

M · E · N · U



[www.freshcatchrestaurants.com](http://www.freshcatchrestaurants.com)

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88844 27277



FEEDBACK & COMPLAINTS: 94835 69391





## Enjoy the benefits of fresh fish from KERALA'S ARABIAN SEA

Sea Fish is a healthful choice for people of all ages - growing children, pregnant women, active adults, and the elderly.

Fish is an excellent source of lean, high quality, easily digested protein. A 3.5-ounce serving provides almost half of an adult's daily protein needs for only 100 to 200 calories.

It is low in saturated fat and sodium and is a rich source of many essential vitamins and minerals.

Also, it is one of the few foods that contain long-chain omega-3 fatty acids, which have many beneficial health effects and are essential for the development of the nervous system and retina. Fish's high vitamin D content assists in your body's immunity and glucose metabolism

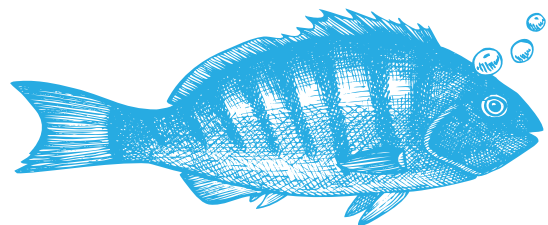
It is a proven fact that the fresh sea fish from the ARABIAN SEA on the Southern Indian West coast are the best in variety and quality.

We bring you:

100% FRESH CATCH OF THE DAY

We ensure you:

- High Quality Standards Maintained
- Hygienically Packed Fresh Fish
  - No Ammonia
  - No Formalin
- No Chemicals and Preservatives



## SOUPS

01 Chicken Manchow	140
02 Chicken Sweet Corn	140
03 Seafood Tom Yum Soup	180
04 Tomato Soup	100
05 Veg Soup	120
06 Prawn Soup	180
07 Crab Soup	180
08 Cream of Seafood	180

## SALADS

09 Pineapple Cucumber Salad	120
10 Hawaiian Salad	140
11 Apple Mint Salad	140
12 Green Salad	100
13 Russian Salad	150
14 Seafood Salad	250



#07 Crab Soup



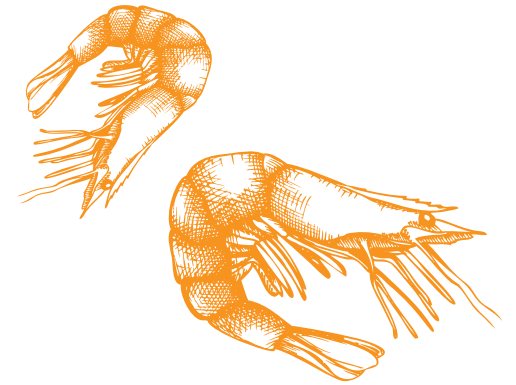
## VEG STARTERS

15 Gobi (Manchurian, Chilly, 65)	160
16 Baby Corn (Manchurian, Chilly, 65)	160
17 Paneer (Manchurian, Chilly, 65)	180
18 Paneer Tikka	180
19 Paneer Ghee Roast	250
20 Mushroom Salt & Pepper	180
21 Mushroom Manchurian	180
22 Mushroom Ghee Roast	240

## SEAFOOD STARTERS

23 Fish Lemon Tawa	As Per Market Price
24 Fish Kandari Tawa	As Per Market Price
25 Anjel (Seer Fish) (Choice of Masala)	As Per Market Price
26 Fish Pollichathu (Anjel, Karimeen)	As Per Market Price

27 Fish Kabab (Stick)	480
28 Corn Fish	400
29 Fish Fillet Barbeque	As Per Market Price
30 Fish Varval	480
31 Special Sefood Mix Platter	As Per Market Price
32 Prawns Pepper Fry	380
33 Prawns Sukka	380
34 Prawns Coconut Fry	380
35 Prawns Masala Fry	380
36 Prawns Kandari	480
37 Prawns Rawa Fry	380
38 Prawns Fried	380
39 Prawns Tawa Barbeque	450
40 Prawns Kabab	420
41 Prawns Tawa Fry	360
42 Prawns Ghee Roast	380
43 Prawns Varval	380
44 Tandoori Prawns	380

