



Pre-Starter

Chayakada: The Teashop Healthy Élites £6.99
The word Chayakada refers to Kerala's roadside tea shops hidden in the nooks and crannies of our villages selling hot cups of tea and snacks.

Starters

Rasacharu: Medicinal Extract, Vegetarian Soup £5.99
Rasacharu is a staple Kerala soup dish made with tamarind, spices, herbs, and veggies served with poppadoms.

Malayalam Soup: Kerala Seafood Soup £6.99
Fish soup is one of the amazeballs we serve here at Malayalam made by variety of seafood, flavoured with fresh coconut milk, cumin seeds, crushed black pepper, tomatoes and tempered with mustard seeds, turmeric and curry leaves.

Chilli Paneer: Chilli Cottage Cheese £8.49
A flavourful goodness in a creamy sauce coated in thick gravy of aromatized Kerala special spices made of fresh Indian cottage cheese with onions, bell peppers, tomatoes and coriander.

Paneer Pepper Fry: Cottage Cheese With Kerala Twist £8.49
A delicious treat made of succulent cubes of fresh paneer tossed in a moreish blend of crushed black pepper, aromatic spices and curry leaves.

Kizhangu/Kathrika Porichathu: Potato and Aubergine Slices £6.49
A teatime alluring snack. Fried and battered mix of potato and aubergine slices served with homemade chutneys.

Ullivada: Kerala Onion Fritters £6.49
A crispy, authentic, tasty, time snack very popular in Kerala made of deep frying the mixture of sliced onion, chopped ginger, black pepper, gram flour, curry leaves and cumin seeds served with homemade chutneys.

Uzhunnu Vada: Rice & Lentil Doughnuts £6.99
Delectable golden fried doughnuts with soft interior and crispy exterior golden layer made of urad dal and rice served with sambhar (a lentil based vegetable stew cooked with dal, curry leaves and mustard seeds) and chutneys.

Nadan Mutta Roast: Kerala Egg Roast £7.99
Battered boiled eggs cooked in thick onion and tomato masala flavoured with ginger, curry leaves and then seasoned with black pepper and fennel seeds. HIDDEN GEM!

Kerala Puffs: Chicken With Kerala Twist In Puff Pastry £6.99
An extremely popular appetizer of Kerala which is flaky on the outside and filled with flavourful chicken mince cooked with onions, garlic, ginger, curry leaves and our aromatic Kerala spices.

Nadan Perattu: MALAYALAM STIR FRY SPECIALS

Swarga Kozi: Traditional Diced Chicken in Heaven £8.49
Marinated chicken cubes with onions, garlic, ginger, tomatoes and curry leaves and sautéed with freshly ground Kerala spices in oil to give a rich and aromatic flavour.

Edivettu Erachi: Thunderstorm Lamb Cubes from Mother's Cookbook £9.49
Marinated lamb cubes with onions, garlic, ginger, tomatoes and curry leaves and sautéed with freshly ground Kerala spices in oil to give a rich and aromatic flavour.

Beef Ullarithiyathu: Kerala's Stuff of Legend £8.99
A classic, real delight beef dish from our father's method of cooking as a side with their favourite drinks. Prepared by cooking marinated beef in a medley of aromatic spices, black pepper, curry leaves, tomatoes, ginger, garlic and coconut slivers.

Tharavadi Tharavu: Semi Dried Duck Cubes Sauté £9.49
A nadan knockout! Flavour packed cubes of semi-dried duck, masala-fried in true Kerala style sautéed with onions, tomatoes and aromatic spices.

Kalakachi Kallumakaya: Stir Fried Mussels Sauté in Kerala style £8.49
Tastiest in every bite to give you a coastal comfort with a punch! Mussels tossed and roasted in a yummy mix of curry leaves, onions and tomatoes.

Meen Varuthathu: The Kerala Secret Marinade Fish Grilled £7.99
A seasonal grilled fish fillets marinated in fresh ginger garlic paste, special Kerala spices, lime juice and then infused with curry leaves.

