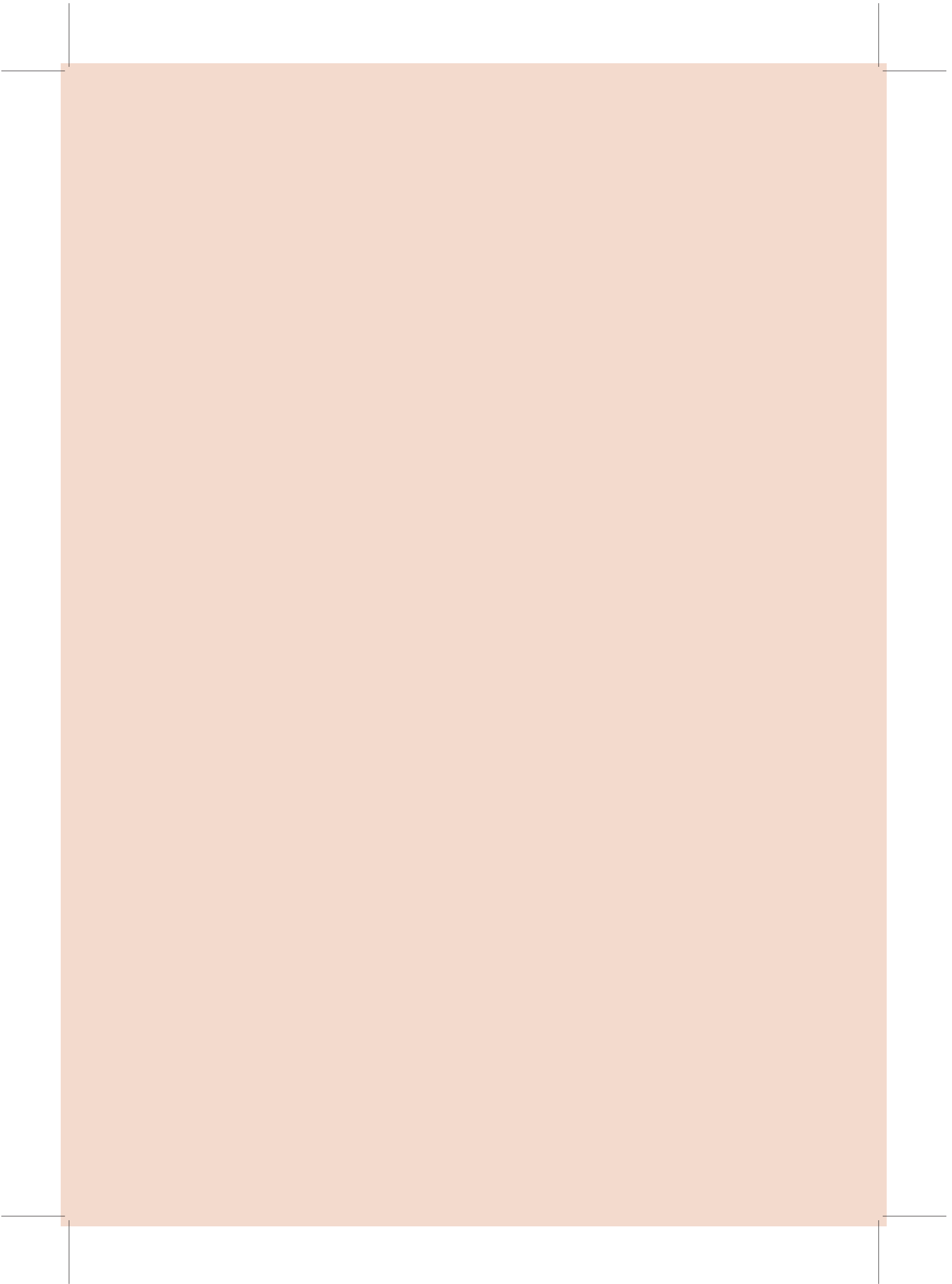




TAJ
GREEN COVE RESORT & SPA
KOVALAM





VEGETARIAN

SALAD

- BAIT SPECIAL CAESAR SALAD-VEG | 258 kcal  1090
Combination of Romaine and iceberg lettuce and exotic vegetables napped with parmesan dressing
- BBC – BEETROOT, BOCCONCINI, CHERRY TOMATOES | 286 kcal  1090
Lemon vinaigrette, olive dust, Super seeds

