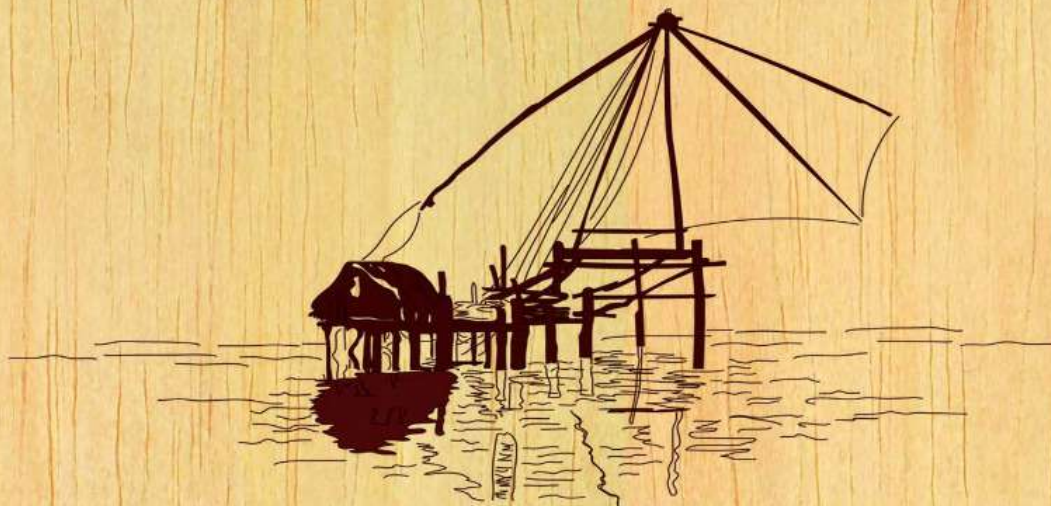




Kayal, The Kerala Backwater Cuisine Restaurant, offers a cuisine that is very unusual and different from the rest of others. Cooking in Kayal is all about tradition, aromas, and spices. Cuisine at Kayal, is mildly flavoured, spicy and gently cooked, offers several gastronomic opportunities to those willing to experiment with the local cuisine of Kerala.



Kayal's food with its fascinating array of vegetables, meat and seafood flavoured with a variety of spices is a constant reminder of the local cuisine. 'The Backwater Cuisine at Kayal', be it Seafood, rice and other meat dishes, the emphasis is on 'Healthy Food'. Spices that flavour the local cuisine of Kerala give it a sharp pungency that is heightened with the use of tamarind.

Kayal offers one of the most colourful and culturally rich cuisines of the world. Kerala has a very rich cultural heritage dating back to thousand of years. The colourful and vibrant people of Kerala are known for their passion for taste. At Kayal, we are trying to reproduce the same local taste of the Kerala Cuisine with the help of Kerala born and bred chefs, who learned the preliminary knowledge of the cooking from their 'MOM' in their home kitchen. A melange of aromas resulting from the free use of pepper, cardamom, cloves, turmeric, ginger, chillies and mustard, used in most of our curries, makes you feel at a local restaurant in Kerala.

We welcome you to the unusual cuisine where tradition meets quality.

V – Vegetarian | N – Contains nut

A discretionary 10% service charge will be added to your bill for groups of 9 or more.

ALLERGENS & INTOLERANCE

Please note many of our dishes contain allergens. Please alert a member of staff if you have any food allergies and we will be happy to assist you.



Proud to be with Hairy Bikers,
Paul Hollywood and Len & Ainsley's at

BBC TWO TV Shows.



Hairy Bikers



Paul Hollywood



Len & Ainsley

Vegan Trend

Kayal ❤️ vegan concept and have a wide variety of vegan choices in our menu. **Gluten free, nuts free, vegan** and all other dietary Party menu is available on request.

www.kayalrestaurant.com

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Kayal Menu

Pre meal snacks and pickles (V/N) £5.89

An authentic Kerala 'chayakkada's (tea shop) special high tea snacks which are freshly made and displayed in glass cupboards for the afternoon tea break and to munch during the church or temple festive moments. The home-made chutneys, lemon pickle and mango pickles are the unique accompaniments. *(vegan option available on request)*

Achappam

This crunchy, crispy snack is made from rice flour, coconut, black sesame seeds and cumin seeds are shaped to star or flower in Seva Nazhy (traditional Kerala die vessel).