Konju Kolamass: Malayali Curry Leaves Prawns Grilled £9.49
Marinated prawns with Kerala's aromatic spices, lime juice, fresh ginger garlic paste and then grilled with curry leaves. HOT PICK!

Cochin Calamari: Exceptional Squid Rings £8.49
A tempting deep-fried squid dish marinated with Kerala spices and curry leaves and served with homemade chutneys.

Malayali Marana Mass: Malayalam Seafood Platter £12.49
A mix platter of grilled seasonal fish fillet, prawns, mussels and deep fried squid rings with Kerala spices and served with our tooth some chutneys.

Masala Dosa/Paper Dosa £9.45
Crispy on the outside, this unique preparation of rice and lentil crepe with potato masala offers our perfect balance of texture and taste. Served with traditional chutneys and Sambhar (Lentil based vegetable stew cooked with dal, potatoes, carrots, aubergine, onions, fenugreek, curry leaves and mustard seeds). Paper Dosa served without potato masala.

Ney Roast £10.49
Crispy on the outside and bursting with ghee this unique preparation of rice and lentil crepe offers our perfect balance of texture and taste. Served with traditional chutneys and Sambhar (Lentil based vegetable stew cooked with dal, potatoes, carrots, aubergine, onions, fenugreek, curry leaves and mustard seeds).

Paneer Dosa £10.99
Soft flavourful paneer is sautéed with aromatic spices, onions and herbs creating a perfect balance of creamy goodness inside rice and lentil crepe. Served with traditional chutneys and Sambhar (Lentil based vegetable stew cooked with dal, potatoes, carrots, aubergine, onions, fenugreek, curry leaves and mustard seeds).

Palakkadan Dosa: Kerala Spicy Dosa £9.99
A rice and lentil crepe thinly spread with Kerala's aromatic tangy red chutney and melted vegetable ghee filled with a mixture of seasoned potatoes, carrots, cumin seeds, onions and peas. Served with traditional chutneys and Sambhar (Lentil based vegetable stew cooked with dal, potatoes, carrots, aubergine, onions, fenugreek, curry leaves and mustard seeds).

Chicken Dosa £11.99
Visually a true showstopper featuring a delicate, golden crepe of rice and lentil batter enveloping flavourful chicken cubes along with potato filling. Served with traditional chutneys and Sambhar (Lentil based vegetable stew cooked with dal, potatoes, carrots, aubergine, onions, fenugreek, curry leaves and mustard seeds). NEW & NOTEWORTHY!

Mains

From Sea to Table

Neymeen Meenchatty: Clay Pot Style King Fish Curry £16.49
Boneless king fish stakes are cooked with our chef's secret sauce with coconut milk and tomatoes together with crushed ginger, garlic and curry leaves.

Konju Masala: Prawn Twist £17.99
King prawns are cooked in a special ground spice gravy with coconut milk, ginger, garlic, fenugreek, tomatoes, mustard seeds and curry leaves.

Ammachiyude Meen Pollichathu: Our Grandma's Style Fish Wrapped in Banana Leaf £19.99
Marinated and grilled seasonal fish fillet covered in Kerala's flavourful thick gravy wrapped in banana leaves and thava grilled. This is served with spicy potatoes, rice and salad. DINE LIKE SERENA WILLIAMS

Meen Mappas: Chef Special Salmon Mappas £19.99
Meen Mappas is a curry where the boneless salmon fillets are grilled and simmered in a smooth, coconut milk gravy with shallots, tomato, green chilli, ginger, garlic, chilli powder, coriander powder, coconut milk flavoured with curry leaves.

Meen Nirachu Kalil Chuttathu: Malayali Signature Stuffed Fish Fry £20.99
A whole Seabass is marinated with Kerala's authentic spices, stuffed with sautéed shrimps and vegetables then grilled. This comes as a whole meal with a fish curry sauce, spicy potatoes and salad. The fish comes with head and tail on and our chefs try their best to debone by hand and as such occasionally some may be found, please bear with us.