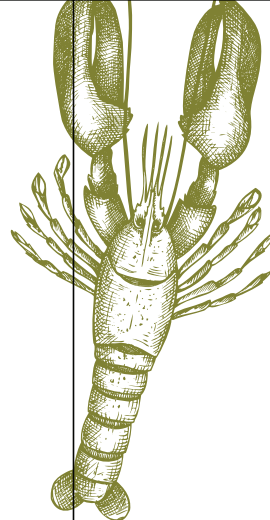


#28 Corn Fish



# COASTAL KITCHEN

45 Anjel/Seer Fish (Tawa Fry)	As Per Market Price
46 Squid Sukka	300
47 Squid Ghee Roast	350
48 Squid Pepper Fry	300
49 Squid Masala Fry	300
50 Squid Deep Fry	300
51 Mangalore Fish Curry	320
52 Mangalore Fish Masala	350
53 Mangalore Fish Pot Curry	410
54 Fish Pulimunchi	300
55 Crab Masala	340
56 Crab Ghee Roast	360
57 Crab pepper Roast	360
58 Crab Masala Fry	340
59 Crab Sukka	340
60 Kane Lady Fish (Tawa Fry)	As Per Market Price
61 Bangda (Mackerel-Tawa Fry-2pcs)	As Per Market Price
62 Bhootai (Sardine-Tawa Fry-4pcs)	220
63 Silver Fish (Choice of Masala)	220
64 Black Pomfret (Avoli-Tawa Fry)	As Per Market Price
65 White Pomfret (Tawa Fry)	As Per Market Price
66 Pink Perch (Tawa Fry)	As Per Market Price
67 Natoli Fish (Choice of Masala)	220



# FISH BARBEQUE TAWA FRY

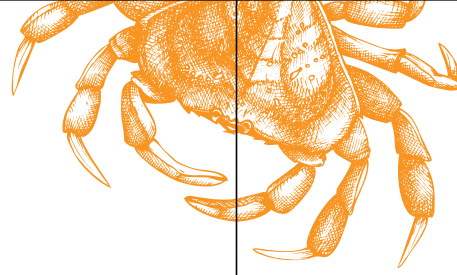
68 Hamour	As Per Market Price
69 Malabar Travely (Vatta)	As Per Market Price
70 Emperor (Shaoor)	As Per Market Price
71 Indian Salmon (Seasonal)	As Per Market Price
72 Seebas (Kalangi)	As Per Market Price
73 Red Snapper (Chemballi)	As Per Market Price

# BARBEQUE STARTERS

74 Barbeque Chicken (H/F)	220/400
75 Alfaham Chicken (H/F)	220/400
76 Pepper Barbeque Chicken (H/F)	220/400
77 Payyoly Chicken (H/F)	220/400
78 Fish Magli (Dry Fry)	As Per Market Price
79 Crab Barbeque	As Per Market Price
80 Tiger Prawns Barbeque	As Per Market Price
81 Lobster Barbeque (Seasonal)	As Per Market Price



#155 Mango Fish Curry



## CHINESE CHICKEN STARTERS

82 Chicken Chilly	240
83 Chicken Manchurian	240
84 Chicken Hunan	240
85 Chicken Honey	240
86 Chicken Dragon	240
87 Chicken Schezwan (Dry/Gravy)	240
88 Chicken Hongkong	240
89 Chicken Thai	240
90 Chicken 65	240
91 Chicken Lollypop	240
92 Chicken Butter Lemon	240
93 Chicken Ginger	240
94 Chicken Garlic	240
95 Chicken Kebab	240
96 Chicken Schezwan/Chilly	240