Pappadavada

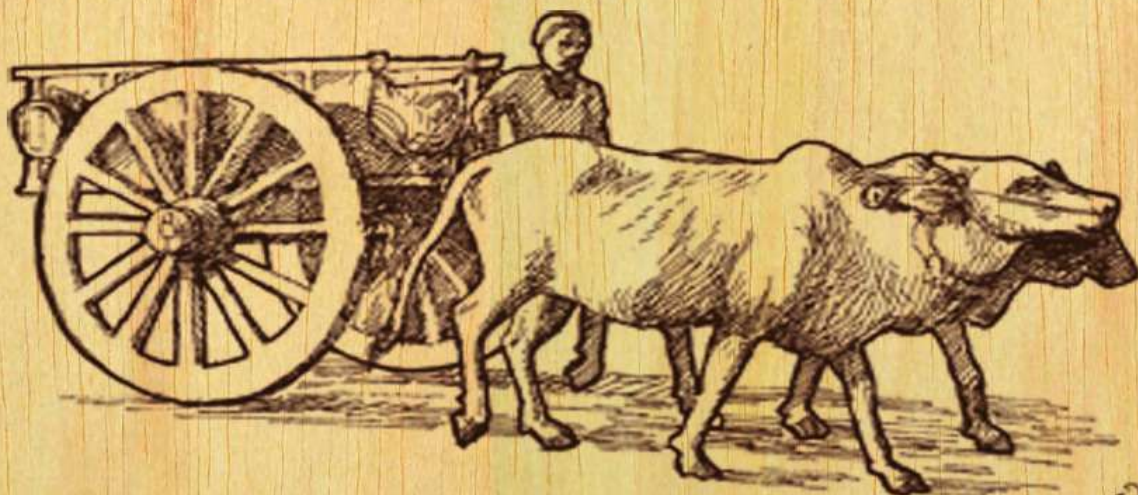
Pappadoms are dipped in a special batter of rice flour, cumin and sesame seeds and deep fried in oil to give a special aroma.

Nenthraaka Varuthathu

Banana slices seasoned with turmeric water and deep fried.

Pappodoms

Plain, flat, thin, crispy snacks made from black gram lentils.



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Soups

Kayal Soup

£6.89

Kayal Soup is one of the most spectacular soups made by the fishermen family of Kerala. This soup is made of mixed seafood, flavoured with coconut milk, cumin seed, curry leaves and crushed pepper and tempered with mustard.

Muringakah Soup (v)

£5.89

Muringakah (drumstick) is well known for its medicinal quality in Ayurveda. It is prepared from drumsticks, potato flavoured with shallots, garlic, ginger and curry leaves with special care.
(suitable for vegan and gluten free)

Starters

Kizhangu / Kathrika porichathu (v)

