



MALABAR

INDIAN CUISINE



**7 REGENT STREET
DOUGLAS
ISLE OF MAN
PHONE: 66 99 99**





MALABAR INDIAN CUISINE

Named after the fertile south Western coastal region of the Indian peninsula, nestled between the hills of the Western Ghats and Arabian Sea, which is synonymous for excellent meat and fresh sea food.

With its rich culture and cuisine, Malabar has been the melting pot for influences from around the world. This includes Vasco Da Gama, who landed in Calicut, the capital of the Malabar region, in the year 1498 on his quest to discover the sea route to India, bringing with him the Western influence.

Here at Malabar restaurant in Douglas, we have tried to create authentic dishes of the region and other favorites from the Indian subcontinent. Our dishes are made to order with fresh meat, seafood, and great ingredients from India.

Our passion to offer authentic food in a comfortable setting with excellent service has led us to create this menu for you, located in this unique building.

Hope you enjoy our food as much as we do in bringing it to you and please share your thoughts with us, which will help us to exceed your expectations.

Enjoy Your Meal.

ADITHI DEVO BHAVA





STARTERS

Mini Idly (V) £3.95

Soft and fluffy steamed rice and lentil savoury pudding served with sambar and coconut chutney.

Aloo Bonda (V) £3.75

Batter fried potato laced with South Indian spices and served with special chutney.

Onion Bhaji (V) £3.75

Self explained and legendary.

Paneer Achari Pakora (V) £4.10

Batter fried cottage cheese marinated in pickling spices.

Samosa £3.75

Triangular pastry filled with a choice of minced lamb, chicken or vegetables infused in special spices

Malabar Chicken

Drumsticks £4.40

Drumsticks prepared in chef's special recipe.

Chicken/ Lamb Tikka £4.40

Boneless chicken/lamb marinated in tandoori spices and cooked in clay oven.

Murg Lazooni Tikka £4.40

Tender cubes of chicken breast in garlic marinade and cooked in clay oven.

Sheekh Kabab £3.85

Spiced mince meat cooked in clay oven.

Lamb Boti-Mushroom £4.50

Cubes of lamb tossed with mushroom and onions.

Manx Queenies Chaat Puree £5.40

Manx queenies and chickpeas perfectly spiced and served on fried flat bread.

Chonkey Jhinga £4.90

Spiced prawns stir-fried with onion tomatoes and green pepper.

King Prawn pepper fry £5.85

King prawns with onion and crushed black pepper.

King Prawns Butterfly £5.85

Crumbfried king prawns.

Andhra Squid Stir-fry £4.85

Squid stir-fried with onion, red chillies and garlic.

Malabar Fried Fish £4.85

Fish rubbed with chef's spices and pan fried.

Sura Puttu £4.85

Tuna delicacy from Southern India, stir fried with garlic and coriander.

Mixed Starter £5.50

Starter assortment chicken tikka, murg lazooni tikka, sheekh kebab, lamb tikka and onion bhaji.





SOUPS

Pepper & Coriander

Rasam (V) £3.95
 Traditional south Indian medium spiced broth.

Tomato Shorba (V) £3.95
 Tomato soup in Indian style.

Chicken Shimla £4.20
 Chicken soup infused with mint & coriander.

Kheema Dosa £9.95
 With mildly spiced minced beef.

Chicken Dosa £9.95
 With mildly spiced chicken.

IDLI £6.95
 Soft and fluffy steamed rice and lentil savoury pudding served with sambar and chutney.

Masala Uthappam £6.95
 Thick savoury pancake topped with chopped onions, tomatoes and coriander leaves. Served with sambar and chutney.

MALABAR SPECIALS

DOSA:- Is a delicious, thin, crisp, golden brown rice and lentil savoury crepe synonymous with south India, eaten for breakfast, lunch or dinner traditionally served with sambar (lentil and vegetable stew) and chutney and optional fillings of your choice.

Plain Dosa £6.95
 A thin, crisp and golden brown, no fillings.

Masala Dosa £8.95
 Spiced mash potatoes and onion.

APPAM

Soft pancake made from rice batter:

We recommend the following dishes with your Appams.

Lamb Nadan Curry £13.50

Fish Mooli £13.95

Chicken Varutharacha Curry £13.25

Chickpea Masala (South Indian Kadala Curry) £11.50



IDIAPPAM

Hoppers made from rice batter:

We recommend the following dishes with your Idiappams.