SHORT EATS

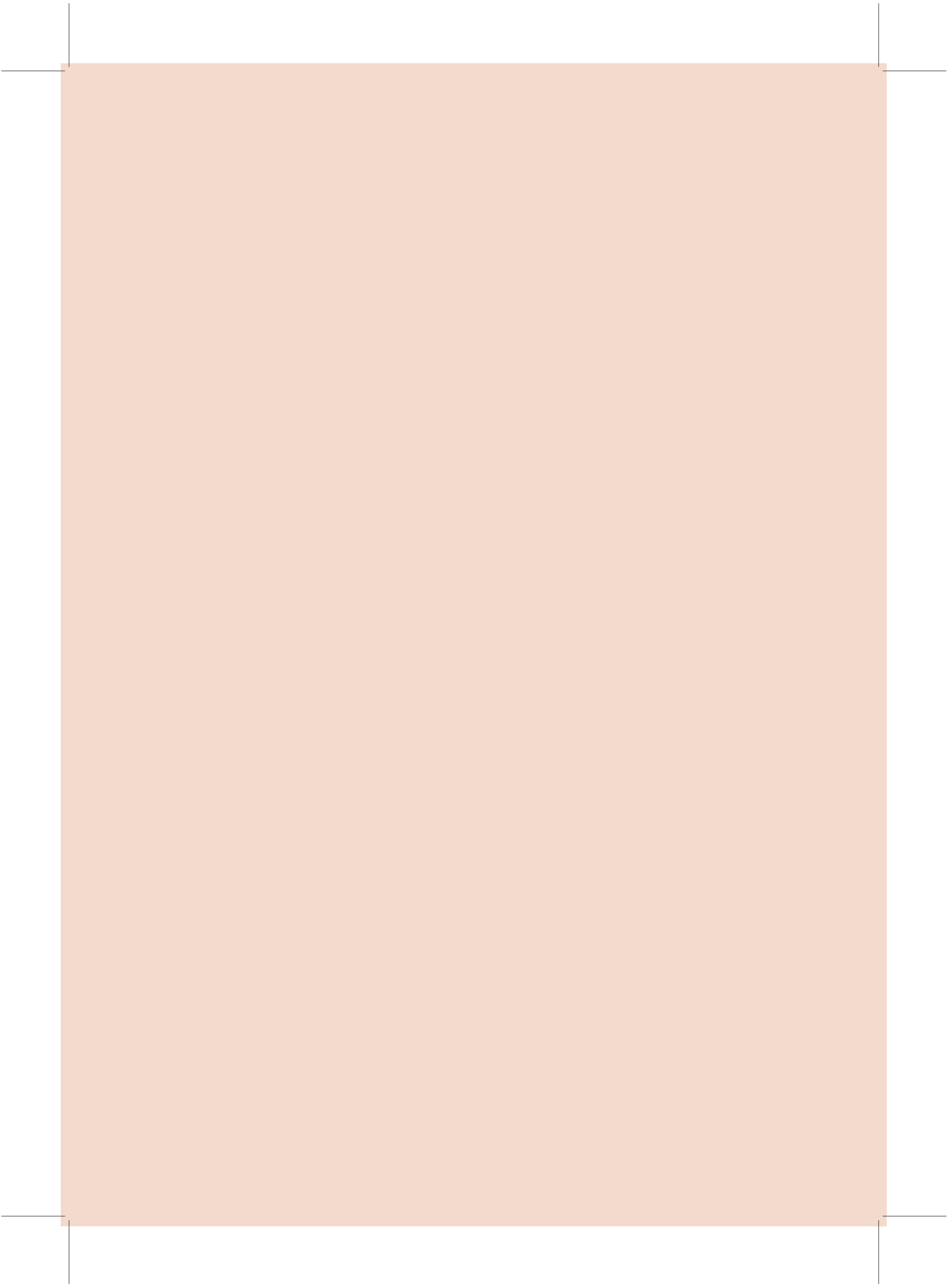
- PERI PERI FRIES | 250 kcal  730
French fries dusted with peri peri, salt, Aioli & mint mayo.
- HONEY CHILLI POTATO | 354 kcal  1090
Crispy fried potatoes tossed in a sweet and spicy glazed sauce.
- CRISPY INJI PULI LOTUS STEM AND WATERCHESTNUT | 447 kcal  1090
Crispy fried lotus stem tossed with ginger and tamarind.
- PANEER KURUMULAKU VARUTHATHU | 387 kcal  1090
Semi dry preparation of paneer with pounded Kerala spices and coconut.
- VAZHAYILAYIL POLLICHA KOON | 250 kcal  1090
Delicious south Indian dish made with mushroom, wrapped in banana leaves and then grilled.
- KANTHARI CHILLI PANEER | 414 kcal  1090
Paneer with a twist of Kerala kanthari mulaku.
- KARUVEPILLAI CHILLI BABY CORN | 162 kcal 1090
Crispy baby corn topped with special curry leaf chutney podi
- CRISPY "CORN" CORN | 165 kcal  1090
Tossed with scallions, garlic and pepper

List of Allergens:


 Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

 Vegetarian  Non Vegetarian

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SOUP

- BROCOLI AND ALMOND SOUP | 340 kcal  730
Creamy and rich broccoli with the nutty flavour of almonds
- MURINGA CHARU | 96 kcal 730
Traditional soup use with drumstick and drumstick leaf


BURGER

- NAUGHTY BURGER, CRISPY VEGETABLE PATTY | 420 kcal  1490
Crunchy Vegetable petty served inside a knotted burger bun with curried mayo & French fries.



PIZZA AND PIDE

- CLASSIC MARGHERITA PIZZA | 610 kcal  1490
- BAIT VEG BLAST PIZZA | 600 kcal  1490
- PANEER TIKKA & BELL PEPPER PIZZA | 632 kcal  1490
- QUATTRO FORMAGGI (FOUR CHEESE PIZZA) | 610 kcal  1490
- SPINACH & BOCCONCINI PIDE | 620 kcal  1490
- PERI PERI COTTAGE CHEESE PIDE | 585 kcal  1490

BAIT SIGNATURE DISH

- GRILLED PANEER STEAK ON SMOKED MANGO WOOD | 430 kcal  1320
Cottage cheese marinated in costal Kerala marination, Severed with exotic vegetable and parotha

