



Backwater café



Served 24 hrs

A LA CARTE BREAKFAST

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Served 24 hrs

Continental breakfast / 750

Freshly squeezed juice, freshly sliced fruits, assorted breakfast pastries, white or brown toast, coffee or tea

American breakfast / 850

Freshly squeezed juice, freshly sliced fruits, white or wheat toast, two eggs (any style), bacon, chicken sausage, coffee or tea

Kerala breakfast / 850

Choice of fresh fruit juice, freshly sliced fruits, choice of vegetable stew with appam or idiyappam or Puttu with kadala curry and elachi banana, tea or coffee

Indian breakfast / 850

Freshly squeezed juice, freshly sliced fruits, choice of Bharwan parantha, poori bhaji or poha, lassi, coffee or tea

Healthy breakfast / 850

Carrot & beet juice, freshly sliced fruits, egg white, spinach and feta omelette, green tea, mint or herbal infusions with honey

Baker's basket / 400

Freshly baked croissants, muffins, Danish pastry or toasted bread - white/brown/multigrain with butter, honey and preserves

Choice of cereals / 400

Full cream milk/skimmed milk/yoghurt
Corn flakes, wheat flakes, all bran, fruit loops, Choco flakes, muesli

Sliced seasonal fresh fruits / 425

Steel cut oatmeal porridge / 425

"Masala Inspired" or with Whole/skimmed milk

Three Eggs Any Style / 500

Fried: sunny side up, over easy, scrambled, boiled, poached or omelette
With in-house hash brown, grilled garden tomatoes and sauteed mushroom

Light and healthy omelette / 500

Spinach and feta egg white omelette, grilled tomatoes

Cinnamon French toast / 450

Fruit compote, forest honey, melted butter, whipped cream

Classic Pancakes and waffles / 450

Maple syrup, forest honey, melted butter, whipped cream

Inspired Pancakes

Caramelized coconut, jaggery and raisins, with "elachi" banana and forest honey

Bharwan parantha / 450

Griddled north Indian, flat whole wheat bread with a choice of filling of potatoes, cauliflower or cottage cheese

Idlis / 450

Steamed lentil and rice cakes accompanied by lentil stew, coconut, tomato and coriander chutney

Poori bhaji / 450

Deep-fried, whole wheat flour bread, mildly-spiced potato curry

Dosa or Uttappam

Griddle cooked rice and split "urad" lentil crepes with mustard tempered potatoes
Or rice and split "urad" lentil pancake accompanied with lentil stew, coconut, tomato and coriander chutney

Upma

Semolina porridge tempered with curry leaves and mustard seeds, served with coconut, tomato and coriander chutney

Medhu wada / 450

Deep-fried lentil dumplings accompanied with lentil stew, coconut, tomato and coriander chutney

INDIAN SPECIALITIES

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BEVERAGES

Coffee

Freshly-brewed coffee - regular or decaffeinated
Espresso/cafe latte/ cappuccino cold coffee -
with or without ice cream
Hot chocolate

Tea

Taj house blend, Darjeeling breakfast, Assam,
Earl grey, Green tea, Chamomile and Indian masala chai

Selection of freshly squeezed fruit juices

Pineapple, Orange, Watermelon or Sweet Lime

Selection of freshly squeezed vegetable juices

Carrot, Tomato or Cucumber

Choice of chaas

Buttermilk - Plain, Sweet, Salted or Masala

Choice of milkshakes

Vanilla, Strawberry, Chocolate, Banana or Mango

Flavoured iced tea

Orange, Lemon, Pineapple or Peach

Fresh lime soda/water

ROUND-THE-CLOCK MENU

Soups, Appetizers and Salads

Minestrone Genovese *v/nv*

Choice of Vegetable or Chicken

Cream soups *v/nv*

Choice of Tomato or Chicken

Bruschetta

Tomato, Kalamata Olives and Basil

Chef's Caesar salad

Iceberg lettuce, Parmesan shavings and
Garlic croutons tossed with chef's dressing
with choice of:

