



TAJ

GREEN COVE RESORT & SPA



Jasmine bay





# Jasmine bay

*Jasmine Bay brings to your plate a confluence of the delicious, a fusion of traditions, and a hub of ecstasy.*

*Sit by the pool side and set your senses afloat while our chefs create a perfect meal with flavours handpicked from across the world. Oriental feasts.*

*Global treats Homeland delights. What do you crave for today?*

Vegetarian  Non vegetarian

*"Please be advised that food prepared here may contain ingredients that may cause allergic reactions to those with food allergies, you may inform us with your specific food allergy and we shall be pleased to assist you with customized preparation"*





*All prices are exclusive of any applicable taxes.*

## Breakfast

900



7am to 10.30am

### The Taj Breakfast

- Choice of seasonal fresh fruit juice, Watermelon/ Pineapple Freshly cut seasonal fruits | kcal 60 | 200 ml
- Cereal with hot or cold milk | kcal 130 | 80 gm 
- Two farm fresh eggs cooked to your liking Choice of hash brown and your choice of bacon (pork), chicken sausage, baked beans, sautéed mushrooms | kcal 310 | 80 gm 
- Toast or breakfast rolls served with butter and preserves | kcal 154 | 50 gm 
- Freshly brewed tea, coffee or hot chocolate | kcal 60 | 150 ml 




### Continental breakfast

850

- Choice of seasonal fresh fruit juice or vegetable juice | kcal 60 | 200 ml
- Tropical fresh fruits in season | kcal 60 | 120 gm
- White bread, whole wheat, multigrain bread, croissants, muffins, brioche, danish pastry or doughnuts | kcal 239 | 120 gm 
- Freshly brewed coffee or tea, hot chocolate | kcal 60 | 200 ml 

### Indian breakfast

850

- Choice of seasonal fresh fruit juice or vegetable juice | kcal 60 | 200 ml
- Tropical fresh fruits in season | kcal 60 | 120 gm
- Aloo or paneer paratha | kcal 212 | 180 gm**   
Griddled Indian bread filled with mildly spiced potatoes or cottage cheese served with pickle and yoghurt  
Or
- Poori bhaji | kcal 441 | 180 gm**   
Deep fried fluffy wheat bread served with a potato curry tempered with cumin  
Or
- Masala or plain dosa | kcal 440 | 180 gm**   
Crisp pancakes of rice and lentil with a choice of mildly spiced potatoes or plain served with sambar, tomato and coconut chutney

List of Allergens:



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Or

**Idli or vada | kcal 115 | 180 gm**  

Steamed rice and lentil cakes or crispy lentil doughnuts served with sambar, tomato and coconut chutney