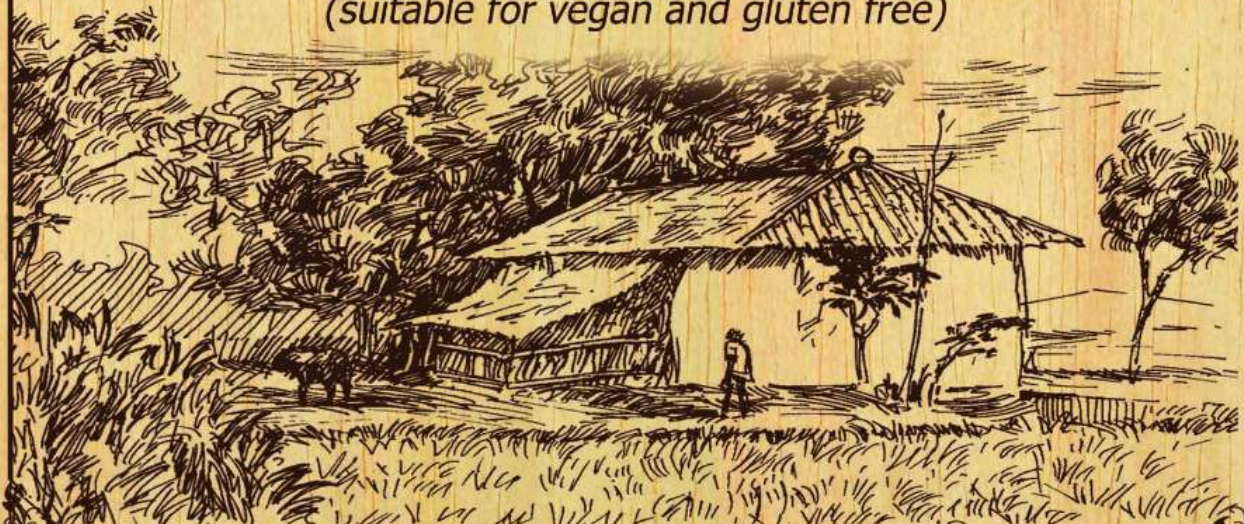
£6.39

Choice of deep fried, battered potato or aubergine slices, served with chutneys
(suitable for vegan and gluten free)

Uzhunnu Vada (v)

£6.65

Delicious golden fried lentil doughnuts, fluffy in the middle and crispy on the outside.
(suitable for vegan and gluten free)



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Chilly Paneer (v)

£7.75

Fresh Indian cottage cheese sautéed with onion, peppers and aromatic Indian spices *(gluten free)*

Pineapple Boli (v)

£6.75

This snack for the people in Kerala during the tea break. Pineapple slices are dipped in rice flour batter with black sesame seeds and crispy fried, served with chutney.
(suitable for vegan and gluten free)

Kottayam Egg Fry

£7.65

Batter fried boiled Egg, tossed in onion and tomato spices, flavoured with ginger, curry leaves, seasoned with crushed black pepper and fennel powder.

Poth/ Kozhi Ularthiyathu

£8.49

Slow roasted tender beef/chicken cubes with traditional Kerala aromatic spices, ginger, coconut slices and tempered with mustard and curry leaves. Our father, Thomman's favourite accompaniment to go with his drinks. *(gluten free)*

Chicken Puffs

£7.49

One of the most attracting snacks from the village bakeries. Tasty Chicken filling in puff pastry served with chutney.

Muyal Pepper Fry

£8.69

Rabbit meat sautéed with onions, black pepper, ginger and green chillies to add a rich and spicy experience. A tempting delicacy. *(gluten free and may have limited borne flakes)*

Mix Sea Food Platter (2 Person)

£17.69

Mix platter of fish fillet, prawns, squid and mussels.

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Seasonal Grilled Fish

£7.99

The best available grilled seasonal fish fillet marinated with medium Kerala spices. **(gluten free)**

Kayal Konju Chilly

£8.49

Very popular Indo -Chinese dish in Kerala. King prawns dipped in very special batter and deep fried, tossed with onion, ginger, garlic, peppers, chilly sauce and spices.

Fish Cutlet

£7.75

Kerala fish fillets and potatoes mashed together with spices made into patty crumb fried to perfection, a crunchy snack.

Cochin squid

£7.95

Deep fried squid rings served with chutneys.

Dosa

Dosa is made from a mixture of soaked lentil and rice, ground together and fermented overnight. All dosas are accompanied with sambar and coconut chutneys.

Masala Dosa/Paper Masala Dosa (v)

£11.99/£13.95

This is perhaps the most famous South Indian Brahmin dish. A rice and lentil pancake with a traditional filling of seasoned potatoes, onions and peas. **(suitable for vegan and gluten free)**

Nair Masala Dosa (v)

£13.95

A rice and lentil pancake thinly spread with tangy red chutney and melted butter filled with a mixture of spiced potatoes and onions **(gluten free)**

Chicken/Lamb Dosa £14.95

Rice and lentil pancake filled with your choice of either chicken or lamb cubes, seasoned potatoes, tomatoes, green chillies and onions. **(gluten free)**

Mix Uthappam (v)

£ 9.99

Uthappams are similar to dosas, and are made from lentils and rice fermented overnight. But they are cooked on both sides and come with mixed vegetable toppings.

(suitable for vegan and gluten free)

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From our fishermen's net

Alappuzha Konju Masala

£18.65

Alappuzha, the Venice of the east, is very popular in its kind of seafood culinary arts. A thrilling prawn dish cooked in a thick sauce with coconut, ginger, curry leaves and onions.

