



Kappad

Restaurant

The benchmark of south Indian dining

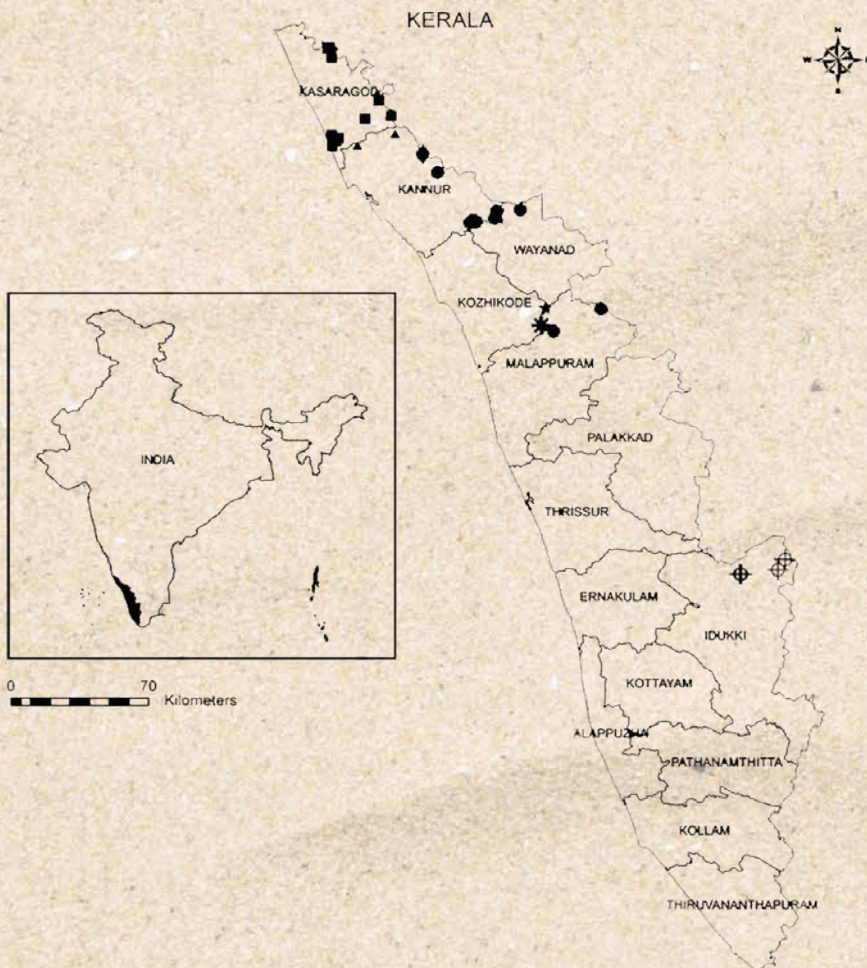


Kappad, the benchmark of kerala cuisine, which takes full advantage of the lands produce; Excellent seafood, fresh fruits, vegetables and fine meat. The food in Kappad invariably rich and aromatic. Kerala known as “Spice Garden of India” because it traded spices with Europe as well as with many ancient civilizations with oldest historical records of the Sumerians

Kappad is a famous beach in kerala locally known as kappakadavu, where the Portuguese explorer Vasco Da Gama landed th on 20 May 1498 who was the first European sailor to India. His voyage established a permanent sea route from Europe to India, his visit create a new chapter in history, the story of a long and strong socio-political relationship between India and Europe. Kappad beach landscape includes several coconut groves and long stretches of silver sands connected with canals, rivers and back waters.

Here in High Wycombe Kappad is introducing the pure Kerala cuisine which is most authentic and traditional with well trained and experienced chefs, who learned art of cooking from the home kitchen. Kappad takes you adorable and unique world of cuisine which is enriched with flavours and spices which provides taste & health in abundance,

*Preserving Authentic Cuisine
for Future Generations...*



PRE MEAL SNACKS AND PICKLES £5.95

Authentic village teashop specialty snacks, which are freshly made and displayed ready to serve in a tea break. These are universally served at teatime or at any sort of family get together. These snacks are served with a selection of chutneys and pickles.

Pappadoms Ve

A Pappadom is a thin disc of crispy bread made from seasoned milled black gram flour.