## CHINESE FISH & PRAWNS STARTERS

97 Fish Manchurian	280
98 Fish Garlic	280
99 Fish Ginger	280
100 Fish Schezwan	280
101 Fish Chilly	280
102 Fish 65	280
103 Fish Fingers	280
104 Sautéed Prawns	380
105 Prawns Chilly	380
106 Prawns Schezwan	380
107 Prawns 65	380
108 Prawns Garlic	380
109 Prawns Manchurian	380
110 Prawns Butter Lemon	380
111 Dragon Prawns	380
112 Prawns Pepper Salt	380
113 Prawn Fingers	380
114 Crab (Chilly, Schezwan)	360
115 Lobster (Chilly, Schezwan) <small>As Per Market Price</small> (Seasonal)	



#89 Chicken Thai



#24 Fish Kandari Tawa



#151 Fish Molly



#161 Tandoori Chicken

Seafood Varieties

South Indian

North Indian

BBQ

Chinese



## VEG CURRY

116 Mix Veg Curry/Veg Kurma	150
117 Veg Stew	150
118 Paneer Butter Masala	200
119 Tomato Curry	100
120 Dal Fry	120
121 Dal Tadka	130
122 Veg Kadai	150
123 Paneer Kadai	200
124 Mushroom Masala	200
125 Dal Palak	150
126 Aloo Palak	140
127 Paneer Palak	180

## CHICKEN CURRY

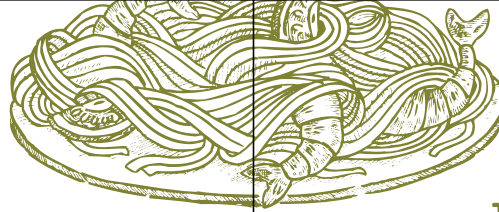
128 Allepey Chicken Curry	250
129 Nadan Chicken Curry	250
130 Pepper Chicken Masala	250
131 Chicken Stew	250
132 Malabar Chicken Curry	250
133 Butter Chicken	280
134 Chicken Chatty Curry	250
135 Chicken Tikka Masala	280
136 Chicken Kandari (Semi Dry)	300
137 Chicken Ghee Roast (Semi Dry)	300
138 Kadai Chicken	250
139 Chicken Pulimunchi	250
140 Chicken Masala (Fry/Semi Dry)	280
141 Mangalore Chicken Masala	250
142 Chicken Sukka (Semi Dry)	280
143 Spicy Tawa Chicken (Semi Dry)	250
144 Chicken (Lemon Tawa/Green Tawa)	280
145 Mango Chicken Curry	280
146 Chicken Ghee Roast (Semi Dry)	300

## FISH & PRAWNS CURRY

147 Pepper Fish Masala	340
148 Fish Masala	340
149 Fish Stew	340
150 Fish Chatti Curry	340
151 Fish Molly	360
152 Fish Butter Masala	340
153 Fish Mulagittathu	340
154 Kuttanadan Fish Curry	340
155 Mango Fish Curry	380
156 Fish Kurma	340
157 Prawns Masala	380
158 Prawns Mango Curry	380
159 Malabar Fish Curry	340
160 Malabar Prawns Curry	380



#42 Prawns Ghee Roast

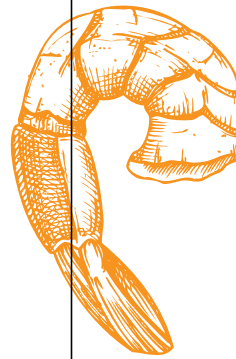


## CHICKEN SIZZLERS

161 Tandoori Chicken (H/F)	240/400
162 Chicken Wings	240
163 Chicken Angara	240
164 Chicken Nawabi	240
165 Chicken Tawa	240
166 Chicken Tikka	240
167 Chicken Kalmi Kebab	240