(gluten free)

Kayal Fish Curry

£16.95

Boneless king fish dipped in mouth watering coconut flavoured sauce - the best kept Kayal's spicy secret sauce. (gluten free)

Seafood 'Chakara'

£33.65

It is an absolute delight for seafood lovers to have a little bit of everything from the best of Kerala fisherman's net. Traditionally marinated grilled king prawns, crab, king fish steak, fish cake, salmon shashlik with capsicum, pineapple, grilled tomatoes, asparagus and scope of lemon rice, topped with chef's special sauce.

Njandu Curry

£18.69

Believed to been found by Portuguese sailors in historic times, using the locally available ingredients while they travelled in Kerala. Fresh crab with shell cooked in a coconut flavoured sauce with authentic spices. Served with crab cutter and meat picker and please be adventures as Portuguese sailors to face the MESSY dining experience. (gluten free)

Tilapia Pollichathu

(Half) £17.99 (Full) £21.45

From 'Achukutty's recipe book' - Our mom from Travancore, Kerala Agricultural Christian family. Tilapia covered with specially made spice paste, wrapped in banana leaf and steam cooked, flavoured with lemon. (gluten free)

Mix Seafood Curry

£19.85

King fish, squid, mussels, and prawns cooked with Kerala spices, onion, ginger, garlic and mustard seeds. (gluten free)

Meen Porichathu

£19.85

Spicy marinated whole boneless sea bass stuffed with prawns chutney served with spicy potatoes and lemon rice. (gluten free)

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Kallushap Meen Curry

£18.95

'Kallu shaps' (toddy shops) are the local pubs in all over Kerala. Every one including the families visit these pubs mainly to enjoy the spicy fish curry (Tilapia), though many of them do not drink alcohol. The fish curry is made with freshly grounded ginger, garlic and coconut and seasoned with mustard seeds and curry leaves.

(gluten free)

Salmon Mappas

£19.95

Mappas is a popular recipe in Kerala. It is a typical dish unavoidable in Central Kerala Festive Menu. This traditional dish has rich creamy texture made with boneless salmon fillet, shallots, tomato, green chilli, ginger, garlic, chilli powder, coriander powder, coconut milk flavoured with curry leaves. (gluten free)

Poultry

Nadan Kozhi Curry

£14.98

Boneless chicken cubes cooked with mustard, ginger, garlic and special homemade spices.

(gluten free)

Chicken Stew

£13.45

Chicken cooked in a creamy coconut sauce with ginger and fresh curry leaves. (gluten free)

Kozhi Kurumulagu

£15.89

One of the most famous dishes in Travancore area of Kerala. Boneless chicken cooked in a black pepper based sauce with onion, ginger, garlic and turmeric.

(gluten free)



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Ammachi Pidiyum Kozhiyum

£17.95

This is one of the exotic dish hailing from the Great Malabar coast of Kerala. These are small rice dumplings that are steam cooked and then added to a chicken curry made of special Keralan spices. **(gluten free)**

Kumarakom Duck Mappas

£19.89

A festive dish of Kerala, boneless duck breast cooked in Kumarakom style with aromatic spices and herbs. **(gluten free)**

From the Butchers

Pala Beef Chops

(where it's known as 'beef chaps')

£19.89

Keralan style grilled beef chops with mushroom pepper sauce, beans thoran, and spicy potatoes.

Cheera Erachi Curry

£18.65

This is our chef's signature dish. Tender pieces of lamb cooked in fresh spinach, aromatic spices, turmeric, red chillies and onions. **(gluten free)**

Travancore Chicken Biriyanis £15.45/ Seafood Biriyanis £19.95 (N)

Malabar coast of Kerala is a treasure house of biriyani's. Over the years it has become very popular with other areas in Kerala. Rice and chicken/mix seafood (prawn, king fish, mussels and squid) are baked in rich gravy to produce a highly aromatic and deliciously spicy preparation. **(gluten free)**



Restaurant of the Year
Award Winner **2023**



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From the Garden

Cheera Parippu Curry (v)

£9.45

Fresh spinach and toor dal cooked in a thick garlic sauce, and tomatoes flavoured with curry leaves and tempered with mustard seeds. *(suitable for vegan and gluten free)*

