Kerala is formed by the re-unification of three princely states viz. Travancore in South, Kochi in centre and Malabar in North. Trilogi tastefully represents the culinary delights from these three regions. Kerala's history is closely linked with its commerce, which until recent times revolved around its spice trade. Celebrated as the Spice Coast of India, ancient Kerala played host to travellers and traders from across the world including the Greeks, Romans, Arabs, Chinese, Portuguese, Dutch, French and the British. Almost all of them have left their imprint on this land in some form or the other in architecture, literature and most importantly in cuisine. Trilogi menu would unfold tales of an untold revolution that happened in Kerala’s kitchens. Our Master Chef has discovered the secret recipes of the regional specialities through his culinary journey across Kerala covering these three regions. We also pride ourselves in promoting local and seasonal produce and thereby supporting the local community. We want to ensure that your visit to Trilogi would be an insight into the culinary and cultural heritage of Kerala.
Starters

- **Kozhukatta Kaduku Varuthathu** 295
  Steamed mini rice dumplings tempered with curry leaves and mustard

- **Pachakkari Cheera Vada** 295
  Vegetable and spinach fritters with cumin and ginger

- **Nuzhappoo Kadala Parippu Cutlet (G)(D)** 295
  Deep fried patties of banana flower and bengal gram served with spiced mango sauce.

- **Koon Niracha Pathiri** 345
  Fennel scented steamed rice dough parcel with peppery mushroom mixture.

- **Natholi Varuthathu** 395
  Deep fried anchovies with local spices
  A coastal delicacy

- **Meen Nirachathu** 745
  Grilled king fish fillet stuffed with prawn mince and aromatic herbs and spices.

- **Kappa Chemmeen Cutlet** 545
  Spiced prawn and tapioca patties.
  Pan fried and topped with grilled prawns.

- **Pacha Kurumulaku Konju Roast** 295
  Grilled tiger prawns with Curry leaf and green peppercorn marination.

- **Chemmeen Ilayappam** 645
  Spiced prawn and fried shallot mixture cooked in banana leaf

- **Kanthari Chicken** 445
  Bird’s eye chilli & herbs marinated grilled chicken morsels

- **Beef Dry Fry** 445
  Spice dusted and deep fried tender buffalo meat with coconut flakes & garlic.

- **Attirachi Mutta Pathiri (G)** 495
  Egg batter coated and shallow fried wheat dough parcel with fennel scented mutton mince

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Soup

- **Pineapple Rasam** 295
  Green chilly infused pineapple soup

- **Pachakkari Malliyila Soup** 295
  Coriander flavored vegetable soup

- **Sea Food Thenga Pal Soup** 445
  Fragrant sea food and coconut milk soup

- **Attirachi Noolappam Soup** 395
  Malabar style mutton broth with string hoppers

Main course veg

- **Cheera Avial** 395
  Red spinach, raw banana and raw mango cooked with cumin scented crushed coconut

- **Kochulli Theeyal** 395
  Shallots cooked in tangy roasted coconut gravy

- **Malabar Pachakkari Kuruma (D)** 395
  Vegetables cooked with coconut & fennel paste

- **Chena Manga Vattom (D)(N)** 395
  Mango churyam stuffed yam dumplings with sweet and sour curry sauce

- **Koon koorkka Peera Pattichathu (N)** 495
  Mushroom, cashewnuts and chinese potato tossed with kokum and ginger flavoured coconut mixture

- **Pachakappa (Devichathu)** 395
  Boiled tapioca tossed with fennel seed and crushed coconut

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**Main course non veg**

- **Kumarakom Meen Curry**
  Village style spicy king fish curry with kokum and shallots

- **Koorkka Konju Roast**
  Prawn masala with chinese potato and coconut slices

- **Koqhi Olan (G)**
  Mild spiced home style preparation of chicken and vegetables with coconut milk.

- **Thenga Kothu Beef Perattu**
  Dry preparation of tender beef with roasted coconut and garlic.

- **Vazhpayilayil Pollich Peli Meen Or Karimeen**
  Pearl spot or king fish smeared with homemade masala, wrapped in banana leaf and cooked on a griddle.

- **Meen Manga Charu**
  Mild spiced king fish curry with raw mango and coconut paste.

- **Meen Thappu Vekkal**
  Local spice marinated sardine cooked in a clay pot covered with banana leaf.

- **Idiyappam Chemmeen Biriyani (D)(N)**
  String hoppar layered with masala shrimps

- **Muringa Kanthari Beef**
  Beef cooked with a paste of Drumstick bark, bird’s eye chilli and black pepper.

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Signature Dish

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Curry Veppila, Kuromulagu Tharavu Chaps
Kuttanadan duck simmered in black pepper and curry leaves infused coconut milk

Curry Veppila, Kuromulagu Tharavu Chaps (G)
Kuttanadan duck simmered in black pepper and curry leaves infused coconut milk

Mutton
Chicken
Prawn
Grilled Seafood Platter

Lobster meat cooked with Malabar spices and herbs
Pan seared prawn dumplings in a coconut curry sauce.
Scrambled quail eggs and crab meat tossed with spices and herbs.

Attirachi Mutta Churuttu Curry
Mutton and rolled omelette cubes simmered with roasted onion & tomato gravy.