Freshly brewed coffee or tea, hot chocolate | 150 ml

**Low Calorie Breakfast | kcal 290 | 330**   

**900**

**Tender coconut water (25 cal) | 220 ml**

Or

**Fresh vegetable juices (25 cal - 75 cal) | 220 ml**

Cucumber, tomato, carrot and papaya

**Fresh papaya diced or boat shaped (75 cal) | 100 gm**

**Fluffy egg white omelette (135 cal) | 85 gm**

Served with multi grain bread or whole wheat bread, low fat butter and preserves

Or

**Poached egg (75 cal) | 85 gm**

Served with multi grain bread or whole wheat bread, low fat butter and preserves

Or

**Boiled egg (78 cal) | 85 gm**

Served with multi grain bread or whole wheat bread, low fat butter and preserves

**Green tea | 150 ml**

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## A La Carte Breakfast

7.30 am to 10:30 am

	<b>Seasonal fresh fruit juices I kcal 60/140 I 220 ml</b>	<b>400</b>
	Orange, sweet lime, watermelon, pineapple or grape	
	<b>Vegetable juices I kcal 60 I 220 ml</b> 	<b>450</b>
	Carrot, cucumber, beetroot or tomato	
	<b>Lassi / Butter milk I kcal 153/40 I 220 ml</b> 	<b>450</b>
	Plain, salted, masala	
	<b>Tea I kcal 20 I 220 ml</b> 	<b>350</b>
	Darjeeling, nilgiri, assam, earl grey, chamomile or green tea	
	<b>Coffee I kcal 30 I 180 ml</b> 	<b>350</b>
	Espresso, cappuccino, french press, filter coffee	
	<b>Eggs cooked to your choice I kcal 310 I 180 ml</b>  	<b>700</b>
	Fried, scrambled, poached, omelette with vegetables, cheese, ham, mushrooms or chicken sausage served with hash brown potatoes and grilled tomato, prime bacon or breakfast sausage	
	<b>Pancakes I kcal 376 I 85 gm</b>  	<b>700</b>
	With apple compote served with honey, maple syrup and melted butter	
	<b>Waffles I kcal 339 I 80 gm</b>   	<b>700</b>
	Vanilla bean flavoured served with honey, maple syrup and melted butter	
	<b>Grilled ham, bacon or sausages I kcal 250 I 72 gm</b>	<b>700</b>
	<b>Akuri on toast I kcal 350 I 80 gm</b>   	<b>700</b>
	Scrambled egg with turmeric, ginger, onion, tomato, green chillies and fresh coriander	
	<b>French toast I kcal 268 I 80 gm</b>   	<b>700</b>
	Served with honey, maple syrup and melted butter	
 	<b>Oven fresh breakfast pastries I kcal 878 I 100 gm</b>   	<b>750</b>
	Any three morning bakeries that includes croissants, muffins, brioche, danish pastry or doughnuts	

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- **Cereals I kcal 130 I 100 gm**  **700**  
 Cornflakes, wheatflakes, chocos, muesli served with hot or cold milk, skimmed milk or soya milk
- **Tropical fresh fruit platter in season I kcal 142 I 100 gm** **500**
- **Hot chocolate, Bournvita or Horlicks I kcal 78 - 100 I 180 ml**  **400**
- **Choice of plain or toasted bread I kcal 154 I 50 gm**   **300**  
 White, whole wheat, multi grain, brown

## Indian Selection

- ▲ **Appam with vegetable or chicken stew I kcal 139/278 I 180 gm**  **800/900**
- **Poori bhaji I kcal 441 I 180 gm**  **700**  
 Deep fried fluffy wheat bread served with a potato curry tempered with cumin
- **Paratha I kcal 212/305 I 180 gm**   **700**  
 Stuffed wheat bread with a filling of potatoes or cottage cheese served with yoghurt and pickles
- **Plain or Masala dosa I kcal 440 I 180 gm**   **700**  
 Crisp pancakes of rice and lentil with a choice of mildly spiced potatoes or plain served with sambar, tomato and coconut chutney
- **Idli I kcal 115 I 180 gm** **700**  
 Steamed rice and lentil cake
- **Medu vada I kcal 122 I 180 gm** **700**  
 Fried south indian lentil doughnut
- **Uthappam I kcal 166 I 180 gm**  **700**  
 Thick rice and lentil pancake cooked on a hot griddle, served plain or with a choice of toppings of onions or masala

\*All South Indian dishes are served with sambar and chutney

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## Soups

500



- **Rasam** | kcal 89 | 200 ml 
- **Oven roasted tomato and basil soup** | kcal 147 | 200 ml
- ▲ **Cream soup** | kcal 43/57 | 200 ml 


Mushroom, vegetable, chicken
- ▲ **Gosht badami shorba** | kcal 179 | 200 ml 

Lamb simmered with almonds and indian spices
- **Dal palak shorba** | kcal 30 | 200 ml
 


Mildly spiced extract of lentil and fresh spinach



## Salads and Appetizers


- ▲ **Caesar salad with shaved parmesan and garlic croutes/chicken** | kcal 240/290 | 140 gm  **900/1000**
- **Greek salad** | kcal 30 | 140 gm  **900**


Tomato, cucumber bell peppers, feta, Kalamata olives with lemon oregano vinegar
- **Classic bruschetta with tomatoes and basil** | kcal 230 | 200 gm  **800**