MAIN COURSE

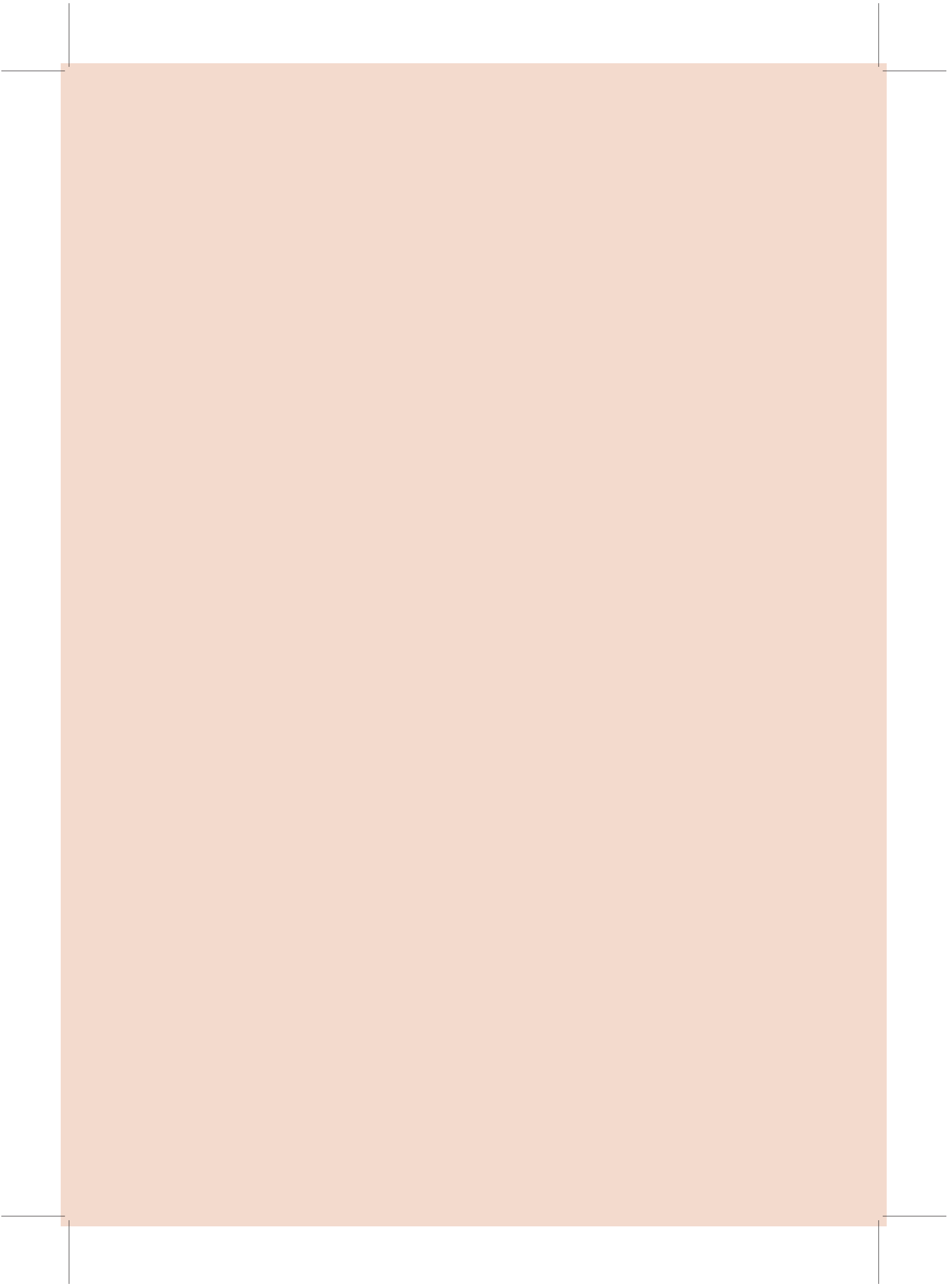
- DURMSTICK MANGO CURRY | 208 kcal  1210
Bait Signature preparation of drumstick and the raw mangoes.
- VEGETABLE MAPPAS | 208 kcal  1210
Fragrant and mildly spiced vegetable curry simmered in a creamy coconut milk gravy.









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- VEGETABLE STEW | 150 kcal  1210
 Quintessential Creamy mix vegetables curry simmered in a fragrant coconut milk gravy.
- PANEER MAKHANI | 530 kcal   1210
 Cottage cheese simmered in a buttery, creamy, tomato based gravy.
- DAL TADKA | 220 kcal  1090
 Rich and creamy yellow lentil curry tempered with fragrant spices sizzled in ghee.
- TRAVANCORE VEGETABLE CURRY | 208 kcal   1210
 A flavorful mixed vegetable curry cooked in a rich, coconut based gravy with a fragrant blend of spices.
- URLAI PATTANI MASALA | 208 kcal   1210
 Potato and green peas curry with coconut and pounded spices.

ACCOMPANIMENTS

- KERALA RED RICE | 455 kcal 610
- STEAMED BASMATI RICE | 327 kcal 610
- MALABAR PARATHA | 325 kcal   490
- APPAM | 130 kcal 490
- IDIYAPPAM | 346 kcal 490

DESSERTS

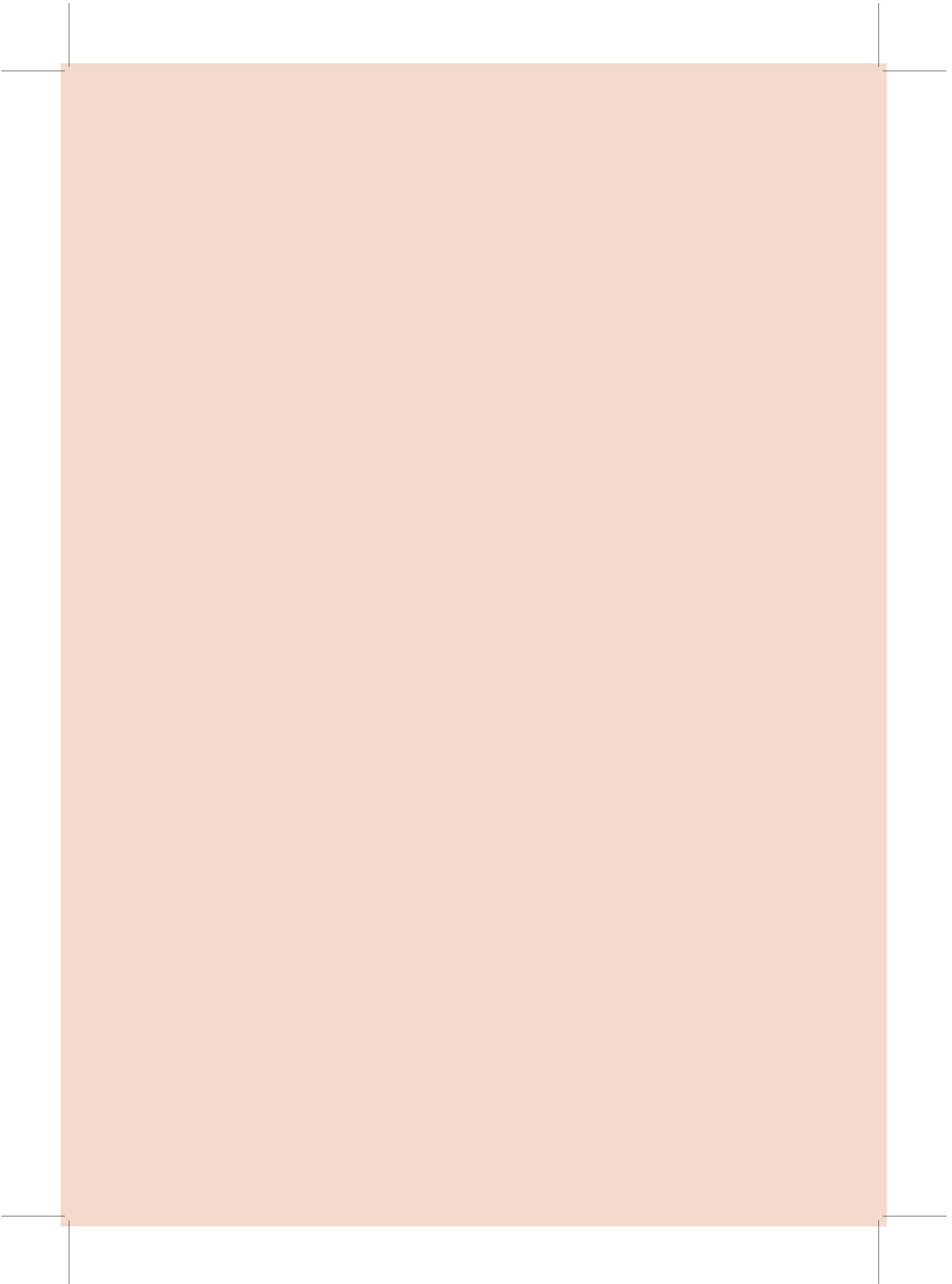
- BANOFFEE PIE | 333 kcal    850
 Buttery almond flour crumble layered with toffee, fresh bananas and whipped cream.
- TENDER COCONUT SOUFFLE IN COCONUT SHELL | 457 Kcal  850
 A chilled, delicate, and creamy dessert of tender coconut pulp and water.
- KULFI | 250kcal    850
 (Malai, Pista, Mango)
- ICE CREAM | 407 kcal  850
 (Vanilla, Chocolate, Coffee, Strawberry)

