

## WE SUPPORT HOPE

Tharavadu supports Hope Community Village on all its activities which helps them to offer long term family care to the parentless children in Kerala. You can support Hope community at [www.hopekerala.org](http://www.hopekerala.org).



Waitrose Good Food Guide  
2017, 2018, 2019, 2020 & 2021



Harden's Restaurant Guide  
2015, 2016, 2017, 2018, 2019,  
2020 & 2021 recommended

Recommended in the  
**MICHELIN**  
guide

Michelin Restaurant  
Guide 2016, 2017, 2018, 2019,  
2020 & 2021 recommended



Rated in the Top 10 Curry  
Houses in the UK



Oliver Awards Winner  
Best Indian Restaurant  
2015, 2016 & 2017

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# lunch menu



SERVED MONDAY-FRIDAY 12-2PM (1:30 PM LAST ORDERS)

South Indian dishes are a complex mixture of numerous ingredients. It will be impossible to mention all the ingredients for each dish. So please speak to the staff while placing order regarding allergen information or dietary requirements

PRE-MEAL SNACKS AND PICKLES 6.95

An authentic village tea shop special - snacks which are freshly made and displayed ready to serve for tea break. It is an unavoidable item for any high tea or for any sort of family get together. Pappadavada (batterfried pappodoms), Pakkavada (crispy rice snacks), Kaya Varuthathathu (Banana chips) and Pappodoms are served with homemade chutneys and pickles.

Starters

UZHUNNU VADA 5.95

Can be made on request  
A famous breakfast dish of South India, golden fried lentil doughnuts, fluffy in the middle and crispy on the outside. .

CHILLI PANEER 8.25

Can be made on request  
MOST ORDERED VEGETARIAN STARTER  
One of the most sought-after dishes of India. Fresh homemade Indian cottage cheese called paneer sautéed with onion, peppers, tomato, and aromatic Kerala spices.

THAKARPPAN KOZHI 8.75

Can be child friendly and on request  
Marinated Chicken slices grilled and served with Chefs special sauce. It can be made mild up on request.

KIDILAN ERACHI 9.25

Lamb cubes cooked in freshly ground spices and sautéed with onions and curry leaves. This is a famous dish in a Thattu Kada (Kerala version of street food) and toddy shop (local pubs of Kerala).

MEEN CHUTTATHU 7.40

Can be made on request  
The best available seasonal grilled fish fillet - marinated with freshly ground spices.

ADIPOLI CHEMMEEN 8.95

Can be made on request  
Medium prawns marinated in a special ground spice mix made by the fisherman families of Kerala. Grilled and served with lemon chutney.

Dosa

Dosa, the most famous breakfast dish and a common South Indian Street food, is rich in carbohydrates, and contains no sugar or saturated fats. As its constituent ingredients are rice and lentils, it is gluten-free and contains protein. The fermentation process increases the vitamin B and vitamin C content. The dosa has numerous varieties depending on the filling and spreads.

MASALA DOSA/ PAPER MASALA DOSA 9.25

Can be child friendly and on request  
The well-known variety of dosa, a fermented crepe or pancake made of rice batter and lentils filled with traditional dosa masala'. Paper Dosa is larger and crispier than the Masala Dosa with the filling on the side.

KOZHI DOSA 12.75

Can be child friendly and on request  
A home speciality of Tharavadu. Rice and lentil pancakes filled with special chicken filling and served with sambhar and chutney.

- denotes vegetarian
- denotes vegan
- denotes gluten free

Most of our dishes contain nuts or traces of nuts. We will be able to alter the cooking without nuts if required. Please inform the waiter while ordering the food.

Food allergies and intolerances  
Please speak to our staff about the ingredients in your meal, when making your order.

Please refer to our beverages list for our wisely chosen wine, beer, liquors, fresh juices, lassi, tea, and coffee.

Mains served with rice or paratha

KONJU MANGA CURRY 18.25

A popular dish among coastal region of Kerala. King Prawns cooked in a special ground spice sauce with fresh coconut, ginger, garlic, cinnamon, tomato and curry leaves and raw mangoes.

THARAVADU SEAFOOD CURRY 19.85

King fish, squid, prawns, mussels, and tilapia, cooked with ginger, garlic in a chef's special secret sauce. One of the main dishes for the church feast in a place called Arthungal – a pilgrim centre of Kerala. This is a culinary gem of Kerala cuisine.

MEEN KOOTTAN 17.90

MOST ORDERED MAIN DISH  
The 'fish curry to order', if you want to savour the taste of Keralan spices. This famous authentic fisherman's family speciality is cooked with freshly grounded.

KERALA KOZHI CURRY 14.85

"BETTER THAN TIIKA MASALA"  
- RATED BY CUSTOMERS  
There are more than hundred varieties of chicken curry in Kerala. This is the most loved one. Chicken cubes are cooked with roasted coconut and kerala spices. The gravy is medium spicy and intense which goes with any side dish, rice, or bread.

MALABAR KOZHI BIRIYANI 14.75

Biryani is one of the most popular dishes in the Malabar community. In Malabar, this dish is a must have for weddings and functions. A pot of spicy chicken, baked with aromatic basmati rice, adorned with raisins with a sprinkle of saffron – heavenly biryani. It is served with Raitha and pickle.

ADU CHEERA MAPPAS 17.95

It is a sought-after dish of Kerala influenced by the farmhouse culture, boneless lamb cubes cooked with fresh spinach and Kerala special sauce. In recent decades this dish has become one of the must have dish of Easter celebrations in Kerala, can be tried with rice or bread.

VEGETABLE KURMA 8.25

Fresh vegetables cooked in a creamy sauce of roasted cashew nuts, yogurt, and coconut.

KADALA MASALA 8.65

Tender chick peas simmered in a light tomato masala sauce.

CURRY OF THE DAY 8.95

Dessert

SEMIYA PAYASAM 4.45

Semiya Payasam is a delicious vermicelli pudding that is full of texture and flavored with cardamom and saffron. This payasam is also a very festive recipe that is made for the onam festivals.

KULFI 4.89

Delicious and smooth Indian ice-cream in mango, pistachio flavours.

ICE-CREAM 3.25

Choice of vanilla, strawberry and chocolate.

Express Lunch

Enjoy Tharavadu express lunch which is a small feast with three curries and a side dish, rice of the day with dosa and chutneys.

NUTS FREE, VEGETARIAN, VEGAN AND GLUTEN FREE OPTIONS ARE AVAILABLE ON REQUEST.

VEGETARIAN EXPRESS LUNCH 8.45

CHICKEN EXPRESS LUNCH 8.95

LAMB EXPRESS LUNCH 9.45