## Entrée

- ▲ **Grilled jumbo prawn** | kcal 220 | 200 gm  **2100**

Buttered rice, olive tossed vegetable, citrus tomato salsa and lemon butter
- ▲ **Grilled Salmon with parsley potato and seafood jus** | kcal 315 | 200 gm  **1500**
- ▲ **Charred fillet mignon steak** | kcal 453 | 200 gm  **1200**

Beef Steak with aged rosemary, olive oil with buttered corn kernels and spring vegetable, potato mashed and red wine shallot jus
- ▲ **Pan seared fish with parsley butter** | kcal 253 | 200 gm  **1100**
- ▲ **Fish & chips** | kcal 402 | 200 gm  **1100**

White fish fillet fried in tempura batter with chunky chips.  
Tartare sauce and fresh lemon (St. James Court, London)
- ▲ **Roasted corn fed chicken with grilled vegetable** | kcal 263 | 200 gm  **1050**

With rosemary potatoes and red wine mushroom jus

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
























## Pasta | kcal 423 | 160 gm

900/1000

-  Choice of pasta- penne / rigatoni / fettuccini / farfalle / fusilli / spaghetti
-  Choice of sauces-arrabiata / bolognese / napolitana / pesto / carbonara
-  Choice of meat & seafood-chicken, shrimp, prawn, squid
-  Choice of vegetable-broccoli, zucchini, mushroom, baby corn, bell pepper

## Sandwiches and Burgers

All sandwiches are served with french fries

-  **The Green Cove burger | kcal 390 | 180 gm**    1000
-  **Bacon, lettuce, tomato, with multigrain bread | kcal 330 | 180 gm**   1000
-  **Non-vegetarian club sandwich | kcal 362 | 180 gm**     1000  
Iceberg lettuce, ham, cheese, tomato, and shredded chicken with dijon mustard spread in choice of white, whole wheat or multi grain bread selection of grilled, toasted or plain sandwich
-  **Vegetable burger | kcal 310 | 180 gm**    900  
Crispy veg patty in a choice of bun with cheese, lettuce
-  **Vegetable club sandwich | kcal 312 | 180 gm**    900  
Iceberg lettuce, coleslaw and grilled vegetables with dijon mustard spread in choice of white, whole wheat or multi grain bread
-  **Choice of breads | kcal 130**   900  
White, whole wheat or multi grain
-  **Choice of meat fillings | kcal 150**    900  
Grilled chicken, tuna and mayo, ham, egg
-  **Choice of vegetable fillings | kcal 70**  900  
Olives, cheese, jalapeno, barbequed vegetables, onion, tomato, cucumber
-  **French fries | kcal 330 | 200 gm**  400  
Crispy golden finger chips served with ketchup

### List of Allergens:

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

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## Indian Selection

### Starters

- **Bhunne muttar aur aloo ki tikka I kcal 410 I 160 gm**  900  
 Griddle cooked roasted green peas and potato cake
- **Paneer tikka I kcal 407 I 160 gm**  900  
 Spiced cottage cheese skewered with three peppers and glazed in the tandoor
- **Hara tawa kebab I kcal 385 I 160 gm**  900  
 Classic Indian snack patties made up of plenty of leafy vegetables
- **Vegetable sheek kebab I kcal 421 I 160 gm**   900  
 Minted green vegetables marinated in Indian spices grilled in clay pot oven
- ▲ **Gilafi sheek kebab I kcal 400 I 160 gm**  1100  
 Seasoned lamb minced skewered and chargrilled
- ▲ **Lahsooni ajwaini mahi tikka I kcal 433 I 160 gm**   1000  
 Garlic and carom infused clay oven glazed fish cubes
- ▲ **Murgh tikka I kcal 529 I 160 gm**  1000  
 Indian spices infused char grilled chicken cubes
- ▲ **Murgh tikka mirzahasnu I kcal 532 I 160 gm**    1000  
 Indian spices infused with turmeric, roasted garlic and cashew nut paste
- ▲ **Tandoori murgh I kcal 1406 I 160 gm**  1200  
 Chicken with bone marinated in juicy and spicy marination of Indian spice