List of Allergens:

 Molluscs
  Eggs
  Fish
  Lupin
  Soya
  Milk
  Peanuts
  Gluten
  Crustaceans
  Mustard
  Nuts
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NON VEGETARIAN

SALAD

- ▣ CAESAR SALAD -CHICKEN OR SEAFOOD | 399 kcal  1320
Combination of Romaine and iceberg lettuce and Grilled Chicken or fish, squid & shrimp napped with parmesan dressing.
- ▣ CHILLED SEAFOOD BHEL | 240 kcal  1320
Mix of sautéed Shrimp, Squid, Fish, fresh julienned vegetables are tossed in a mango and dates chutney.

SHORT EATS

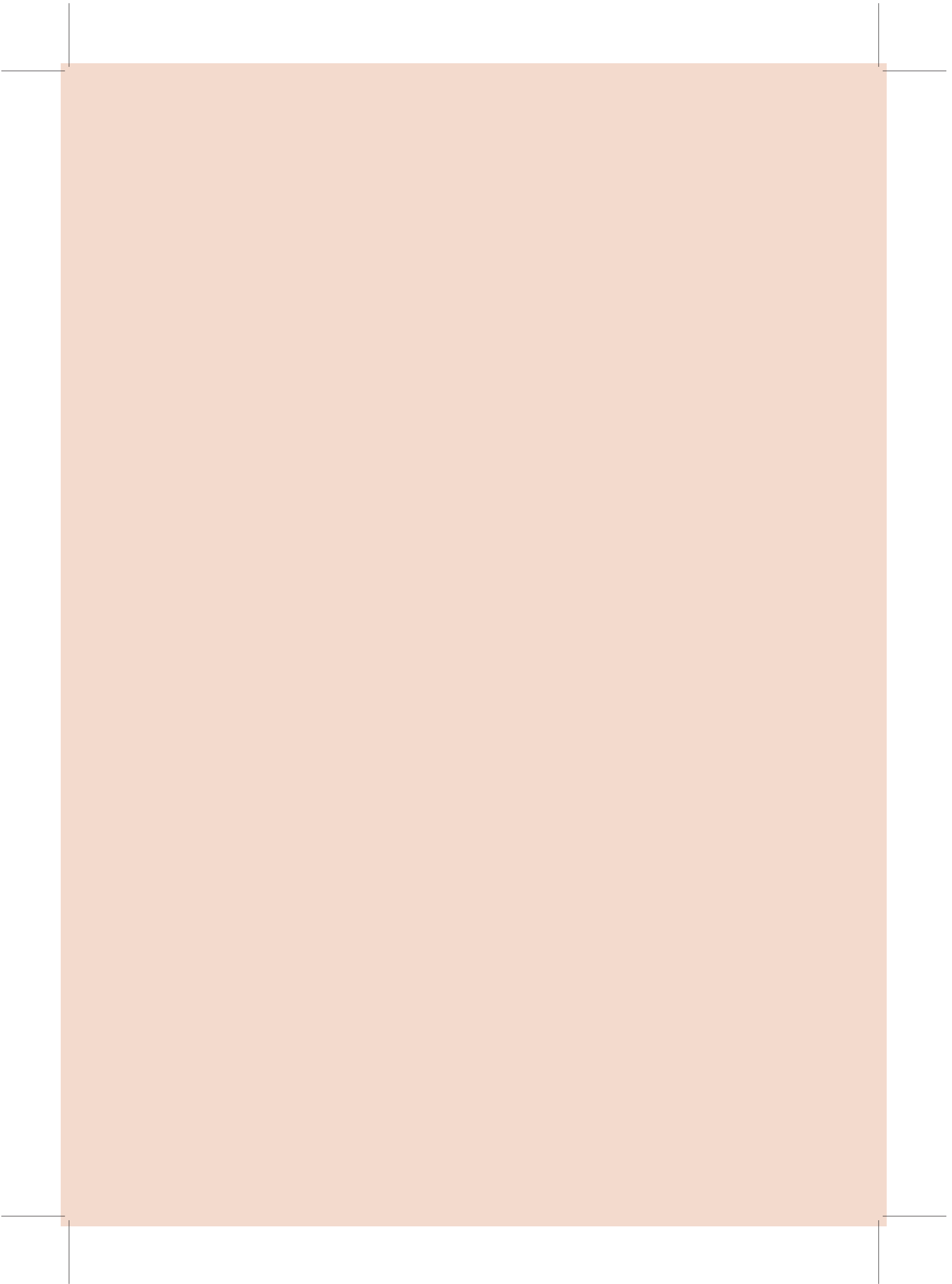
- ▣ BATTER FRIED PRAWNS | 648 kcal  1650
Served with sweet chilli Sauce and garlic aioli.
- ▣ AMBER PERI PERI SOFT SHELL CRAB | 648  1650
Served with sweet chilli Sauce and garlic aioli.
- ▣ KARUVEPPILAI PAAL KONJU | 190 kcal  1650
Grilled prawns infused with curry leaf paste and coconut milk
- ▣ THENGA KOONTHAL POLLICHATHU | 260 kcal  1430
Tender squid simmered in slow-roasted coconut and aromatic spice masala, wrapped in banana leaf.
- ▣ MUTTON KURUMULAKU ROAST | 320 kcal  1320
Tender lamb morsels roasted with freshly crushed black pepper and traditional spices.
- ▣ BAIT SPECIAL FRIED CHICHEN | 490kcal  1320
Crispy and spicy deep-fried chicken marinated in a bait special aromatic paste, finished with pounded chilli dust.
- ▣ BEEF ULARTHIYATHU | 420 kcal  1320
Tender beef cubs slow-roasted in aromatic spices, coconut slivers and curry leaves.
- ▣ VARUTHARACHA CHICKEN FRY | 400 kcal  1320
Fried chicken tossed with slow-roasted smoky, aromatic flavour of roasted coconut and spices

