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TAJ MALABAR RESORT & SPA

PEPPER

menu



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APP STORE

Timings: 12.30 PM to 03.00 PM and 07:00 PM to 11:00 PM

As per the guidelines issued by Food Safety & Standards Authority of India (FSSAI), an average active adult requires 2000 kcals of energy per day. However, the actual calories needed may vary per person.

Indian Menu

Appetizer

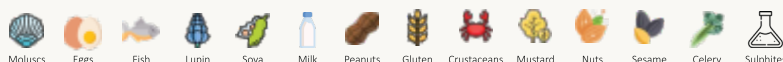
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- **WARM MUSHROOM & CHEESE BRUSCHETTA** | Kcal 462 | 150 gms | 🍷🍷 850
Mushrooms baked on baguette, parmesan, thyme, house salad & salsa verde
- **HARA BHARA KEBAB** | Kcal 278 | 180 gms | 🍷🍷 1050
Green peas, spinach
- **KEBAB PLATTER VEG** | Kcal 334 | 250 gms | 🍷🍷 1250
Lal mirchi ka paneer tikka, kasundi phool & phaldari kebab
- ▲ **CHICKEN SHORBA** | Kcal 196 | 150 gms | 🍷🍷 700
Spiced Indian soup
- ▲ **KEBAB PLATTER NON- VEG** | Kcal 338 | 250 gms | 🍷🍷 1450
Murgh angara kebab, pudhina aur kali mirch fish tikka & galouti kebab
- ▲ **GALOUTI KEBAB** | Kcal 354 | 180 gms | 🍷🍷 1200
Lamb cake on flaky saffron bread
- ▲ **COCHIN SHRIMPS** | Kcal 228 | 150 gms | 🍷🍷 1450
Griddled prawns, spicy marinade
- ▲ **CRISPY FISH FINGER** | Kcal 318 | 180 gms | 🍷🍷 1250
Fried fish finger, chips, tartar sauce & salsa
- ▲ **MEEN VARUVAL** | Kcal 225 | 180 gms | 🍷🍷 1200
Masala griddled Fish
- ▲ **BHATTI KA MURGH** | Kcal 335 | 180 gms | 🍷🍷 1200
Chicken, chilli & yogurt marinade

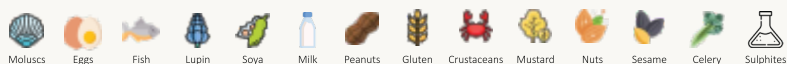
Main Course

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- **KATHI ROLL - PANEER** | Kcal 502 | 180 gms | 🍷🍷 1450
Indian wrap filled with spicy marinated cottage cheese
- **KATHI ROLL - VEGETABLE** | Kcal 448 | 180 gms | 🍷🍷 1450
Indian wrap filled with spicy marinated vegetable
- **MUSHROOM & CASHEWNUT CURRY** | Kcal 328 | 250 gms | 🍷🍷 950
Coconut cream, aromatic spices