### Main Course

- ▲ **Gosht rogan josh I kcal 356 I 220 gm** 1200  
 Traditional Kashmiri style lamb curry
- ▲ **Murgh tikka masala I kcal 412 I 220 gm**    1100  
 Clay oven roasted chicken cubes simmered in rich tomato gravy
- ▲ **Kadai gosht I kcal 451 I 220 gm** 1200  
 Lamb simmered along with hand pounded spice
- ▲ **Murgh lababdar I kcal 451 I 220 gm**    1100  
 Clay oven roasted chicken cubes simmered in rich tomato gravy
- **Aloo jeera I kcal 227 I 220 gm** 900  
 Cumin and Indian spiced potato

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	<b>Paneer lababdar I kcal 301 I 220 gm</b>   	<b>900</b>
	Paneer simmered in rich tomato and cashew gravy	
	<b>Kadai paneer I kcal 500 I 220 gm</b> 	<b>900</b>
	Paneer tossed with peppers and hand pounded spice	
	<b>Lahsooni palak I kcal 367 I 220 gm</b> 	<b>900</b>
	Garlic tempered spinach	
	<b>Aloo aap ki pasand I kcal 287 I 220 gm</b>	<b>900</b>
	Aloo methi, aloo capsicum, aloo palak	
	<b>Dal tadka I kcal 317 I 220 gm</b> 	<b>700</b>
	Yellow lentil tempered with cumin, garlic, onion, tomato	
	<b>Dal makhani I kcal 1032 I 220 gm</b>   	<b>800</b>
	Black gram and red kidney beans simmered overnight on the tandoor finished with home churned butter and cream	
<b>Rice</b>		
	<b>Gosht dum biryani I kcal 1945 I 220 gm</b> 	<b>1300</b>
	Lamb and long grain basmati rice, flavoured with saffron and mace	
	<b>Murgh biryani I kcal 1578 I 250 gm</b> 	<b>1150</b>
	Chicken and long grain basmati rice, flavoured with saffron and mace	
	<b>Subzi biryani I kcal 1289 I 250 gm</b> 	<b>950</b>
	Aromatic rice preparation with vegetable accompanied with raita, papad and pickle	
	<b>Khichdi I kcal 753 I 200 gm</b> 	<b>500</b>
	Plain or masala	
	<b>Pulao I kcal 707 I 200 gm</b> 	<b>500</b>
	Peas, plain, vegetable	
	<b>Steamed basmati rice I kcal 374 I 200 gm</b>	<b>500</b>

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 Moluscs
  Eggs
  Fish
  Lupin
  Soya
  Milk
  Peanuts
  Gluten

 Crustaceans
  Mustard
  Nuts
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## Indian Breads

	<b>Naan I kcal 274 I 50 gm</b>  	<b>300</b>
Plain, garlic, butter		
	<b>Tandoori Roti I kcal 200 I 50 gm</b>  	<b>300</b>
	<b>Chapati or phulka I kcal 230 I 50 gm</b>  	<b>300</b>
	<b>Kulcha I kcal 257 I 80 gm</b>  	<b>400</b>
Masala, onion, paneer, aloo		
	<b>Laccha paratha or pudina paratha I kcal 208 - 218 I 80 gm</b>  	<b>400</b>
	<b>Malabari paratha I kcal 217 I 80 gm</b>  	<b>400</b>
Soft and flaky refined flour bread		

## Regional, Coastal Kerala

Kerala is famous for its rich culture, natural beauty and versatile cuisine, Kerala coastline is almost 540Km stretch from Trivandrum to Kannur. One can experience the best of the best food along this coastline with immense variety. The staple food in the Kerala coastal region is fresh seafood accompaniment with rice, the authenticity of the recipe lies on how we cook the food, what utensil has been used like fish curry is being cooked in earthen pot, different variety of payasam is the best- loved dessert in Kerala, Experience some of the traditionally cooked dishes from the coastal region of Kerala.