List of Allergens:












 Molluscs  Eggs  Fish  Lupin  Soya  Milk  Peanuts  Gluten  Crustaceans  Mustard  Nuts  Sesame  Celery  Sulphites

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WINGS ON PLATE

- | | |
|--|---|
| <ul style="list-style-type: none"> ■ KANTHARI (spicy) 265 kcal   ■ HONEY CHILLI 265 kcal   ■ PIRI PIRI 265 kcal   ■ BUTTER GARLIC PARMESAN 280 kcal    ■ INJI PULI 265 kcal   ■ UPGRADE TO-"20 A DOZEN " (SHARING PLATTER FOR TWO) 600 kcal | <p>1320</p> <p>1320</p> <p>1320</p> <p>1320</p> <p>1320</p> <p>1320</p> |
|--|---|

SOUP

- | | |
|---|-----------------------|
| <ul style="list-style-type: none"> ▲ SEAFOOD & SOUR BREAD BUN SOUP 256 Kcal
 creamy seafood soup, prawn, fish, squid, served hot inside a hollowed-out, crusty sourdough bread bowl. ▲ CHICKEN, SCALLION & NOODLE SOUP 145 kcal
 Tender pieces of chicken, soft noodles, fresh scallions in a light aromatic broth. | <p>850</p> <p>850</p> |
|---|-----------------------|

BURGERS

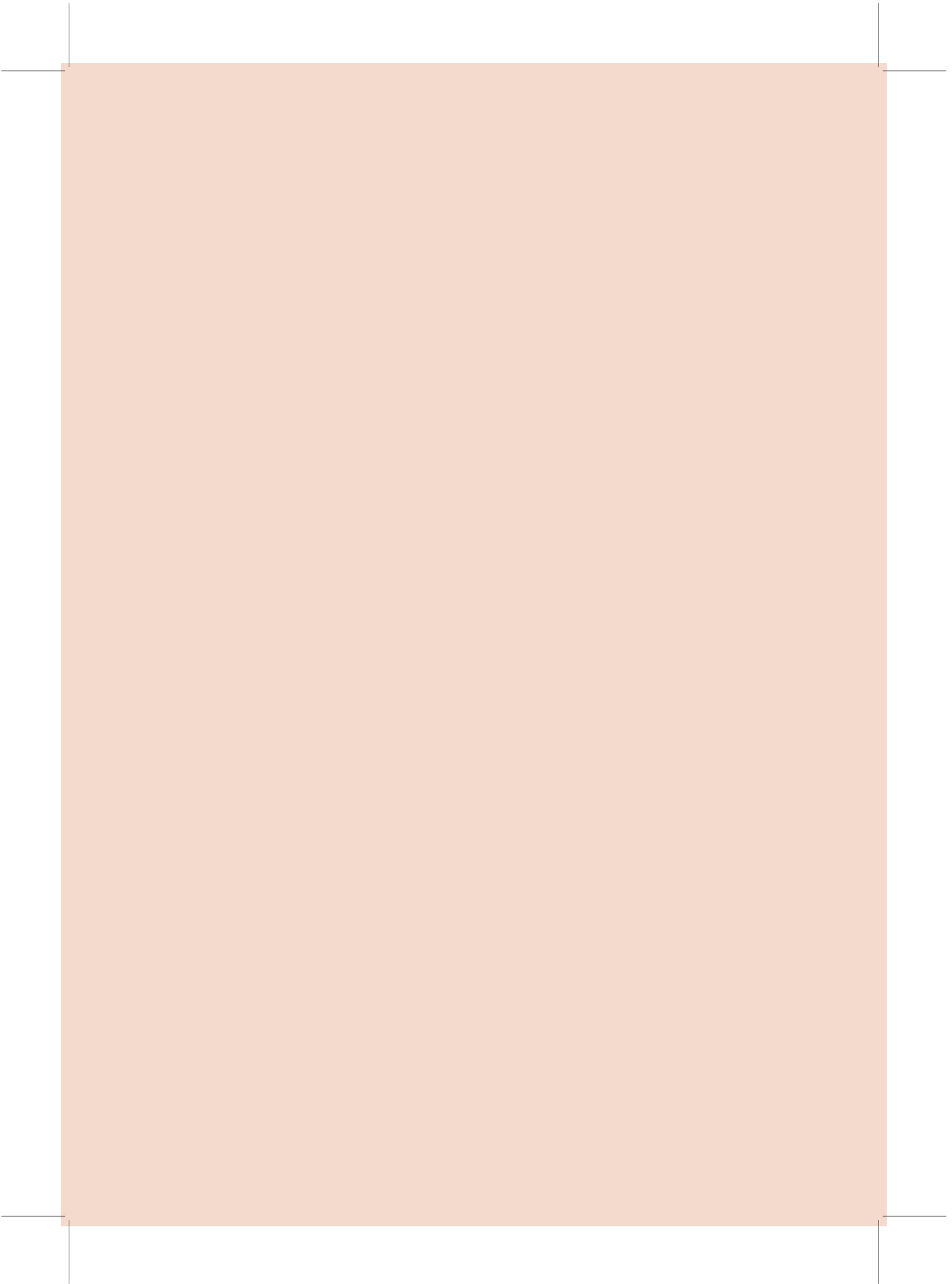
- | | |
|--|-------------------------|
| <ul style="list-style-type: none"> ▲ NAUGHTY CHICKEN BURGER 235 kcal
 A hearty burger with grilled chicken patty, bacon, fried egg, and curried mayo on a knotted bun, served with fries. ▲ NAUGHTY BEEF BURGER 310 kcal
 A hearty burger with grilled beef petty, bacon, fried egg, and curried mayo on a knotted bun, served with fries. | <p>1490</p> <p>1490</p> |
|--|-------------------------|