Njandu Masala: Crab Masala Loaded With Kerala Flavours £22.49
Succulent crab meat in shell cooked in flavourful masala is totally irresistible. This is one of the mouth watering dishes loaded with coriander, turmeric, fennel seeds, fenugreek, mustard seeds along with onions, garlic and ginger and is served with a Kerala Paratha. This crab which is simmered in a satisfying masala comes with crab utensils to take the succulent crab meat out of its shell but digging in with your hands is NOT frowned upon! Crab utensils are provided. Gluten free option available on request.

Kadapuram Seafood Curry: Fisherman's Seafood Curry £20.49
King prawns, squid, mussels and seasonal fish fillets are cooked with ginger, garlic, curry leaves and coconut milk in our chef's special secret sauce. UNDERATED BUT UNFORGETTABLE - YOUR NEXT OBSESSION AWAITS! OUR HEAD CHEF KUNJON'S SPECIAL

From Butcher's to Table
Varutharacha Kozi Curry: Malabar Coastal Chicken Curry £13.49
This special Malabar based chicken curry is made by toasting authentic Kerala spices with roasted coconut.

Kallunkal Kurumulagu Kozi: Pepper Chicken Curry from Kottayam £14.49
This chicken curry is made of black pepper and coconut milk gravy with cashew paste. Delicate blend of spices and remember there is no turning back because the culinary deliciousness and unique flavour of this curry is going to take you to Kottayam from where this curry originally from. TALK OF THE TOWN

Malayali Erachi Curry: Malayali Lamb & Spinach £16.99
This fragrant curry is made of slow cooked lamb spiced with cumin, coriander, fenugreek, turmeric, cinnamon, bay leaf, cardamom, cloves, pepper, star anise and fennel along with cashew and fresh spinach.

Nadan Pothu Curry: MALAYALAM Beef Curry, Kerala's Stuff of Legend Part Two £18.99
A classic curry and pride of Kerala. The truly delicious smell with hints of 6cs - coconut, curry leaves, cinnamon, cloves, coriander and cardamom will definitely make you fly high! Served with Kerala parathas and carrot and beans stir fry. Gluten free option available on request.

Variyellu Curry: Sensational Beef Short Rib Roast - Xavier's Signature Dish, Passed Down By Sneh's Father £19.99
Sensational, Innovative, Unforgettable. The one and only of its kind fall-off-the-bone tender beef short rib, slow-cooked in a rich, Kerala style curry bursting with six roasted spices and onions. Paired perfectly with Ghee Rice, Poppadoms and Raita for that back-in-Kerala comfort. This is not just a dish, but it will bring the bold soul of Kerala to your plate. CRAFTED WITH FLAIR - OUR LATEST CULINARY HIGHLIGHTS

Kuttanadan Kottappallil Tharavu: Kuttanadan Style Duck Masala £16.99
Kuttanadan is a region well known for its vast paddy fields where ducks are reared in the backwaters. This special Kottappallil Duck Masala is made of cinnamon, bay leaf, cardamom, cloves, pepper, star anise and fennel. It stands out for its unique & versatile flavours which you would not be expecting.

Kozhikodan Dum Biryani: Calicut Style Layered Chicken Biryani £15.49
Fragrant chicken cubes in a soulful gravy, and rice slow cooked with spices are married together by slow cooking again in layers, all absorbing each other's flavours. Topped up with fried onions, sultana raisins and cashew nuts.

Aadu Pothi Biryani: Kerala Lamb Biryani wrapped in wilted banana leaf £17.99
A unique and palate pleasing lamb biryani cooked with juicy lamb cubes and rice layered over one another and then steamed together using the 'DUM' technique of cooking. The lamb is marinated and is cooked with rice and ghee following slow cooking enhanced with cashews, raisins, Kerala spices like cinnamon, cloves, cardamom and nutmegs. Served with raita, poppadoms and lemon pickle. You will get fancies after seeing the dish wrapped in wilted banana leaf, imbuing it with the signature aroma of the tempered banana leaf. Woot!