## Starter

	<b>Chemmeen chuttathu I kcal 216 I 160 gm</b> 	<b>1500</b>
Masala marinated prawns tawa fried, served with challas salad		
	<b>Meen varuthathu I kcal 241 I 160 gm</b> 	<b>850</b>
Shallow fried fish marinade with chilli, and coriander		
	<b>Koonthal varatiathu I kcal 279 I 160 gm</b>  	<b>850</b>
Griddle cooked squid		
	<b>Meen thengapal fry I kcal 306 I 160 gm</b> 	<b>850</b>
Griddle cooked fish marinade in coastal spices and freshly extracted coconut milk		
	<b>Kozhi varatiathu I kcal 354 I 160 gm</b> 	<b>850</b>
Chicken morsels marinated with special masala, slow roasted with small onion and tomatoes		
	<b>Kappa vada I kcal 198 I 160 gm</b>	<b>750</b>
Mildly spiced tapioca patties, tawa grilled serve with coconut curry sauce and chutney		
	<b>Banana flower cutlet I kcal 219 I 160 gm</b>  	<b>750</b>
Shallow fried spiced banana flower and potato Patti served with crunchy salad		

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## Main Course

### Non-Vegetarian

- ▲ Malabari prawn biryani | kcal 1200 | 220 gm** 

Ethnic biryani from the malabar region prepared by cooking rice and prawn in ghee with green chilli, spices with dry fruits, garnished with hard-boiled egg

1450
- ▲ Chemeen moilee | kcal 310 | 180 gm** 

Prawn simmered in mildly spiced coconut milk speciality of syrian christian cuisine

1450
- ▲ Malabari chicken biryani | kcal 1578 | 220 gm** 

Ethnic biryani from the malabar region prepared by cooking rice and chicken in ghee with green chilli, spices with dry fruits, garnished with hard-boiled egg

1050
- ▲ Meen kodampuli curry | kcal 502 | 180 gm** 


Kokum flavoured “traditional Kerala” fish preparation

1050
- ▲ Thellichery kozhi curry | kcal 485 | 180 gm** 


Signature recipe from upper north Kerala, chicken cooked to perfection with home ground spices and herbs with finely pasted fresh coconut

1050

### Vegetarian

- Urulakizangu mappas | kcal 302 | 180 gm** 


Potato simmered in gravy made of onion, red chilli, coriander and coconut milk

900
- Ulli theeyal | kcal 270 | 180 gm** 


Button onions cooked in roasted whole spices and coconut finished with tamarind and jaggery

900
- Avial | kcal 500 | 180 gm**


A melange of vegetable simmered in coarsely ground coconut, turmeric, finished with curd

900
- Pachakkari thoran | kcal 292 | 180 gm** 

Tender vegetable tossed with grated coconut, small onion, mustard, curry leaves, and dry chilli

900
- Sambhar | kcal 233 | 180 gm** 

South Indian lentil and vegetable stew made with pigeon pea lentil and tamarind

900
- Curd Rice | kcal 480 | 180 gm** 

Mushy rice mixed with yoghurt and finished with the tempering of urad dal, mustard seed, chillies and coriander leaves

500

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## Accompaniment

- **Neychoru I kcal 396 I 180 gm**  400  
 Ghee rice
- **Thengachoru I kcal 323 I 180 gm**  400  
 Coconut rice
- **Appam I kcal 139 I 80 gm** 400  
 Fermented rice hoppers
- **Malabari paratha I kcal 217 I 80 gm**  400  
 Soft and flaky refined flour bread

## Jain Selection

- **Jain tomato soup I kcal 80 I 180 ml** 500
- **Mix vegetable subzi I kcal 349 I 220 gm**  900  
 Seasonal vegetables with tossed hand pounded spices
- **Bhindi naintara I kcal 152 I 220 gm**  900  
 Dry fried okra with a tangy flavour and sesame sprinkled
- **Fusilli, Penne or farfalle I kcal 492 I 220 gm**  900  
 pasta with tomato basil or cream cheese sauce
- **Gobi mutter I kcal 173 I 220 gm**  900  
 cauliflower and green peas cooked in tangy tomato masala
- **Paneer makhani I kcal 522 I 220 gm**  900  
 cottage cheese cubes cooked in tomato gravy
- **Palak makai I kcal 126 I 220 gm**  900  
 sweet corn kernels tossed in an aromatic spinach gravy
- **Dal tadka I kcal 370 I 100 gm**  700  
 yellow lentil tempered with ghee, green chilli and cumin