List of Allergens:







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PIZZA & PIDE

▲ CHICKEN TIKKA PIZZA 785 kcal		1490
▲ BBQ CHICKEN & MUSHROOM PIZZA 610 kcal		1490
▲ CLASSIC SEAFOOD PIZZA 750 kcal		1490
▲ LAMB PEPPERONI PIZZA 765 kcal		1490
▲ CHICKEN & OLIVE PIDE 744 kcal		1490
▲ LAMB AND PINE NUT PIDE 547 kcal		1490

CHOICE OF SEAFOOD GRILLS





CRUSTACEANS

▲ LOBSTER 516 kcal		3630
▲ JUMBO PRAWNS 263 kcal		2640
▲ MUD CRAB 356 kcal		2420
▲ SEA CRAB 356 kcal		2420
▲ BAY PRAWNS 263 kcal		2200

PAN SEARED MOLLUSCS

▲ SCALLOPS 395 kcal		2530
▲ SQUID 240 kcal		1650

FISH

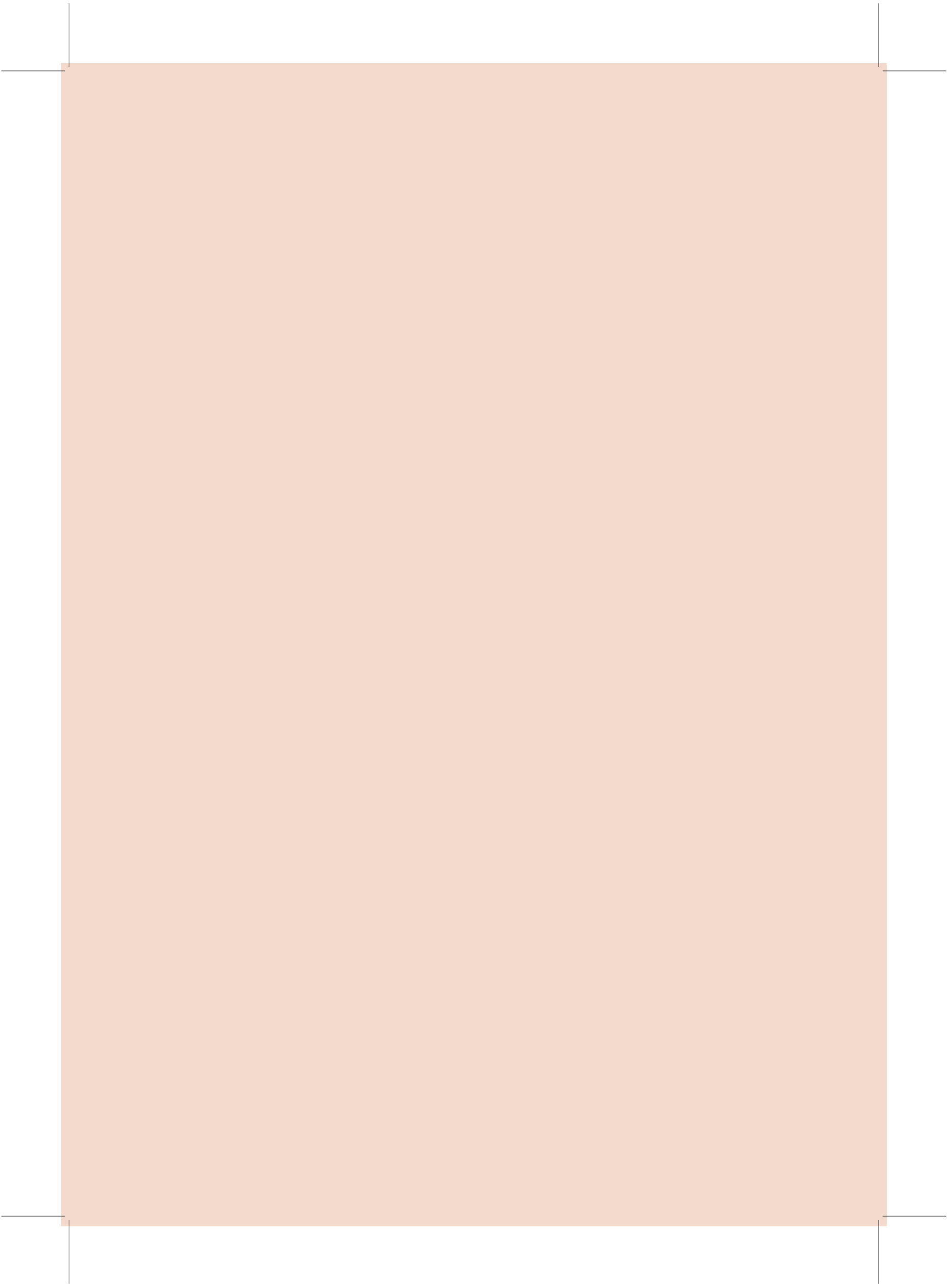
▲ SALMON 292 kcal		2640
▲ POMFRET 420 kcal		2090
▲ PEARL SPOT (KARIMEEN) 252 kcal		1870
▲ KING FISH DARNE/SLICE (SEAR FISH) 315 kcal		1870

List of Allergens:

 Molluscs
  Eggs
  Fish
  Lupin
  Soya
  Milk
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  Nuts
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CHOICE OF MARINATIONS