Achappam E

A traditional Kerala snack made with rice flour, coconut milk, black sesame and whole cumin seeds, shaped like a flower before frying to make a crisp and crunchy snack.

Kaya Varuthathu Ve

Slices of green plantain seasoned with turmeric and deep fried.

Pappadavada Ve

A traditional Keralan snack served at street side village tea stalls made by deep-frying pappadoms dipped in rice flour batter.

SOUPS

Kappad Seafood Soup S £6.45

A delicious and impressive soup made with mixed seafood and coconut milk, seasoned with cumin seed, ground black pepper, ginger, garlic and curry leaves.

Moringa Soup Ve £5.95

This is a spectacular vegetable soup made of drumstick pulp and lentils, seasoned with rich spices. It has medicinal properties and health benefits according to the Ayurvedic system.

STARTERS

Uzhunnuvada Ve £5.95

Deep fried lentil doughnuts flavored with fresh spices, fluffy on the inside and crisp on the outside, served with chutney and sambhar. A famous all-day snack in India.

Onion Vada Ve G £5.95

Onion Bhaji in Keralan style, thinly slices onions with refined flour, ginger and curry leaves with spices, deep fried into round golden patties.

Mixed Vegetable Porichathu Ve £6.45

A selection seasonal vegetable of fritters, Potato and Aubergine served with chutney.

Chilly Paneer V D £6.95

Fresh homemade cottage cheese (paneer) sautéed with peppers, onion, tomato and aromatic Indian spices.

Pazham Pori G Ve £5.95

Banana fritters Kerala famous tea time snacks, Banana sliced coated with batter (Sesame seed) and deep fried.



Seafood Platter S £10.95

A mixed seafood selection of grilled prawns, fish fillet, and batter-fried squid and mussels. A traditional snack at the beach or at evening get-togethers.

Crab Samosa GS £6.95

This triangular light pastry filled with Crab meat, potato, green peas with Keralan spice.

Masala Grilled Fish £7.45

The best available fillet of seasonal fish marinated with special spices and grilled, served with salad.

Grilled Prawns S £9.45

Keralan spiced grilled prawns served with salad.

Prawns Ularthu S £7.95

Considered to be the signature dish of Keralan cuisine, this is one of grandma's special mouth-watering recipes, cooked with onions, black pepper, ginger, garlic, flavored with curry leaves. An ideal accompaniment for an alcoholic drink.

Backel Squid £7.45

Crispy batter fried southern spiced Squid, a seafood delicacy from our God's Own Country!

Chicken Lollypop GE £6.95

Chicken drumette is marinated and then batter fried. Served with hot garlic sauce.

Dragon Chicken £6.95

Delicious Batter fried chicken tossed with spicy tangy sauce made with Onion, garlic, ginger, sesame and chillies.

Lamb Black Pepper Fry £7.99

A delicious national dish of lamb cubes cooked with spices and onions, black pepper, ginger, garlic and green chilly to give a spicy touch. A well-known dish in toddy shops (drinks stalls) all over Kerala.

Duck Varattiyathu £7.95

One of the Mums weekend special cooking, Duck breast stir fried with black pepper, ginger, garlic with Keralan spices.

DOSA

A Dosa serves as the basis of a dish popular all-over South India, a crepe made with a batter of rice and lentil flour fermented overnight, made to order on a griddle and served with a variety of fillings and spreads. This process raises the levels of vitamins B and C. Contains no gluten.

Masala Dosa VD £10.45

The best-known form of Dosa, a wafer-thin crisp pancake made with fermented rice and lentil flour with a traditional potato and vegetable filling seasoned with turmeric and fresh ginger. Served with chutney and sambhar.

KAPPAD Seafood Dosa DS £12.95

This is a spectacular dosa, a brilliant specialty of our chef, Rice and lentil flour pancake filled with mildly spiced seafood.



Ney Dosa V D £9.95

A traditional breakfast in South India. A golden brown, paper-thin crispy pancake spread with ghee (clarified butter) and served with fresh coconut chutney and sambhar.

Mysore Masala Dosa V D £10.95

A rice and lentil pancake thinly spread with a special South Indian aromatic chutney, stuffed with potato flavored with special Indian spices.

Chicken Dosa D £12.45

Dosa filled with mildly spiced chicken breast with Keralan spices.