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















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## Kids Menu

- **Potato smiles I kcal 410 I 220 gm**  500  
 Golden fried potato smiles with tomato coulis
- ▲ **Macaroni with cheese sauce I kcal 470 I 160 gm**   750  
 Chicken or vegetable, parmesan cheese and breads
- ▲ **Pokémon's pride I kcal 220 I 220 gm**     750  
 Fried chicken nuggets with French fries
- **Peanut butter sandwich I kcal 364 I 160 gm**    750
- **Milk shakes I kcal 245 I 220 ml**  450  
 Chocolate, strawberry or vanilla

## Desserts

600

- **Rasmalai I kcal 213 I 80 gm**     
 Sweetened cottage cheese dumplings in saffron flavoured milk
- **Gulab jamoon I kcal 450 I 80 gm**     
 Flavoured reduced milk dumplings soaked in sugar syrup
- **Pazham nurukku I kcal 222 I 80 gm**     
 Ripe slices of plantain tossed in ghee with cashewnut, grated coconut sugar and cardamom
- **Ari payasam I kcal 268 I 80 gm**     
 Local rice pudding known as Kerala kheer
- **Kulfi I kcal 328 I 80 gm**   
 Traditional Indian ice cream made with slowly simmered whole milk.
- **Ice cream (choice of two scoops) I kcal 280 I 80 gm**   
 Please check with the order taker on selection of flavours
- ▲ **Tiramisu I kcal 303 I 80 gm**    
 Classic Italian delight
- ▲ **Warm chocolate brownie I kcal 478 I 80 gm**     
 With vanilla ice-cream and chocolate sauce
- ▲ **Blueberry cheese cake I kcal 302 I 80 gm**    
 Creamy smooth blue berry infused with cheese


























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## Beverages

 <b>Tea I kcal 20 I 220 ml</b> 	<b>350</b>
Darjeeling, Assam, earl grey, camomile or green tea	
 <b>Coffee I kcal 30 I 220 ml</b> 	<b>350</b>
Espresso, cappuccino, French press or filter coffee	
 <b>Decaffeinated coffee I kcal 30 I 220 ml</b> 	<b>350</b>
 <b>Cold coffee with espresso ice cream I kcal 297 I 220 ml</b> 	<b>500</b>
 <b>Milk shake I kcal 328 I 220 ml</b> 	<b>450</b>
Vanilla, strawberry, mango, butterscotch and chocolate	
 <b>Smoothies I kcal 395 I 220 ml</b> 	<b>450</b>
Papaya and honey, banana and caramel, apple and mint	
 <b>Seasonal fresh fruit juices I kcal 60/140 I 220 ml</b>	<b>400</b>
Orange, sweet lime, watermelon, pineapple or grape	
 <b>Tender coconut water I kcal 25 I 220 ml</b>	<b>350</b>
 <b>Lassi I kcal 153 I 220 ml</b> 	<b>450</b>
Plain, salted, sweet	
 <b>Butter milk I kcal 40 I 220 ml</b> 	<b>450</b>
Plain, masala	
 <b>Hot chocolate, bournvita or horlicks I kcal 78/100 I 220 ml</b> 	<b>400</b>
 <b>Fresh lime juice I kcal 110 I 220 ml</b>	<b>300</b>
Sweet, salted or plain with soda or water	
 <b>Sparkling water (Himalayan)</b>	<b>300</b>
 <b>Energy drinks</b>	<b>300</b>
 <b>Aerated drinks</b>	<b>300</b>
 <b>Himalayan water</b>	<b>190</b>

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