- ▣ **BAY SPICE**
Red chillies, cumin, turmeric, coriander, ginger, garlic and tamarind
- ▣ **COASTAL KERALA**
Spicy local chilli, curry leaf, shallots and coconut oil
- ▣ **FISHERMAN`S SPICE**
Curry leaf, chilli, shallots, turmeric, lime, ginger and garlic
- ▣ **CHERMOULA**
Ground fresh parsley, coriander, cumin, garlic, lime and olive oil
- ▣ **LEMON, OLIVE OIL, GARLIC**
Lime juice, olive oil, garlic and salt
- ▣ **PIRI PIRI**
African spice mix
- ▣ **GHEE ROAST MASALA** 🍷
Special Mangalorean mix
- ▣ **ARABIC**
Marination of ginger, garlic, turmeric, olive oil and lemon

BAIT SIGNATURE DISH

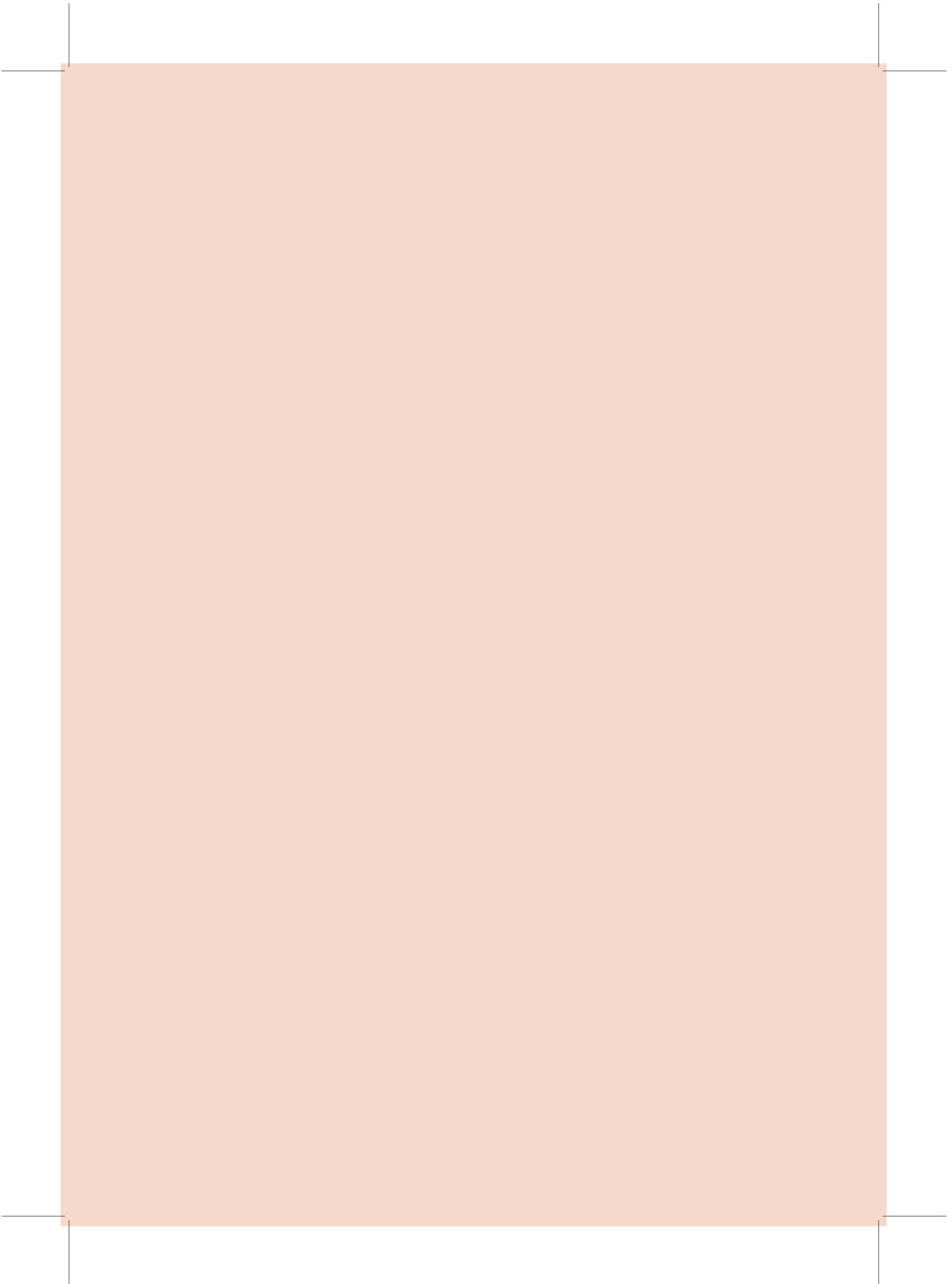
- ▣ **GRILLED SNAPPER ON SMOKED MANGO WOOD | 354 kcal** 🍷 🌾 1980
Juicy grilled snapper is infused with the subtle served on fruity smoked mango wood, complemented by your choice of marinade.
- ▣ **GRILLED SEAFOOD SAMPLERS | 895 kcal** 🍷 🦀 4840
(Lobster CK, Tiger prawn Arabic, King pawn Kandhari, Squid Arabic, Sear fish ghee roast, Red Snapper Chermoula)

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MEAT

- ▶ **IMPORTED LAMB RACK WITH SMOKEY BARBEQUE SAUCE | 691 kcal**   2750
An imported lamb rack, expertly grilled to tender perfection complemented by a rich and tangy Smokey barbeque sauce.
- ▶ **PEPPER CRUSTED GRILLED TENDERLOIN WITH RED WINE JUS | 554 kcal**   2750
A grilled beef tenderloin, marinated with a piquant peppercorn crust served with a rich red wine reduction.
- ▶ **CAJUN GRILLED CHICKEN BREAST | 521 kcal**   1430
Chicken breast is seasoned with Cajun spice blend and perfectly grilled for a smoky, flavourful finish.