PANEER MAKHANI Kcal 543 250 gms   Palak/makhani/kadai	1150
SUBZI DIWANI HANDI Kcal 260 250 gms    Spiced vegetable, onion tomato & cashewnts	1150
DAL TADKA Kcal 340 250 gms   Yellow lentils, garlic, onion & tomato	900
DAL MAKHANI Kcal 442 250 gms   Black urad lentils, cream, tomato & chilli	900
MAKAI PALAK Kcal 272 250 gms    Spinach, corn	1150
ALOO JEERA Kcal 280 250 gms    Potatoes, cumin	1150
MASALA BHINDI Kcal 190 250 gms   Okra, onion, tomato & coriander	1150
NAAN Kcal 295 110 gms   Whole wheat naan	200
PARATHA Kcal 360 110 gms   Lacha	200
MALABARI PARATHA Kcal 360 110 gms   Malabari	200
TANDOORI ROTI Kcal 285 110 gms   Whole wheat roti	200
CHAPATHI Kcal 380 120 gms   Whole wheat chapathi	100
STUFFED KULCHA Kcal 510 200 gms   Whole wheat kulcha	300
IDIAPPAM/KALLAPPAM Kcal 300 150 gms  Steamed string hoppers/rice pan cake	100
PULAO WITH CHOICE OF TOPPINGS Kcal 407 200 gms  Rice, toppings	550
CURD RICE Kcal 247 300 gms  Rice, fresh yoghurt, tempered spices and curry leaves	500
STEAMED RICE Kcal 312 200 gms Cooked basmathi rice	450
SUBZ BIRYANI Kcal 420 300 gms   Basmati rice, seasonal vegetables, saffron, yogurt and spices	1050
KATHI ROLL-CHICKEN Kcal 476 180 gms  Indian wrap filled with spicy marinated chicken	1450
BHATTI KA MURG TIKKA SANDWICH Kcal 832 250 gms   Spiced chicken tikka filling in brown bread & grilled	1300

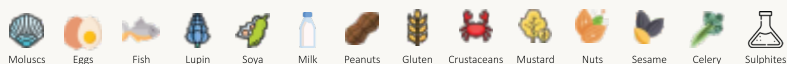


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|---|------|
| <div> <div>▲</div> <div> KERALA FISH CURRY Kcal 296 250 gms 🐟🥥 </div> <div>King fish cubes, ground coconut curry & kokum</div> </div> | 1250 |
| <div> <div>▲</div> <div> KOZHI PORICHATHU Kcal 488 250 gms 🍳 </div> <div>Deep fried chicken</div> </div> | 1250 |
| <div> <div>▲</div> <div> ERACHI VARATTIYATHU Kcal 503 250 gms 🐮🌶️ </div> <div>Buffalo meat, local spices & crushed pepper</div> </div> | 1350 |
| <div> <div>▲</div> <div> MURG TARIWALA Kcal 316 250 gms 🍷🍅🥕 </div> <div>Chicken, cumin, chilli, onion & tomato</div> </div> | 1200 |
| <div> <div>▲</div> <div> MUTTON ROGANJOSH Kcal 562 250 gms 🍷🍅🥕 </div> <div>Lamb, brown onion, tomato gravy</div> </div> | 1350 |
| <div> <div>▲</div> <div> CHICKEN BIRYANI Kcal 541 300 gms 🍷🍅 </div> <div>Basmati rice, slow cooked chicken, yogurt and spices</div> </div> | 1250 |
| <div> <div>▲</div> <div> MUTTON BIRYANI Kcal 667 300 gms 🍷🍅 </div> <div>Basmati rice, slow cooked lamb, yogurt and spices</div> </div> | 1450 |

Dessert

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|---|-----|
| <div> <div>■</div> <div> FRESH CUT FRUITS Kcal 85 150 gms </div> <div>Seasonal fruits</div> </div> | 600 |
| <div> <div>■</div> <div> GULAB JAMUN Kcal 396 120 gms 🍷🍪 </div> <div>Deep fried milk dumplings, ice cream</div> </div> | 600 |



Chinese Menu

Appetizer

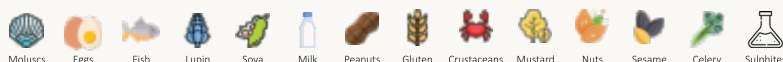
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- **CRUNCHY ASIAN VEGETABLE SALAD** | Kcal 96 | 180 gms | 🥬🥒 750
Lemon, chilly, garlic dressing
- ▲ **MANCHOW CHICKEN SOUP** | Kcal 169 | 150 gms | 🍲🥘 650
Thick soup chicken, mushroom, chilli & coriander

