

menu

From The Coast

Karimeen Pollichathu.....	As per size
Pearl spot marinated in spices, wrapped in banana leaf and chargrilled	
Kaane Rava Fry	₹ 180.00
Kaane fish coated with rava & fried, Mangalorean must try	
Masala Fish Fry (Seer / Pomfret / Mackerel / Sardines).....	As per size
Catch of the day coated in a spicy marinade & fried	
Prawn Ghee Roast.....	₹ 220.00
Prawns stir-fried in a special Mangalorean masala	
Squid Fry.....	₹ 180.00
Pieces of squid marinated in spices and deep fried	
Kallumakai Fry.....	₹ 180.00
Green Mussels pan fried with grated coconut, cumin and pearl onions	
Crab Masala.....	₹ 220.00
Crab marinated in a spicy masala & cooked to perfection	
Seafood Platter.....	₹ 450.00
An assortment of seafood in various style of preparation	
Aripodi Chemeen Varuthathu.....	₹ 220.00
Crispy fried prawn in rice batter with Kerala spices and served with curry sauce	

Rice Dishes

- Thalassery Chicken Biryani..... ₹ 190.00
A Thalassery special. Authentic dish of rice & chicken in aromatic blend of spices
- Ghee Rice..... ₹ 130.00
Rice prepared with ghee & garnished with raisins & cashewnuts
- Steamed Rice..... ₹ 90.00

Vegetarian Starters

- Mushroom Pepper Fry..... ₹ 110.00
Mushroom stir fried with pepper
- Kathirikka Varuthathu..... ₹ 110.00
Deep fried Brinjal served with green chutney
- Vendekka Varuthathu..... ₹ 110.00
Crispy fried okra with spicy marination

Vegetarian Curries

- Green Peas Masala..... ₹ 120.00
Green peas curry prepared in thick gravy
- Kadala Curry..... ₹ 120.00
Bengal gram prepared in a traditional gravy
- Vegetable Stew..... ₹ 120.00
Mixed vegetables prepared in coconut milk gravy

Kitchen Treasures of Kerala

- Bekal Chicken Fry**..... ₹ 160.00
Pieces of chicken marinated in a spicy masala & deep fried
- Trivandrum Style Chicken Porichathu**..... ₹ 200.00
Half portion chicken marinated in a blend of aromatic spices & fried
- Syrian Meat Fry**..... ₹ 180.00
Succulent pieces of meat infused with spices & stir fried with tiny pieces of coconut. An all time favorite!!
- Kerala Chicken Curry (Varutharachathu)**..... ₹ 180.00
Chicken curry prepared in a traditional way with coconut
- Chicken Roast**..... ₹ 170.00
Pan fried chicken prepared in a thick onion gravy
- Chicken Stew**..... ₹ 190.00
Chicken prepared in coconut milk & spices
- Meat Roast**..... ₹ 190.00
Pan fried meat prepared in thick gravy. Bekal special
- Kerala Fish Curry**..... ₹ 160.00
Traditional fish curry prepared with mackerel / sardines
- Alleppey Fish Curry**..... ₹ 180.00
Tangy & Spicy seer fish curry native to the backwaters of Alleppey.
Use of kodampuli makes this dish tangy
- Egg Curry/Egg Roast**..... ₹ 130.00
Eggs prepared in a spicy gravy / Eggs prepared in spicy thick gravy

Kitchen Treasures of Mangalore

Chicken Ghee Roast.....	₹ 180.00
Soft, juicy, flavorful chicken dish roasted in Ghee & garnished with curry leaves	
Mangalorean Chicken Curry	₹ 190.00
A specialty chicken dish of Bunt community. Absolutely heart warming flavors & is a must try!	
Chicken Sukka.....	₹ 190.00
Tender pieces of chicken wrapped in a spicy coconut masala	
Mangalorean Fish Curry.....	₹ 170.00
A delicacy native to Mangalore	
Fish Pullimanchi.....	₹ 190.00
Hot & tangy fish curry for fish lovers	
Crab Curry.....	₹ 230.00
Chilly based crab curry	
Egg Sukka.....	₹ 140.00
Mushroom Sukka.....	₹ 140.00
Mushrooms prepared in thick gravy with grated coconut	

Accompaniments

Appam (2).....	₹ 30.00
Soft and Fluffy rice flour pancakes also known as hoppers	
Egg Appam (1).....	₹ 25.00
Hoppers topped with Egg	
Neer Dosa (2).....	₹ 30.00
Home made crepes of Rice batter & coconut. A Mangalore house favorite	
Kerala Parotta (2).....	₹ 35.00
Layered Flaky bread	
Sannas (2).....	₹ 35.00
Steamed dumplings	
Idiappam (2).....	₹ 30.00
String Hoppers	
Puttu.....	₹ 50.00
Steamed Rice cakes-Kerala's favorite Breakfast	
Chappathi (2).....	₹ 30.00
Indian Bread made out of wheat flour	
Pickle Taster.....	₹ 80.00
Assortment of mouth watering veg & non veg pickles	

Address

38, First Floor, 10th Main, LIC Colony,
Jeevan Bhima Nagar Main Road,
Bangalore - 560 075
www.bekalrestaurant.com
info@bekalrestaurant.com

Mob: +91 97-39-067955