Lamb Nadan Curry **£13.50**

Chicken Varutharacha Curry **£13.25**

Chickpea Masala (South Indian Kadala Curry) **£11.50**

MALABAR PARATHA

A kerala speciality-layered wheat dough flat bread coiled into layers.

We recommend the following dishes with your Malabar Parathas.

Chicken Varatharacha Curry **£13.25**

Beef Curry **£13.50**

Egg Masala **£11.50**

KAPPA (CASSAVA)

Cassava root traditionally prepared with coconut, garlic, curry leaves.

We recommend the following dishes with your Kappas.

Beef Curry **£13.50**

Kerala Fish Curry **£13.95**

BIRIYANI

From the royal kitchens of India, basmati rice infused with fresh ground spices and served with raita or vegetable masala.

Chicken **£10.50**

Lamb **£11.50**

King Prawn **£12.50**

Egg **£9.50**

Vegetables **£8.50**





CHEF'S SOUTH INDIAN SPECIALS*

Lamb Malabar £10.95

Tender chicken breast cooked with roasted coconut, tomato, spices and curry leaves.

Chicken Malli Perallan £10.50

Coriander and coconut flavoured, recipe from chef's hometown.

Chicken Chettinadu £10.50

Infused with 19 chettinadu spices, speciality from tamilnadu.

Chicken Roast Masala £10.50

From Western Kerala, finished with coconut milk.

Beef Pepper Masala £10.95

Cooked with plenty of black pepper, perfect in winter.

Beef Coconut Ularthiyathu £10.95

With coconut and curry leaf.

Manglorian Chilli Chicken £10.50

Chicken stripes made in traditional coastal Manglorian style.

Chicken 65 £10.50

65th dish on the famous madras gymkhana club menu, legend on its own.

Chicken Garlic Masala £10.50

Prepared as per its name sake, medium spiced.

Chooza Khas Makhni £10.50

Boneless possain strips in fenugreek infused tomato sauce, medium spiced.

Lamb Nihari £10.95

Slow cooked lamb with corn and spices, from Hyderabad.

*All the above dishes are available with**

Chicken	£10.50	King Prawns	£11.50
Lamb	£10.95	Vegetables	£9.50
Beef	£10.95		



Kerala Fish Curry £10.95

Fish cooked in Kerala style and finished with coconut milk.

Alleppey Fish Curry £10.95

Tempered with mustard, raw mango and coconut.

Fish/Squid Masala £10.95

Tangy with tamarind and chilli.

Fish Moilee £10.95

Mild with coconut and curry leaf.

Manx Queenies

Garlic Masala £10.95

Queenies cooked with onions and plenty of garlic.

Meen Pollichathu £11.50

Spiced fish steamed in banana leaf, Kerala delicacy.

Above dishes can be served with King Prawns **£11.50**

Anda Gobi £10.50

Egg and cauliflower stir-fried with onion and green chilli.

FROM THE CLAY OVEN

Chicken Tandoori £9.50

Chicken on the bone infused in Tandoori spices and cooked in clay oven.

Chicken / Lamb Tikka £9.50

Boneless chicken/lamb marinated in Tandoori spices and cooked in clay oven.

Chicken Lazooni Tikka £10.50

Tender cubes of chicken breast in garlic marinade and cooked in clay oven.

Chicken Shashlik £10.50

Chicken tikka with onion, green pepper and tomatoes.

Machi Ka Shole £11.95

Fresh fish cooked with special exotic spices and cooked in clay oven.

Jhinga Malai £13.95

King prawns marinated in cardamom flavoured yoghurt, cooked in clay oven.

Paneer Tikka £9.95

Cottage cheese marinated in Tandoori spices and cooked in clay oven.

Mix Tandoori Platter £13.95

Assortment of Tandoori chicken, Murg lasooni, lamb tikka, king prawn malai and seekh kebab.

Seafood Platter £14.25

Assortment of fish tikka, squid fry, manx queenies, king prawn and fried fish.





TRADITIONAL SPECIALS*

TIKKA MASALA

Mildly spiced creamy masala sauce.

JALFREZI

Onion, green pepper, tomato and green chilli.