Idichankoot Irachi Biryani: Aroma and flavour kissed Beef Biryani - A Beloved Classic from Sajith's Father, Philip Kottappallil £17.49
Succulent beef cubes, fragrant and rich, simmered in a soulful semi thick gravy paired with perfectly slow-cooked, aromatic rice married together in layers through the traditional 'Dum' cooking method - sealed tight in a heavy pot to let the flavors intensify, mature and meld beautifully. Topped with golden fried onions, sultana raisins and crunchy cashew nuts, every bite is a burst of Kerala flavors and textures. This nadan-style biryani is a culinary legend, bold, hearty and utterly irresistible. Served with poppadoms, raita and lemon pickle. JUST IN - ALREADY MAKING WAVES

MALAYALAM MAZHAVILLU
Polite Reminder: This complete, economical 3-course meal is only served as an individual portion and is not available for sharing to maintain portion integrity and quality.

This represents our Thali which is Kerala's own traditional feast and one of the favourite delicacies of the state. A typical rainchow (Mazhavilla) feast served as a three-course meal starting with the soup. And as the main course, you will be having 7 rainbow patterned curries, bread, rice and a dessert at the end.

- 1. Malayalam Veg Mazhavillu (Veg) £22.49
2. Malayalam Special Mazhavillu (Non Veg) £25.49

From Earth to Table

Vazhuthananga Thakkalli: Malayali Aubergine Tomato Curry £8.99
Aubergines cooked in roasted thick coconut gravy sautéed with tomato and Kerala spices. TOP PICK!

Kadala Curry: Chickpeas curry with bevy of Kerala flavourful spices £8.49
A curried dish of white chick peas where they are simmered with onions, tomatoes, Kerala whole ground spices, coconut milk and curry leaves. A great source of vegetarian protein as well as fiber and nutrients making this a healthy curry option.

Neelagiri Mappas: Kerala Style Vegetable Kurma £8.99
Delicious and popular curry with assorted vegetables simmered in Kerala spices, coconut milk, cashew paste, cinnamon sticks, cardamom, cloves which encompasses all the goodness of Kerala.

Sundhari Soya: A flavourbomb with Soya Chunks - Beef Vibes, Plant style A Timeless Favourite From Susan and Children, Sajith's Mother's special £13.49
Don't worry! it's not real beef, but your taste buds might be fooled! Crafted to capture the essence of a traditional beef curry, this dish is proof that plant-based can still be a showstopper! Semi thick soya chunking curry made with juicy soya chunks along with potatoes, simmered in a robust blend of Kerala spices like turmeric, fennel seeds, coriander and that unmistakable Kerala kitchen aroma. Served with steamed plain rice and a piece of chapati, this comforting dish is zingalicious!

Paneer Ela Curry: Cottage Cheese and Spinach curry in Kerala Style £9.99
A classy creamy delicious and rich veggie dish with cottage cheese and spinach. Cheese and spinach are simmered together in a luscious green gravy made with fresh tomatoes, onions, ginger, curry leaves and fresh ground spices.

Koonum Kizhangu: Mushroom Potato Curry £8.99
A deli vegetarian thick curry with potatoes and seasonal mushrooms along with onions, curry leaves and mustard seeds.

Pachela Parippu Curry: Lentils and Spinach £8.99
Nutritious and wholesome dish with spinach, lentils, turmeric, curry leaves and garlic. This contains lots of aromatic spices as well as inflammation fighting turmeric and ginger.

Pachakari Sugantham: Vegetable Pothi Biryani - Lucy's Popular Family Recipe From Sneh's Mother's Kitchen £11.99
A vibrant medley of seasonal vegetables and soya chunks gently cooked with fragrant rice, hand-ground spices - all layered and slow-cooked the traditional Kerala way. This biryani is then lovingly wrapped in wilted banana leaves, allowing the natural steam to seal in the aroma and infuse every grain with earthy, soul-warming flavour. A true Kerala style vegetarian delight, full of richness, comfort, and heart served with raita, poppadoms and lemon pickle for the perfect balance. Zero meat, 100% flavor - this is biryani redefined, the power-packed Kerala way. PLATES OF FAME

Sides

Malayali Salad: Healthy Salad £3.99
Vegetable Salad - A zesty mix of onions, cabbages, tomatoes and a whole green chilli on the side with a dash of lemon and pepper.