## INDIAN BREAD

168 Appam (1Pc)	20
169 Coin Parotta (2Pcs)	20
170 Neer Dosa (2Pcs)	20
171 Tandoori Roti	30
172 Kerala Parotta	25
173 Wheat Parotta	30
174 Kulcha	30
175 Naan	30
176 Butter Naan	35
177 Garlic Butter Naan	40
178 Ceylon Parotta	30
179 Egg Ceylon Parotta	60



## RICE & NOODLES

180 Chicken Fried Rice	160
181 Malabar Chicken Biryani	220
182 Nizami Chicken Biryani	240
183 Biryani Rice	120
184 Chicken Schezwan Fried Rice	180
185 Chicken Noodles	160
186 Chicken Schezwan Noodles	180
187 Mix Fried Rice	280
188 Mix Noodles	280
189 Ghee Rice	70
190 Egg Fried Rice	140
191 Egg Noodles	140
192 Boiled Rice	50
193 Steam Rice	50
194 Malabar Fish Biryani	320
195 Nizami Fish Biryani	340
196 Malabar Prawns Biryani	360
197 Nizami Prawns Biryani	360
198 Fish Fried Rice	300
199 Prawns Fried Rice	300
200 Prawns Noodles	300
201 Veg Biryani	180
202 Veg Fried Rice	120
203 Veg Noodles	120



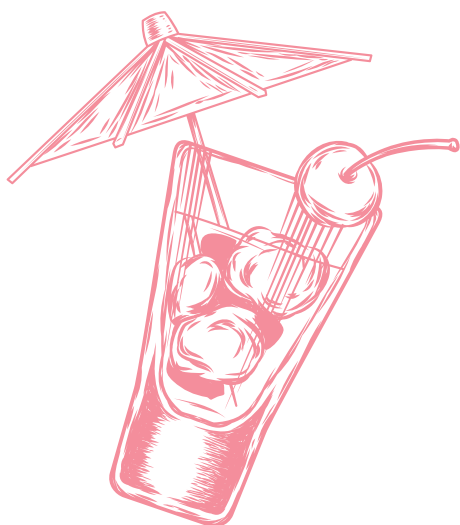
#182 Nizami Chicken Biryani





## FALOODAS & MOCKTAILS

204 Virgin Mojito	100
205 Blue Berry Mojito	120
206 Blue Lady	100
207 Blue Lagoon	100
208 Green Apple Mojito	100
209 Guava Mojito	100
210 Mango Delux	100
211 Strawberry Cool	100
212 Falooda	180
213 Special Falooda	250



## FRESH CATCH REFRESHERS

214 Mint Lassi	60
215 Badami Lassi	100
216 Dry Fruit Lassi	140
217 Mango Lassi	80
218 Sweet Lassi	60

## ICE CREAM

219 Choice of Ice Cream	70
220 Fruit Salad	100
221 Fruit Salad with Ice Cream	160
222 Titanic Ice Cream	200
223 Gudbud	220
224 Hot Ice Cream	250



Seafood Varieties

South Indian

North Indian

BBQ

Chinese



# HOT & COLD BEVERAGES

225 Orange Juice (Jar/Glass) (Seasonal)	280/80
226 Moosambi Juice (Jar/Glass)	280/80
227 Watermelon Juice (Jar/Glass)	280/80
228 Kiwi Lime Juice	120
229 Mango Juice	100
230 Lime Soda (Jar/Glass)	220/70
231 Pineapple Juice (Jar/Glass)	280/80
232 Arabian Cool (Jar/Glass)	320/100
233 Lime Juice (Jar/Glass)	180/60
234 Fruit Punch	150
235 Ice Cream Milkshake	100
236 Fruit Milkshake	120
237 Mint Lime Juice	70
238 Soft Drink	35
239 Coffee	20
240 Tea	20

**Note:** GST extra

#232 Arabian Cool

With best compliments from:

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- A division of Fresh Catch -

Seafood Varieties | South Indian | North Indian | BBQ | Chinese