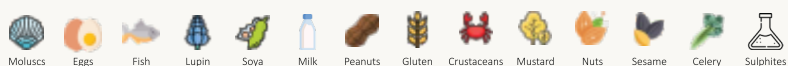
Main Course

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- **WOK FRIED EXOTIC VEGETABLE** | Kcal 251 | 250 gms | 🥬🥒 1150
Stir fried exotic vegetables
- **WOK FRIED BABY CORN & BROCCOLI** | Kcal 271 | 250 gms | 🥬🥒 1150
Baby corn & broccoli, chilli bean sauce
- **FRIED RICE - VEGETABLE** | Kcal 301 | 300 gms | 🍚🥬 750
Rice, vegetable
- **NOODLES - VEGETABLE** | Kcal 303 | 300 gms | 🍜🥬 750
Noodles, vegetable
- ▲ **SPICY CRISPY PRAWNS WITH SALT & PEPPER** | Kcal 446 | 180 gms | 🍤🌶️ 1450
Prawns, onion, chilli & crushed pepper
- ▲ **PRAWNS IN CHILLI OYSTER SAUCE** | Kcal 381 | 250 gms | 🍤🌶️🥘 1450
Prawn, oyster sauce
- ▲ **FISH SICHUAN CHILLI DRY** | Kcal 360 | 250 gms | 🐟🌶️ 1450
Fillets of fish & crushed chilly
- ▲ **KUNG PAO CHICHEN** | Kcal 310 | 250 gms | 🍗🌶️🥘 1300
Chicken cubes, soy, chilli & nuts
- ▲ **SLICED TENDERLOIN IN CHILLI BLACK BEAN SAUCE** | Kcal 410 | 250 gms | 🍗🌶️🥘 1450
Tenderloin, black bean, garlic & chilly
- ▲ **NASI GORENG** | Kcal 398 | 300 gms | 🍗🌶️🥘 1500
Indonesian spicy fried rice, shrimp & fried egg
- ▲ **RED CURRY PRAWN** | Kcal 394 | 250 gms | 🍤🌶️ 1450
Prawn, coconut cream & basil



- ⚠ **GREEN CURRY CHICKEN** | Kcal 320 | 250 gms | 🍗 **1350**
 Chicken, coconut cream & basil
- ⚠ **FRIED RICE - CHICKEN** | Kcal 364 | 300 gms | 🍚🥚🥦 **850**
 Rice, egg, vegetable & chicken
- ⚠ **FRIED RICE - PRAWN** | Kcal 470 | 300 gms | 🍚🍤🥦 **850**
 Rice, prawn, egg & vegetable
- ⚠ **NOODLES - CHICKEN** | Kcal 364 | 300 gms | 🍜🍗🥚 **850**
 Noodles, chicken, egg & vegetable
- ⚠ **NOODLES - PRAWN** | Kcal 490 | 300 gms | 🍜🍤🥚 **850**
 Noodles, prawn, egg & vegetable



European Menu

Appetizer

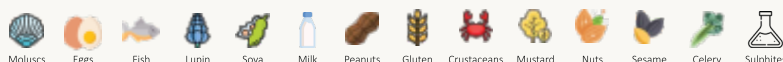
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- 🟢 **SPROUT & QUINOA SALAD** | Kcal 188 | 180 gms | 🥬🥒🥑🌻
Sprouted beans, bell peppers, raw mango & sunflower seeds **850**
- 🟢 **MESCLUN SALAD, ORANGE & ARUGULA** | Kcal 168 | 180 gms | 🍊🥬🧀
Lemon dressing, garden vegetables & parmesan **850**
- 🟢 **CAESAR SALAD - VEGETABLE** | Kcal 280 | 180 gms | 🥬🥒🥑🌻
Lettuce, caesar dressing, griddled vegetable, parmesan & garlic crouton **850**
- 🔴 **CAESAR SALAD -CHICKEN** | Kcal 328 | 180 gms | 🥬🥒🥑🌻🍗
Lettuce,caesar dressing, griddled chicken, parmesan & garlic crouton **850**