Sun-dried tomatoes *v*

Chicken *nv*

Shrimps *nv*

Aloo Channa Papdi Chaat

Thin flour crisp, Potatoes and Chickpeas,
tossed with Indian herbs and spices

SANDWICHES AND BURGERS

Backwater Green Club

Our vegetarian version comes with Lettuce,
Yellow Cheddar and Tomato

Backwater Club Non-Vegetarian

Toasted loaf slices layered with lettuce, Roasted
Chicken, Tomato, Ham and Fried Egg

Waterslide burger

Chicken or
Vegetable
with lettuce, coleslaw and cheddar cheese on
Sesame bun

Sandwich board *v/nv*

Select from plain, toasted or grilled
white, multi-grain or whole wheat bread

Add a variety of fillings:

Cucumber, tomato and cheese masala omelette,
chicken, cheese and ham

All sandwiches are served with French fries

MAINS

INTERNATIONAL SELECTION

Slow-roasted chicken crusted courgette, mascarpone
polenta, prune puree and shallot veloute / Mushroom
duxelle crepe rolls with pumpkin and almond butter /
Penne arabiata with a hint of oregano and chilli flakes

Spaghetti aglio olio e peperoncino

with garlic, chilli flakes and olive oil

Fish and chips

White fish fillet fried in beer batter with
chips mushy peas, tartar sauce and fresh lemon.

Make your own pizza

With selection of toppings
tomato, mushrooms, red onions, peppers,
jalapeno, sundried tomato, roast chicken, spiced lamb
mince, tandoori chicken

DESSERTS

Bekal creme brulee

Cardamom Scented Slow Baked Custard

Baked cheesecake

Berries and cookie crumble

Tiramisu

Traditional Indian dessert platter

Selection of popular Indian desserts
gajar ka halwa, badam ki rabdi, mini gulab jamun, kulfi

Seasonal fresh fruit platter

Selection of homemade ice cream

Vanilla bean/ honeynut crunch/ strawberry/ chocolate



LUNCH AND DINNER / SALADS & SOUPS



Mezze sampler / 750

Hummus, babaganoush, fattoush, marinated feta, crispy pita

Caprese salad / 750

Vine ripen tomatoes and baby bocconcini

Goat Cheese, Lettuce, Organic Vegetables Salad / 750

Citrus fruit, lemon vinaigrette, pine kernels

Caesar salad

Vegetarian / 700

Chicken / 800

Prawn / 900

Minestrone soup / 425

Pinenut pesto

Mushroom cappuccino / 425

Rich, earthy soup of button mushrooms

Gaajar aur naariyal ka shorba / 425

Spicy baby carrot and Fresh coconut-Flavoured Soup

Drumstick rasam v/ 425

South Indian style spiced drumstick broth

Your choice of oriental soup v/nv/ 475

Hot and sour, manchow, sweet corn

WOOD FIRED PIZZAS

With choice of Italian hand tossed or thin crust with Plain or multigrain base



Make your own pizza

With selection of toppings Tomato, bocconcini, tender leeks, mushrooms, red onions, peppers, Jalapeno, sundried tomato, grilled zucchini, pesto, American corn, Broccoli, olives, feta, roast chicken, pancetta, chorizo, Spiced lamb mince, tandoori chicken, sausage, bacon

Primavera - Backwater Café Signature / 850

tomato, mozzarella, peppers, onions, mushrooms, asparagus and olives

Capricciosa - Backwater Café Signature / 900

tomato, mozzarella, cooked ham, Kalamata olives, artichoke and mushrooms

PASTA AND RISOTTO



Spaghetti, fusilli, fettuccini, gluten free pasta

With choice of sauces, seasonal vegetables and meats napolitano / alfredo / arabiata / carbonara / meat ragout

Spinach and goat cheese ravioli with cilantro pesto- Backwater Café Signature

Classical risotto

With selection of truffled mushroom, seafood and chicken

Asparagus risotto with basil tomato pesto- Backwater Café Signature

Risotto with confit chicken and gorgonzola- Backwater Café Signature

ENTREE



Pan-fried tiger prawn with a light bouillabaisse sauce buttered savoy cabbage and ratatouille / 1150