Kathrika Curry (v)

£12.75

Aubergines cooked in a paste of coriander seeds, roasted onions and chillies.
(suitable for vegan and gluten free)

Veg Stew (v)

£9.85

Mix vegetables cooked in a creamy coconut sauce with ginger and fresh curry leaves is a good combination with Appam.
(suitable for vegan and gluten free)

Nadan Vegetable Kurma (v/N)

£8.99

Fresh vegetables cooked in a creamy sauce of roasted cashew nuts and coconut *(suitable for vegan and gluten free)*

Mutter Paneer (v/N)

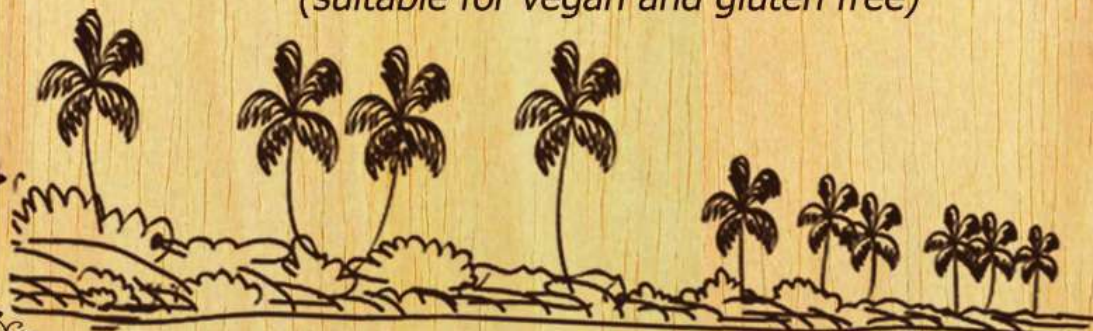
£12.75

Creamy tomato sauce simmered with light spices, studded with homemade cottage cheese and peas. *(gluten free)*

Spicy Potatoes (v)

£8.95

Potatoes, peas and peppers stir fried with onions and tomatoes.
(suitable for vegan and gluten free)



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The Kayal 'Sadya' (Thali) (N)

The typical feast served as a three course meal starting with the soup. Followed by a neatly arranged little bowls of either non-vegetarian/vegetarian curries, side dishes, bread and rice along the circumference in a large plate, and the dessert as a final course which is a complete all-in-one package meal that's a favourite among Indians anywhere.

Kayal Vegetarian Sadya (v)

£21.45

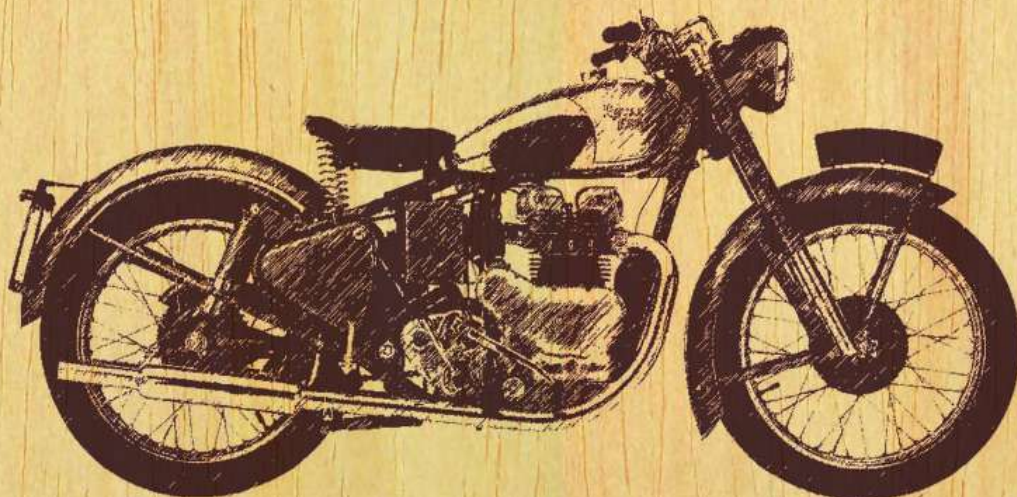
Kayal Special Sadya

£23.89

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Side dishes

Green Salad (v)