Kerala Kizhangu Masala: Spicy Potatoes £7.99
The potatoes, peppers and peas are tossed in a thick flavourful Kerala spices mix and then finished to a golden-brown texture.

Pennin Kaipunyam: The Ladies Fingers £7.99
Okra stir fry is a delicious side dish for rice. This semi dry dish is prepared with tender Okra, black pepper, onion, turmeric, curry leaves and mustard seeds. CHEF SPECIAL!

Carrot and Beans Thoran: Carrot and Beans Stir Fry £7.99
A classic carrot and beans stir fry recipe from Kerala, which is packed with flavours of coconut, onions, curry leaves, turmeric and mustard seeds.

Sundries

Raita £1.99
Yogurt £1.49
Pickle Tray £1.99

Rice

Nellu Ari: The Farmers Basmati Rice £2.99
Plain white basmati rice

Cherunarangam Choru: The Malayali Lemon Rice £3.49
Plain basmati rice is tossed with lemon juice, chana dal, curry leaves, mustard seeds and dried red chillies leaving a crunchy, flavourful and tangier taste.

Nalikeram Choru: The Malayali Coconut Rice £3.49
Plain basmati rice is mixed with freshly grated coconut, raisins, cashew nuts and curry leaves.

Ney Choru: The Malayali Ghee Rice £3.49
Rice cooked in ghee and flavoured with Kerala spices.

Breads

Kayar Paratha: The Coir Layered Bread £2.99
This is a layered flatbread with flaky layers made of plain flour, ghee, egg, milk and oil.

Kerala Chapathi: Whole Meal Chapathi (2 Pieces) £2.99
Round flatbread finely milled whole wheat flour.

Kallappam: The Taddy Shop Style Rice & Coconut Bread (2 Pieces) £2.99
Soft and fermented griddle pancakes made of rice, garlic, cumin and grated coconut.

Palappam: The Easter Rice Bread (2 Pieces) £3.49
The Easter Rice Bread: Palappam is a bowl-shaped thin pancake made from fermented rice flour batter using rice and coconut. Appears in milk white colour, soft and velvety texture in the middle and crispy lace throughout the edges. LOVED BY ALL

Desserts

Palpayasam: Traditional Vermicelli Pudding £4.49
A traditional pudding made of vermicelli cooked with milk, ghee and to the final, garnishes with nuts.

Unnakai £5.99
A traditional vegan sweet dessert in spindle shape made of steamed and mashed ripe plantains stuffed with grated coconut, cardamoms, cashews and raisins served with ice-cream (vegan ice-cream available on request).

Choco Cherry Dosa Dream: A Playful Fusion Dessert made of Dosa and Icecream £5.99
A golden rice & lentil crepe (dosa) takes a sweet turn with rich chocolate chunks, cherries along with a scoop of ice cream of your choice. Vegan ice cream options available - just ask!

Manchatti Maduram: Mantha Kulfli £5.99
A royal cool and luxurious dessert served in a traditional clay mantha, infused with richness of pistachios and crowned with crushed almonds.

Mango Kulfli: Kulfli Mango Ice Cream £4.99
Delicious Indian Ice cream in Mango Flavour.

Manjukatti: Ice Cream £3.99
Available in choice of vanilla, strawberry and chocolate. (vegan ice-cream available on request).

"We all are here twirling with excitement, how many times we had seen and enjoyed your matches and today we saw you coming into our restaurant, having little conversations and on top of it we served you one of our most demanding seafood specialities - the fish in banana leaves."

"I'm excited to return to Eastbourne and feel its unique charm, this time also blessed with authentic Kerala food from MALAYALAM." - Serena Williams

Tel: 01323 722227

MALAYALAM RESTAURANT 229 - 231 TERMINUS ROAD, EASTBOURNE, BN21 3DH
info@malayalamrestaurants.com malayalamrestaurants.com

Find us online at



Food Allergens & Intolerance Information

Please inform a member of staff if you have any food allergies or intolerances before placing your order. While we take every care to prevent cross-contamination, please note that all dishes are prepared in a kitchen where allergens are present.

WE WELCOME YOU TO OUR MOTHER'S CUISINE FROM GOD'S OWN COUNTRY, KERALA