sauce with bell peppers, onions & garlic.

Kathirikai Porichathu£ 5.29

Aubergine slices dipped in gram flour batter and deep fried, served with salads & tamarind sauce.

Dahi Batata Poori (G) (D).....£ 5.29

Sweet & spiced mashed potatoes and chutneys stuffed in puris topped with yoghurt & sev.



Dosa Corner:

Dosa is a traditional South Indian dish made from fermented rice and Urad dal batter. It's a thin crispy pancake served with a variety of chutneys, Sambhar (lentil stew) and potato filling. Dosa is a gluten free dish.

Vembanad Masala Dosa(V)£ 7.49

famous South Indian dish. A masala dosa is made by stuffing dosa with cooked potatoes, onions, peas & spices.

Ghee Roast(V)(G).....£ 7.95

Ghee Roast known for its extreme crispness, golden brown colour, and rich flavour of pure butter ghee.

Kerala Brahmin Masala Dosa(V)£ 7.99

different from normal masala dosa. Spicy tomato chutney thinly spread over the dosa and filled with potatoes, onions, peas & spices.

Uthappam (V).....£ 7.79

Choice of Cheese, Vegan - onion or Mix vegetables. It's a thick soft South Indian pancake, the same base as dosa, but cooked with different toppings, served with chutney & sambhar.

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MAIN COURSES

Non-Vegetarian [From the Butchers]

Murgh Makhani (Butter Chicken)(N)(D) £ 12.99

Butter chicken is a classic Indian dish made with chicken tikka, simmered in a creamy tomato, cashewnut gravy.

Kozhi Kurumulagu Masala £ 12.99

A medium spicy Kerala style pepper chicken cooked in fresh coriander leaves and coconut milk sauce.

Varutharacha Kozhi Curry £ 12.69

(Roasted Ground Coconut Chicken Curry) Chicken cooked with roasted ground coconut and fresh aromatic spices.

Kozhi Korma(N)(D) £ 12.69

Chicken korma is chicken cooked in ground cashewnuts, onions, cream and gentle spices.

Alleppey Duck Curry £ 14.99

Alleppey duck curry is a rich, medium spicy Kerala-style duck curry that comes from the coastal region around Alappuzha. It's cooked with coconut milk and bold spices.

Attin Cheera Curry £ 13.50

Tender pieces of lamb cooked in fresh spinach leaves, spices and onions. One of the speciality dish from our Ancestors.

Railway Lamb Curry £ 13.99

Railway lamb curry is a medium, tangy British Indian curry. created during the British era for first-class train passengers, it's a lamb cooked with potatoes, carrots & spices.

Nasrani Beef Curry £ 12.99

It's traditional Kerala Christian style beef curry with rich spice flavour of curry leaves & coconut strips.

Beef Roast Masala(D) £ 14.99

Beef roast masala is a rich and aromatic dish. Roast slices of beef masala served with cassava and salad.

Malabar Chicken Biriyan (N)(D) £ 12.50

Malabar chicken biriyani is a fragrant and flavourful rice dish made by medium spiced chicken and aromatic basmati rice.

Special Beef Biriyan (N)(D) £ 13.50

Beef biriyani is a rich and aromatic rice dish made by spiced beef with fragrant rice. It's very popular in Kerala's Malabar region.

From Our Fishing Nets

Alleppey Konju Masala £ 16.50

rich and thrilling dish from "Allappuzha" (The Venice of East) Jumbo prawns cooked in a thick coconut sauce, flavoured with ginger and curry leaves.

Vembanad Fish Curry £ 14.99

Boneless fish steak cooked in coconut milk based sauce with spices.

Kudampuli Fish Curry £ 14.99

It's a traditional Kerala fish curry cooked in a spicy, tangy gravy flavoured with kudampuli (cocum).

Mix Seafood Curry £ 16.95

It's a rich and flavorful coastal dish prepared with a combination of seafood such as prawns, mussels, squid & fish cooked in a coconut base sauce.



Kerala Crab Roast £ 15.49

Kerala Crab Roast is a medium spicy and aromatic seafood made with fresh crab cooked in a rich blend of spices, ginger, garlic, tomato and curry leaves.

Meen Pollichathu £ 16.29

Meen Pollichathu is a classic Kerala seafood speciality in which fish marinated with spices and lightly fried before being coated in a flavorful masala made with onions, tomatoes, ginger and garlic. The fish is then wrapped in a banana leaf and roasted, allowing the aromas and spices to infuse deeply into the fish served with spicy potato and salad.

Vembanad Lobster Masala £ 40.99

Fresh lobster cooked in a roast masala of onions, tomatoes, ginger, garlic, aromatic spices and curry leaves, rich and flavourful dish finished with coconut milk and accompanied with lemon rice, sauce and potatoes.

Pachakappayum Meenum £ 14.89

cooked in a spicy tangy gravy flavored with Kerala traditional spices and served with plate of cassava. It's a traditional Kerala dish served in "toddy shops" (shops selling coconut beer).

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Vembanad 'Sadya' [Thali]

A Sadya is a big feast associated with special occasions, such as a marriage, birthday etc. Vembanad introduces a three course meal starting with soup followed by seven different types of curries with rice, and two types of breads and finished with Kerala traditional dessert Semiya payasam. We have Veg. and Non-vegetarian available (Vegan and Gluten Free available on request).