Pan seared salmon, spring onion and pearl barley risotto with grain mustard and asparagus sauce vichyssoise / 1150

Slow-roasted chicken crumbled courgette, mascarpone polenta, prune puree and shallot veloute / 950

Roast rack of New Zealand lamb with truffle oil flavoured risotto, thyme and chardonnay jus / 1150

Red wine braised beef lemon and rosemary flavoured crushed potatoes sauce béarnaise / 1050

Malfati baked cheese and ricotta dumplings parmesan gratin / 900

Mushroom duxelle crepe rolls with pumpkin and almond butter / 900

SIDES

Mashed potatoes

Balsamic grilled vegetables / 325

Roasted garlic baby potatoes / 325



Backwater Café



PAN ASIAN SELECTION

APPETIZERS

Hong Kong style, fried crispy prawns / 900
Crispy fried chicken / 900
Crispy tofu with chef special sauce / 800
Vegetable spring rolls / 800

MAINS

Szechwan stir-fried prawns / 1050
Stir-fried beef with oyster sauce and black pepper / 1050
Kung pao chicken / 950
Stir fried Asian greens in butter garlic sauce / 900
Mapo tofu with vegetables / 900
Braised eggplant with garlic sauce / 900

FRIED RICE WITH

Seafood / 775
Chicken / 750
Vegetable / 650
Egg / 650

Stir-fried Noodle with
Seafood / 775
Chicken / 750
Vegetable / 650

KEBABS & CURRIES SELECTION

Murgh tikka makhani ^{mv} / 900

Chicken cooked in rich tomato sauce, flavoured with fenugreek

Kadhai paneer / 800

Cottage cheese cooked with peppers and tomatoes spiced with coriander and chillies

Bharwan Kofta / 800

Cottage cheese dumplings, cooked in silky smooth tomato sauce

Lahori dum aloo / 800

Potatoes filled with green peas and fenugreek cooked in onion, tomato and cashew nut gravy

Masala tawa subz / 800

Seasonal vegetables cooked with peppers and spiced with cloves, cumin and cardamom

Makkai palak / 800

Tempered spinach and corn, flavoured with garlic and ground red chillies

Yakhani pulao / 800

Basmati rice cooked with lamb, Indian spices and yoghurt.

Dum Biryani / 850

Vegetable
Chicken
Lamb

Bhatti da kukkad ^{mv} / 900

Char-grilled chicken marinated in a special mix of mustard oil and "Bhatti masala"

Seekh kebab kandahari ^{mv} / 900

Minced meat flavoured with local ingredients from Kandahar and grilled on skewers over charcoal fire

Surkh macchi tikka ^{mv} / 900

Char-grilled fish spiced with chillies and cloves

Sunehari jhinga ^{mv} / 900

Prawns marinated with yoghurt and saffron, cooked in a tandoor

Tehdar paneer tikka ^v / 850

Layered cottage cheese marinated with mint and garlic

Bhuttiyan de kebab ^v / 800

Patties of sweet corn kernels blended with herbs and spices, shallow-fried

Hariyali kebab ^v / 800

Hariyali kebab is infused with yoghurt, onions and mint

Nalli gosht ^{mv} / 950

Braised lamb shanks with an onion, mint and yoghurt gravy

SIDES

Dal tadka / 550

Yellow lentils tempered with cumin

Dal makhani / 650

Black lentils cooked with tomatoes, butter and cream.

Pindi choley / 650

Chick pea curry, this dish originated from the streets of Rawalpindi in Punjab.