Uthappam V D £10.95

A substantial rice and lentil pancake made from slow fermented batter, cooked on both sides and topped with mixed vegetables.

MAIN COURSES - FISHERMAN'S CHOICE

Meen Pollichathu £17.99

A special fish delicacy from Kerala, reminiscent of our grandma's traditional simple cooking. Seasonal Fillet of fish covered with special home blended spices and masala wrapped in banana leaf and grilled; this is a signature dish from the Kappad chef.

Malabar Fish Curry £16.99

Explore the exclusive taste of Malabari spices flavoring a juicy fish curry that is typical of Keralan home cooking. Boneless fish cooked with ginger, garlic, tomato and fresh curry leaves tempered with mustard. Our Kappad chefs best kept secret sauce.

Salmon Moilee £18.99

Fillet of Salmon simmered in coconut milk with ginger, bell peppers and green chilies. Best combination with Appam.

Sea Bass Porichathu S £19.95

A whole boneless marinated Sea Bass stuffed with "chemmeen peera" made of shrimps and mixed vegetables and then grilled. Served with curried potatoes and lemon rice.

Kuttanadan Prawn Masala S £18.45

A delicious prawn masala curry packed full of flavor. Made with onion, garlic, ginger, chilly and thick coconut curry sauce with special Kerala spices to give a special aroma to the dish.

Mixed Seafood Curry S £19.45

Believed originally to be found by Portuguese sailors when they invaded South India, this dish uses the best seasonally available ingredients including seasonal fish fillet, mussels, squid and prawns cooked with aromatic Keralan spices, onion, fresh curry leaves, ginger and garlic in a coconut-based curry sauce.



POULTRY

Butter Chicken D D £13.95

Its everyone favorite! Chicken breast cooked with buttery, creamy tomato sauce with cashew paste. Best accompaniment with Kerala paratha.

High Range Chicken Khurma D £12.95

"The High Range" is known as the spice garden of Kerala and produces the best quality of black pepper. This is a delicious chicken curry with aromatic flavors of black pepper in a cashew nut sauce mixed with onion, ginger, garlic and curry leaves.

Roasted Chicken Masala on the Bone £13.95

Kerala style roasted Chicken thigh coated with thick flavorful Keralan masala and best accompaniment with Keralan Paratha

Egg Roast £10.45

Boiled egg cooked with spicy onion tomato-based gravy, in Kerala called Mutta roast, flavorful egg roast is best pair with kallappam.

Alleppey Duck £18.45

Alleppey Masala made to an authentic recipe from the cuisine of the back waters of Kerala, often served on special occasions like weddings, Christmas and Easter celebrations. This spice-rich curry from Kerala has regional variations.

Calicut Chicken Biriyanis D D £15.95

A dish special to the culture and history of Kerala with reminders of foreign influences along the Malabar coast of Kerala. A most popular main course for the Muslim community in the region, it features a Dum of aromatic basmati rice cooked with spiced chicken and herbs in rich gravy, accompanied by raitha, pickle and poppadum's.

MEAT DISHES

Kappad Lamb Curry D £14.85

Our chef's special lamb curry: tender pieces of boneless lamb cooked in a special sauce flavored with freshly ground Keralan spices and curry leaves, tempered with mustard seed. The ideal partner for Kerala paratha.

Lamb Shanks £18.95

Slow cooked Lamb shanks marinated with ginger, garlic, black pepper and chef secret spices.

Nadan Beef Peralan £18.95

Anything labeled "Nadan" means Traditional and true to its provincial roots. This is mum's recipe of Beef delicacy. A red meat curry slow cooked to extract the maximum pungent flavor of the spices and fresh herbs.

KAPPAD FEAST/ THALI

A perfect balanced meal, a sample of the full range of Keralan cuisine. The Kappad Feast is a true reflection of the beautiful heritage of Kerala's cooking traditions, a celebration of food from God's Own Country, often served at weddings.

Served as a three-course meal, starting with soup. The main course consists of a selection of seven different curries served with rice and bread, with the final dessert course is Keralan "Semiya Payasam".