BALTI

Created in Birmingham for the distinguished curry lovers

KASHMIRI

Creamy sauce, onions, green pepper, fresh garlic, ginger, tomatoes, green chillies lightly spiced with a cheese topping (mild).

KARAHI

Medium spiced with ginger garlic cubes of onion, green pepper, tomatoes.

*All the dishes above are available in**

Chicken	£8.95
Lamb	£9.95
King prawn	£10.95
Fish	£10.50
Beef	£9.95
Vegetable	£8.50

TRADITIONAL MAINS*

KORMA

Mild creamy thick sauce with coconut.

ROGAN JOSH

Medium spiced dish with onion, green pepper, tomato and spices.

BHUNA

Thick tomato based sauce, medium hot.

MADRAS

Strong flavours and hot.

VINDALOO

Extra hot dish.

PATIA

Medium hot sweet and sour to taste.

DO-PIYAZA

Double the onions and green pepper.

SAAG

Traditional dish cooked with spinach and garlic.

*All the dishes above are available in**

Chicken	£7.95
Lamb	£8.95
King prawn	£10.50
Fish	£9.95
Beef	£8.95
Vegetable	£7.50





VEGETABLE SIDES

Malabar Vegetable Curry £3.95

Assortment of vegetables in malabar gravy.

Navrathan Korma £4.20

Mild creamy mixed vegetable curry in cashew nut gravy.

Paneer Muttar £4.20

Cottage cheese and Green Peas

Koonu Varatharacha Curry £4.20

Mushroom with roasted coconut and coriander.

Jeera Aloo £3.95

Spiced potatoes flavoured with cumin seeds.

Tadka Dal £3.95

Lentil with garlic and spices.

Bhindi Bhaji £4.20

Okra cooked in medium sauce.

Bombay Aloo £3.95

Spiced potatoes.

Daal Palak £4.20

Lentils, spinach and chilli.

Baingan Bartha £4.20

Chargrilled aubergine and plenty of onions.

Kadala Curry £3.95

Channa masala in south Indian style.

Sambar £3.95

Lentil and vegetable stew.

All sides can be served as mains. £7.50



STEAKS

Sirloin £17.95

Rib-eye £15.95

** Supplied by our local butcher. Our steaks are served with chips, salad, grilled tomato and pepper sauce.*





FOR CHILDREN

- Chicken Nuggets & Chips £4.75
- Omelette & Chips £4.75
- Fish Fingers & Chips £4.75
- Chicken Korma & Chips £4.75

RICE

- Pilau Rice £2.10
- Keema Pilau £3.50
- Egg Pilau £3.50
- Mushroom Pilau £3.50
- Vegetable Pilau £3.50
- Onion Pilau £3.20
- Chilli Pilau £3.50
- Boiled Rice £2.00
- Coconut Rice £3.20
- Lemon Rice £3.20
- Chips £2.50

INDIAN BREADS

- Plain Naan £2.00
- Garlic Naan £2.30
- Chilli Naan £2.30
- Keema Naan £2.60
- Peshwari Naan £2.50
- Cheese Naan £2.90
- Malabar Special Naan £3.20
- Tandoori Roti £2.00
- Tandoori Paratha £2.25
- Malabar Paratha £2.00
- Chappathi £1.00
- Appam £1.95
- idiyappam £1.95
- Idli £1.95





NIBBLES & ACCOMPANIMENTS

Poppadom	£0.80
Spicy Poppadom	£1.00
Chutney Dips	£1.50
Lime/Garlic Pickle	£1.00
Raita Mixed/Cucumber	£2.50
Green Salad	£2.00
Malabar Special Salad	£3.50



DESSERT

Gulab Jamun (Indian doughnuts)	£3.50
Gajar ka Halwa (Sweet carrot pudding)	£3.50
Mango kulfi (Indian Ice cream)	£3.50
Ice cream (3 scoops of assorted flavours)	£3.50

BEVERAGES

Salted/Sweet Lassi	£2.25
Mango Lassi	£2.75

If you do not find your favourite Indian dish on our menu our Chef will be happy to prepare it for you. We can make any dish to suit your taste.

** Some of the dishes on our menu contain dairy and nut products, also our breads contain gluten, kindly let your service personnel know if you suffer from any allergies.*

** Although we have made every effort to remove all bones from meat and fish used in our dishes, some may remain.*