MAIN COURSE

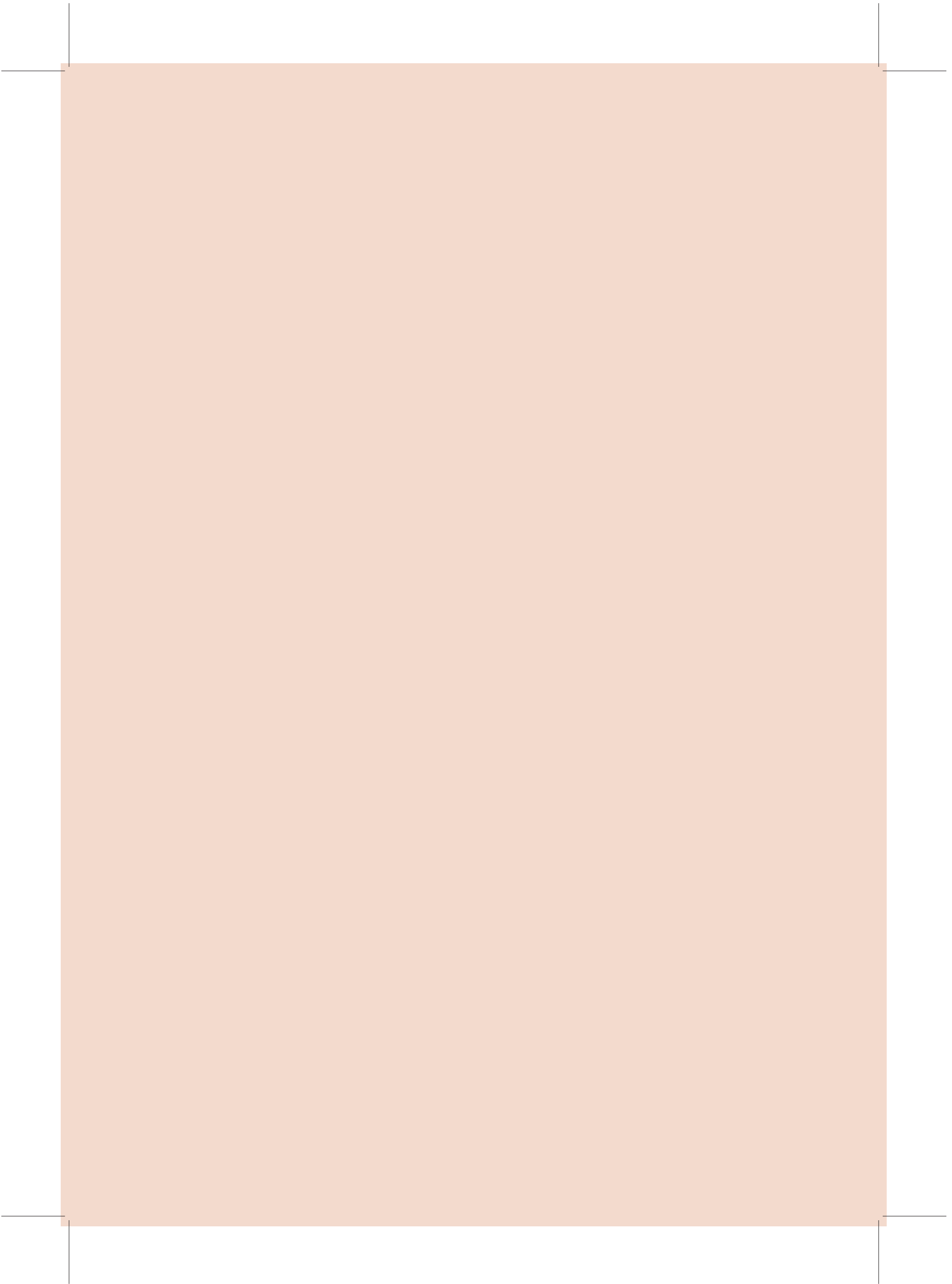
- ▶ **NADAN KONJU MASALA | 310 kcal**    1650
A traditional Trivandrum-style prawns cooked in a spicy, aromatic and tangy masala.
- ▶ **PRAWNS MANGO CURRY | 395 kcal**    1650
A creamy and tangy coastal curry of succulent prawns and raw mangoes, simmered in a rich, aromatic coconut milk base.
- ▶ **NADAN KOZHI CURRY | 317 kcal**   1540
A rustic and aromatic Trivandrum-style chicken curry, cooked in a rich coconut-based gravy with ground spices.
- ▶ **CHICKEN STEW | 330 kcal**  1320
Chicken morsels simmered in coconut milk, flavoured with whole spices, ginger and curry leaves.
- ▶ **MUTTON MAPPAS | 607 kcal**   1320
Tender lamb meat simmered in a rich creamy coconut milk gravy with fragrant whole and ground spices.
- ▶ **KAYAL NJANDU ROAST | 363 kcal**    1320
Succulent Mud crabs cooked in a rich, aromatic, and semi-dry masala with fragrant shallots, ginger, and spices.
- ▶ **KADAL NJANDU CURRY | 375 kcal**    1320
Sea crab simmered in a rich, tangy, and aromatic gravy with coconut milk and traditional spices.
- ▶ **KOVALAM FISH CURRY | 390 kcal**    1430
Spicy fish curry made with a blend of regional spices and the distinct sourness of Brindle berry
- ▶ **MEEN MOILEE | 360 kcal**   1430
Tender fish simmered in a fragrant and mild coconut milk gravy, subtly spiced with green chilies, ginger, and curry leaves.

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ACCOMPANIMENTS

■ KERALA RED RICE 455 kcal	610
■ STEAMED BASMATI RICE 327 kcal	610
■ MALABAR PARATHA 325 kcal 	490
■ APPAM 130 kcal	490
■ IDIYAPPAM 346 kcal	490

DESSERTS

▲ TIRAMISU 509 kcal 	830
A layered Italian dessert of coffee-soaked ladyfingers, rich mascarpone cream, and a dusting of cocoa powder.	
▲ JACK FRUIT CRE'ME BRULEE 480 kcal 	830
Creamy baked custard infused with the sweet, tropical flavor of jackfruit, topped with a crisp, caramelized sugar crust.	
▲ 45% Dark Chocolate brownie with ice cream 650 kcal 	830
A dense and rich 45% dark chocolate brownie, with a deep cocoa served warm alongside a scoop of cold, creamy vanilla ice cream.	

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