Vegetarian Sadhya D D G £23.99

Kappad Special Sadhya D D G £25.99

FARMER'S SELECTION

Cheera Parippu Curry V D £9.45

Toor Dal cooked with spinach in a thick garlic sauce, tomatoes and green chilli, flavored with curry leaves and tempered with mustard.

Vegetable Khurma V D N £10.45

A famous and traditional Brahmin dish of fresh mixed vegetables and cooked in a cream sauce of toasted coconut and spices.

Vazhuthananga Curry Ve £10.95

Aubergines cooked in a paste of coriander seeds, roasted onions, chillies in a coconut creamy sauce.

Paneer Butter Masala D N V £11.45

Cottage cheese cubes simmered in a creamy and lightly spiced tomato sauce.

Cheera Koonu Curry Ve £9.95

Fresh mushrooms cooked with spinach, coriander, coconut and aromatic Indian spices.

Okra Mappas £9.95

Okra is staple food in south Indian palate, onion and tomato-based sauce with ground spices.

SIDE DISHES

Avocado Mango Salad Ve £6.95

A refreshing vibrant salad that combines Creamy avocado, tropical mango and Homemade honey mustard dressing.

Tadka Dal V £6.95

Dal tadka is most popular in India, Lentils cooked with herbs and spice and tempered with garlic and red chillies.

High Wycombe Garden Salad Ve £5.95

Seasonal salad, locally produced, served with a dressing of olive oil, lemon and crushed black pepper.

Vegetable Mezhukkuvaratty Ve £7.45

Fresh vegetables stir fry with curry leaves and oil flavored with turmeric and crushed red chillies.

Curried Potato Ve £6.95

Cubes of potato and peas seasoned with freshly ground spices and pepper, cooked with tomato and onion.



RICE DISHES

Boiled Rice £3.65

Boiled white basmati rice

Naranga Choru Ve £4.45

Rice tossed with lemon juice, fresh curry leaves, and mustard seeds to taste delicious!

Mushroom Rice V D £4.45

Basmati rice mix with tossed mushrooms, fresh curry leaves and mustard.

Ney Choru V D N £4.45

Rice cooked in ghee and aromatic spices, then tossed with dried cashew nuts and raisins.

Vegetable Pulao D £4.45

Basmati rice cooked vegetables, whole spice and herbs, best combination with any main course.

BREADS

Appam V £3.95

A soft pancake made from fermented rice flour batter and coconut milk, spongy in the middle and crisp at the edges. A popular bread in Kerala, served at both breakfast and dinner.

Poori G £3.45

A deep fried fluffy Indian bread made with whole meal flour.

Kallapam V D £3.45

A soft pancake made of yeast fermented rice flour batter and fresh coconut and cumin seeds.

Kerala Paratha G E D £3.45

A very common street food bread in Kerala made from plain flour, egg, milk and water. The dough is kneaded, rolled into balls and then flattened before cooking on a griddle.



DESSERTS

Matka Kulfi D N £5.95

A traditional creamy and luscious dessert made with pistachio kulfi ice cream infused with saffron and topped with a delightful mix of almonds and pistachios.

Coconut Supreme D N £5.95

Cool and delicious coconut ice cream packed into a real half coconut chell.

Pistachio Dream Cake E D N £ 6.95

Also contains soya and sulphur dioxide.

Cocoa sponge cake, dark chocolate mousse, white chocolate ganache and pistachio dragee.

Gulab Jamun D N £5.45

Its well-known popular Indian dessert, made of milk flour dough and fried. Made like a dumpling soaked in sugar syrup served with ice cream.

Payasam D N V £4.95

A classic Keralan dessert prepared with roasted vermicelli, milk, ghee, nuts and sultanas. A festive dish flavoured with cardamom and saffron.

Kulfi D N £4.95

Delicious smooth Indian ice cream in a choice of mango, pistachio and almond flavours, very popular all over India.

Ice Cream D £4.45

Choice of vanilla, chocolate, Strawberry and vegan



GIFT VOUCHERS AVAILABLE!



Treat Your Loved Ones with Kappad Gift Vouchers!

Food allergies and intolerances

Please speak to a member of our staff about ingredients when ordering.

We try our level best to debone the fish but small traces may remain in exceptional circumstances.

Most of our dishes contain nuts or traces of nuts, but we can, on request, cook most dishes without nuts if required.





Kappad

The Benchmark