Vembanad Veg. Sadya..... £ 16.49

Vembanad Non-Veg Sadya £ 18.99



Side Dishes

Spicy Potatoes£ 5.49

Potatoes stir fried with onions, ginger, garlic, curry leaves, tomatoes and spices.

Beans Thoran £ 5.79

Fresh beans cooked with mustard, onion and fresh grated coconut.

Pala Egg Roast£ 6.49

Pala (Town of Kerala) is one of the largest proportion. Of Roman Catholics in Kerala. "Pala" referred among the Catholic Circles as the "Mini Vatican of India". Egg Roast is one of the famous snacks in these Catholic festival occasions. Boiled Egg cooked in roast masala, curry leaves and coconut milk.

Kakka Roast..... £ 7.49

It's a spicy combination of mussels, onions, black peppercorns & curry leaves.

Vendakka masala.....£ 5.99

[Ladies Finger] Ladies finger stir fried with roast masala, curry leaves & coconut milk tempered with mustard seeds.

Vembanad Special Salad £ 6.19

Our Chef's Special Salad made with ripe mango, carrot, cucumber, lettuce dressed with yoghurt.

From Our Garden

Vembanad Mix Vegetable Curry£ 9.29

Fresh vegetables cooked with onions, tomatoes, ginger, garlic and aromatic spices like turmeric, coriander and cumin enriched with coconut milk.

Cheera Parippu Curry £ 7.90

Fresh spinach and yellow moong dal cooked in a thick garlic, tomato, curry leaves and tempered with mustard seeds.

Eggplant Puli Curry.....£ 8.99

Egg plant cooked in a tangy tamarind base gravy flavoured with roasted spices, shallots, curry leaves. The natural sweetness of tamarind creating a balanced and flavourful dish.

Kadala Curry£ 8.50

Tender chick peas cooked in a tomato masala sauce.

Mutter paneer(D).....£ 9.49

Mutter Paneer is a delicious curry of green peas and home made cheese cubes (Paneer). Paneer cubes and green peas cooked in creamy tomato sauce simmered with light spices.

Mathanga Erissery£ 8.49

Pumpkin (Mathanga) cooked in a mildly spiced coconut base gravy flavoured with roasted ground coconut, cumin, garlic and green chillies, giving it a creamy and slightly sweet flavour.

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RICES

Plain Rice£ 2.80

Plain white Basmati Rice.

Thenga Choru (Coconut)£3.50

Basmati Rice mixed with grated coconut & curry leaves.

Neychoru (Ghee)£ 3.50

Neychoru is a semi version of Biryani, rice cooked in ghee flavoured with Kerala spices.

Naranga Choru (Lemon)£ 3.29

Rice tossed with lemon juice, fresh curry leaves, mustard seeds and dried red chillies.

Koonu Choru (Mushroom)£ 3.50

Rice made with fresh button mushrooms, ginger, garlic and aromatic spices.

Garlic & Peanut Rice£ 3.50

Basmati rice tossed in garlic, peanuts and aromatic spices.

Tayir Sadam (Curd)£ 3.99

Cooled rice combined with thick yoghurt and...seasoned with ginger, mustard seeds, curry leaves and pinch of asafoetida.



Executive Lunch £ 7.95

Chicken or lamb curry + 4 Veg. curries + Rice & bread

Lunch Box £ 6.75

Chicken or Lamb curry with two Veg. Curries, Rice & bread.

(Monday To Friday Lunch Time Only)

BREADS

Malabar Paratha (1 piece)(G) £ 1.99

flour dough layered and then flattened and cooked in a griddle.

Chapathi (2 pieces) (G)£ 2.49

Flat Indian bread made from wheat flour.

Poori (2 pieces)£ 2.99

Fluffy fried bread made from wheat flour.

Appam (2 pieces)£ 3.29

A soft pancake made from fermented rice batter, with a soft spongy middle and crisp at edges.



DESSERTS

Carrot Halwa£ 4.49

It's a traditional Indian dessert made by slowly cooking freshly grated carrots with full-fat milk, ghee, sugar and cardamom.

Coconut Pancake£ 4.49

Pancake filled with grated coconut, cashew nuts, raisins & jaggery served with chocolate sauce and vanilla ice creams.

Semiya Payasam (G)£ 3.99

Traditional pudding of Kerala, made from vermicelli, milk and sugar.

Unnakaya (N) (D)£ 4.29

It's made from ripe bananas that are steamed, mashed, and shaped around a rich filling of sweetened grated coconut, roasted nuts and raisins and cardamom and fried.

Gulab Jamun (G) (D)£ 3.95

dough dumplings, deep fried and soaked in flavoured sweet syrup.

Choice of Ice-creams£ 3.99

Vanilla, Chocolate & Strawberry.

Kulfi£ 3.95

Mango or Pistachio flavour frozen dessert known for its rich, creamy texture and intense flavour.

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Umbanad

AUTHENTIC SOUTH INDIAN
CUISINE & LOUNGE

Monday - Thursday

11.30 - 3.00 & 6.00 - 10.00

Friday

11.30 - 3.00 & 6.00 - 11.00

Saturday

11.30 - 11.00

Sunday

11.30 - 7.30