Sandwich / Pasta / Burger

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- 🟢 **MEDITERRANEAN PANINI** | Kcal 289 | 180 gms | 🥬🥒🥑🌻🍗
Panini, pesto vegetables, caramelized onion & tomato **1100**
- 🟢 **CLUB SANDWICH VEG** | Kcal 289 | 350 gms | 🥬🥒🥑🌻
Triple decker sandwich, vegetable, tomato & cheese **1150**
- 🔴 **CLUB SANDWICH NON-VEG** | Kcal 597 | 350 gms | 🥬🥒🥑🌻🍗🍳
Triple decker sandwich, chicken, fried egg, crispy bacon **1300**
- 🟢 **FUSILLI AL PESTO** | Kcal 665 | 220 gms | 🍝🥬🥒🥑🌻
Bail pesto, cream & parmesan **1250**
- 🟢 **PENNE ARRABBIATA** | Kcal 529 | 220 gms | 🍝🥬🥒🥑🌻
Spicy tomato sauce, chilli & parmesan **1250**
- 🔴 **SPAGHETTI BOLOGNAISE** | Kcal 456 | 220 gms | 🍝🥬🥒🥑🌻🍗
Tenderloin, plum tomato & wine **1250**
- 🟢 **VEGETABLE BURGER** | Kcal 289 | 350 gms | 🍔🥬🥒🥑🌻
Vegetable & potato cake, sesame bun **1050**
- 🔴 **BBQ CHICKEN & CHEESE BURGER** | Kcal 526 | 300 gms | 🍔🥬🥒🥑🌻🍗🍳
BBQ chicken cakes, grilled onion, fried egg **1300**
- 🔴 **TENDERLOIN BURGER** | Kcal 449 | 300 gms | 🍔🥬🥒🥑🌻🍗
Tenderloin patties, onion, gherkins & cheese **1300**



Main Course

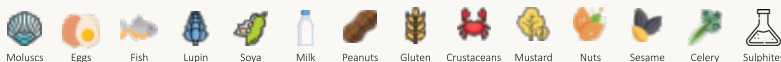
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- 🌱 **GREEN PEAS & SUNDRIED TOMATO RISOTTO** | Kcal 274 | 220 gms | **1250**
 Arborio rice , green peas & sundried tomato
- 🌱 **SUMAC CHEESE STEAK** | Kcal 350 | 220 gms | **1100**
 Cottage cheese, tomato ratatouille & parmesan
- ⚠️ **CHICKEN & MUSHROOM RISOTTO** | Kcal 353 | 220 gms | **1250**
 Chicken, arborio rice, mushroom & parmesan
- ⚠️ **NORWEGIAN SALMON** | Kcal 340 | 220 gms | **1700**
 Vegetable, pink pepper sauce
- ⚠️ **FISH & CHIPS** | Kcal 318 | 220 gms | **1450**
 White fish fillet, fried chipps & tartar sauce
- ⚠️ **THYME ROASTED CHICKEN BREAST** | Kcal 318 | 220 gms | **1200**
 Classic preparation, roast potato & vegetable
- ⚠️ **FILLET STEAK** | Kcal 448 | 220 gms | **1450**
 Vegetables, potato puree & red wine jus
- ⚠️ **GRILLED LAMB CHOP** | Kcal 397 | 220 gms | **1600**
 Whilted spinach, rosemary, young potato & pepper glaze

Dessert

3

- ⚠️ **ALMOND CAKE** | Kcal 383 | 120 gms | **650**
 Almond cake, vanilla ice cream
- ⚠️ **WARM CHOCOLATE PUDDING** | Kcal 310 | 120 gms | **650**
 Chocolate pudding, raspberry compote & ice cream
- ⚠️ **PASSION FRUIT CHEESE CAKE** | Kcal 350 | 120 gms | **650**
 Cheese cake, passion fruit extract
- ⚠️ **VANILLA CREME BRULEE** | Kcal 342 | 120 gms | **650**
 Classic creme brule with vanilla



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