Kalam Biryani (N)(D)(G)
Thalasseri dum biriyani with kaima rice

Mutton
Fish
Chicken
Prawn

Grilled Seafood Platter
Masala Grilled Lobster, Curry leaf grilled scampi, Stuffed grilled king fish steak, grilled prawns & deep fried anchovies served with Kachumber salad, curry sauce and Kallappam.

Main course non veg

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Breads - veg

- Gothambu Paratha (G) 120
- Chef Special Paratha (G) 120
- Kerala Paratha (G) 115
- Kallappam 75
- Chappathi (G) 90
- Appam 75

- Puttu 90
- Idiappam 90
- Chemba Rice 145
- Steamed Rice 145
- Nei Choru (D) 195

Desserts

- Kajihachakka Athi pazha pradaman (D)(N) 395
  Pineapple and fig cooked with jaggery and coconut milk

- Palada Payasam (D)(N) 345
  Rice flakes cooked with cardamom infused sweetened milk

- Semiya Lakkottappam (D) 345
  Stuffed pancake with sweetened vermicelli mixture

- Neyyada (D) 345
  Layered sweet pancake with cashew nuts and sultanas.

- Nenthappazham Dilayichathu (D)(N) 345
  Kerala banana tossed with coconut, cardamom & sugar

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**Chef's Special Tasting Menu**

**Menu 1 - 1395 plus taxes**

**Choice of starters**
- **Vazhapoo Kadala Parippu Cutlet & Koon Niracha Pathiri**
  Deep fried patties of banana flower and bengal gram served with spiced mango sauce & Fennel scented Steamed rice dough parcel with peppery mushroom mixture.
- **Beef Dry Fry & Kappa Chemmeen Cutlet**
  Spice dusted and deep fried tender buffalo meat with coconut flakes & Garlic spiced prawn and tapioca patties. Pan fried and topped with grilled prawns

**Choice of Soups**
- **Attirachi Noolappam Soup**
  Malabar style mutton broth with string hoppers
- **Pineapple Rasam**
  Green chilly infused pineapple soup.

**Choice of Main Courses**
- **Meen Manga Charu & Kozhi Kumbalanga**
  Mild spiced king fish curry with raw mango and coconut paste & Chicken and ash gourd simmered in roasted coconut gravy
- **Malabar Pachakkari Kuruma & Chena Manga Vattom**
  Vegetables cooked with coconut & fennel paste & Mango chutney stuffed yam dumplings with sweet and sour curry sauce. Main course are served with Appam/Idiyappam/Steamed rice

**Dessert Platter**
- **Semiya Lakkottappam**
  Stuffed pancake with sweetened vermicelli mixture
- **Kaithachakka Athi pazha pradaman**
  Pineapple and big cooked with jaggery and Coconut milk

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**Chefs Special Tasting Menu**

**Menu 2 - 1695 plus taxes**

**Choice of starters**
- **Pacha Kurumulagu Konju Roast & Kanthari Chicken**
  - Grilled tiger prawns with curry leaf and green pepper corn marination
  - Bird’s eye chilli & herbs marinated grilled chicken morsels
  - Or

- **Pachakkari Cheera Vada & Koon Niracha Pathiri**
  - Vegetable and spinach fritters with cumin and ginger
  - Fennel scented steamed rice dough parcel with peppery mushroom mixture

**Choice of Soups**
- **Pachakkari Malliyila Soup**
  - Coriander flavoured vegetable soup
  - Or

- **Sea Food Thenga Pal Soup**
  - Fragrant sea food and coconut milk soup

**Entree**
- **Idiyappam Chemmeen Biriyani**
  - String hoppers layered with masala shrimps
  - Or

- **Idiyappam Pachakkari Biriyani**
  - String hoppers layered with masala mixed vegetables

**Choice of Main course**
- **Muringa Kanthari Beef & Koorakka Konju Roast**
  - Beef cooked with a paste of drumstick bark, Bird’s eye chilli and black pepper
  - Prawn masala with chinese potato and coconut slices
  - Or

- **Malabar Pachakkari Kuruma & Koon Koorkka Peera Pattichathu Roast**
  - Vegetables cooked with coconut & fennel paste.
  - Mushrooms, cashewnuts and Chinese potato tossed with kokum
  - Main course are served with with Appam/Kallappam/Steam rice

**Desserts Platter**
- **Palada Payasam & Nenthrapazham Vilayichathu**
  - Rice flakes cooked with cardamom infused sweetened milk
  - Kerala banana tossed with coconut, cardamom & sugar.
Let's cook dishes

**Fort Kochi tharavu perattu** 645
(Recipe of Ms. Priya Mary Antony)
(Duck cooked with pepper infused onion masala and coastal spices. Inspired by the Anglo Indian cuisines of Fort Kochi region where the meat flavours are highlighted than the spices.)

**Attirachi kakkam with Mutta sirka** 795
(Recipe of Ms. Sumaiya Kareem)
A Thalasseri style preparation of Mutton with Malabar spices and herbs, served with deep fried rice dumplings which is a local version of the famous Yorkshire pudding from U.K. and this dish reveals the English culinary influence in Thalasseri region.

**Amaranth Curry** 395
(Recipe of Ms. Sreelakshmi N Prabhu)
A flavourful and luxurious curry with Red spinach and jackfruit seeds in a coconut gravy. Made of local ingredients easily available in Kerala. This is a perfect vegetarian delicacy of Konkani community in Kochi.

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