Selection of Indian breads / 400

Tandoori roti/Naan/Paratha/Missi /Kulche

COMFORT FOOD

Pav bhaji ^v / 700

A fast food meal from Maharashtra made of a spiced vegetable curry served with soft bread called pav smothered with butter

Rajma chawal ^v / 700

Red kidney beans in a spicy gravy, pachranga pickle, kachumber, raita, steamed rice and poppadum

"Mom style" Khichdi ^{v/mv} / 700

Rice and yellow lentil cooked to perfection with a flavour of homemade desi ghee

Curd rice ^v / 500

This cooling concoction made with cooked rice and unsweetened yogurt and topped with a sizzling tadka of asafoetida, mustard seeds, curry leaves and dry chilli



Murgh ka Khurchan ^{nv} / 900

Chicken cooked with spring onions and peppers

Tandoori paneer tikka ^v / 700

Popular tandoor-grilled kebab of cottage cheese mixed with Indian spices and tempered with mustard oil

Tandoori chicken tikka ^{nv} / 900

The iconic Indian kebab cooked in traditional clay oven.

TAJ AUTOGRAPH COLLECTION

Cobb salad / 850

American garden salad of chicken, bacon, chopped avocado, lettuce, tomato, hard-boiled egg, coriander with spring onion and buttermilk dressing:
The Pierre New York, A Taj Hotel

Fish and chips / 900

White fish fillet fried in beer batter with chips, mushy peas, tartar sauce and fresh lemon:
St. James Court London, A Taj Hotel

Chicken or paneer kathi roll / 800

Grilled chicken tikka or paneer rolled sandwich kachumber and mint chutney:
Taj Diplomatic Enclave, New Delhi

Nasi goreng vegetable or shrimp / 900

Indonesian fried rice tossed with vegetables or shrimp, chilli and garlic topped with fried egg:
Taj Rebak Resort & Spa, Langkawi

NO ONION AND NO GARLIC

Paneer makanwala / 800

Jeera aloo / 700

Dal tadka / 550

Palak paneer / 800

Palak corn ki bhaji / 800

Subz pulao / 700

GOD'S OWN COUNTRY SELECTION

MAINS

Kariveppilai chemmeen chuttathu ^{nv} / 900

Chilli fennel marinated medium prawn flavoured with fresh curry leaf

Mapilla kozhi roast ^{nv} / 900

Chicken roasted with cinnamon, black pepper and fennel

Meen kudampuli curry ^{nv} / 900

Ethnic Malabari fish curry

Kozhi kurumulagu curry ^{nv} / 900

Coconut milk and black pepper flavoured chicken curry

Erachi ularthiyathu ^{nv} / 1050

Cubes of tenderloin cooked dry with coconut chips and pepper

Homestyle Stew/Kurma

Vegetables ^v / 800

Chicken ^{nv} / 900

Lamb ^{nv} / 900

Koonu cholam ularthiyathu ^v / 800

mushrooms and baby corn tossed with pepper and shallots

Avial ^v / 800

Kerala speciality of vegetables in thick coconut gravy

Thoran of the day ^v / 700

Local speciality of dry vegetable preparation

SIDES

Matta Rice ^v / 300

Lemon Rice ^v / 400

Basmati rice tossed in lime juice, curry leaves, split Bengal gram and pure ghee

Malabar paratha ^v / 180

Soft refined flour dough beaten to thin sheet and folded to form layered bread, cooked on a skillet with pure ghee

"Cast iron" Appams

Hoppers, leavened rice bread cooked in a traditional vessel

SWEET ENDINGS

Bekal creme brulee / 800

Cardamom scented slow baked custard

Venezuela cocoa and pecan pave / 900

Star anise ganache

Baked cheesecake / 800

Berries and cookie crumble

Tiramisu / 800

Traditional Indian dessert platter / 850

Selection of popular Indian desserts
gajar ka halwa, badam ki rabdi, mini gulab jamun, kulfi

Pistachio Gulab jamun / 700

Deep-fried sweetened khoya dumplings

Seasonal fresh fruit platter / 425

Selection of homemade ice cream / 450

Vanilla bean/ Honeynut crunch/ Strawberry/
Chocolate/Tender coconut/ Chickoo



BEKAL RESORT & SPA
KERALA