£4.89

(suitable for vegan and gluten free)

Kayal Special Salad (v)

£11.45

Mango, avocado, guava, lettuce, crushed pepper dressed with lemon juice. *(suitable for vegan and gluten free)*

Vendakka Mezhukkuvaratty £9.65

(As mains) £12.95 (v)

Fresh okra cooked with onion, ginger, garlic and special Kerala spices and curry leaves.
(suitable for vegan and gluten free)

Beans Thoran £7.35

(As mains £11.95)

Fresh beans cooked with mustard, onion and fresh coconut. *(suitable for vegan and gluten free)*

Egg Roast £8.45

(As mains £11.95)

Boiled egg sauteed in a semi-dry Keralan sauce of fresh tomato, onion, ginger and garlic *(gluten free)*

Sundries

Chutney £1.50

Sambar £1.50

Yoghurt £1.50

Pappodom x2 (Including a chutney) £ 1.75

Raitha £2.25

Potato Chips £3.50

Lime Pickle £1.50

Mango Pickle £1.50

Review us on Trip Advisor



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Rices

Plain Rice (v)

£3.95

Plain white basmati rice
(suitable for vegan and gluten free)

Thenga Choru (v)

£4.50

Plain rice mixed with fresh coconut, urad dal (white lentils)
and curry leaves.
(suitable for vegan and gluten free)

Naranga Choru (v)

£4.50

Tangy, fresh tasting rice tossed with lemon juice, fresh curry
leaves, mustard seeds and dried red chillies.
(suitable for vegan and gluten free)

Neychoru (v/N)

£4.75

Rice cooked in ghee flavoured with premium Kerala spices.
(gluten free)



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Breads

Appam (2 pieces) (v)
£3.85

Appam is the soft pancake made from yeast fermented rice batter, with a soft spongy middle, which is laced with crispy edges. *(suitable for vegan and gluten free)*

Paratha (1 piece)
£3.45

A Kerala speciality - wheat dough layered and coiled in to a coir mat shape then cooked on the griddle.

Poori (2 pieces) (v)
£3.45

Fluffy fried breads made from wheat flour.
contains gluten (suitable for vegan)

Chapathi (2 pieces) (v)
£2.75

Round, flat wholemeal bread.
(suitable for vegan)

Kallappam (3 pieces) (v)
£2.89

Rice and coconut soft pancake.
(suitable for vegan and gluten free)



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Dessert

Banana Roast (V/N)

£ 5.45

Popular Kerala sweet plantain stuffed, cashewnuts with rice flakes and coconut filling served vanilla ice cream.

Semiya Payasam (V/N)

£4.85

Another conventional pudding made of vermicelli, milk, ghee and garnished with cashew nuts and sultanas.

Carrot Halwa with Ice Cream

£5.49

Warm carrot fudge infused with cardamom and studded with nuts and raisins served with ice cream.

(gluten free)

Gulab Jamun with Ice cream (V)

£5.89

Milk- Solid dumplings preserved in sugar syrup served with ice-cream.

Kulfi (V/N)

£5.25

Delicious, smooth Indian ice-cream made with flavour of Mango/Pistachio.

Ice cream (V)

£4.75

Choice of vanilla/ Chocolate/ Strawberry. Vegan option available.

Tea/Coffee

Tea/ Coffee £ 2.95

Espresso/ Double £ 2.50/£ 2.75

Cappuccino/ Latte £ 2.95

Cochin coffee/ Masala Tea £ 3.25

Herbal Tea camomile/ peppermint/ Earl grey £ 2.65

Irish Coffee/ VisoVio £ 4.75

Liqueurs 25ml

£ 3.25

Tia maria, Coïntreau, southern comfort, Sambuca, Archers, Drambuie, blue curacao, Kahlua, Amaretto, baileys

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Detailed liquors and soft drinks are listed in our beverage list.

Review us on



tripadvisor®

www.tripadvisor.co.uk

Search for 'Kayal'

Planning a Party?

We can assist you with all your party needs, including birthday, wedding, conferences, Christmas and cocktail parties with your choice of bespoke Kayal two/three course sit down meal.

T-SHIRT

VARIOUS SIZES AVAILABLE



FRONT

BACK



where **TRADITION** meets **QUALITY!**