



















Side Dishes

- PARIPPU ELA CURRY**   **7.25**
Fresh spinach and toor dal cooked in a garlic, onion, and tomatoes, flavoured with curry leaves and tempered with mustard seeds.
- VENDAKKA MEZHUKKUVARATTY**   **7.80**
Fresh okra cooked with mustard, onion and fresh coconut.
- EVERGREEN SALAD**   **6.90**
Avacadoes, mixed leaves, cherry tomatoes, brussel sprout, cucumber with special kerala dressing.

Rices

- PLAIN RICE**   **3.25**
Plain white basmati rice
- LEMON RICE**   **3.45**
Tangy, fresh tasting rice tossed with lemon juice, fresh curry leaves, mustard seeds and dried red chillies.
- THENGA CHORU**   **3.75**
Plain rice mixed with fresh coconut, urad dal (white lentils) cashew nuts and curry leaves

Breads

- APPAM (2 PIECES)**   **2.60**
This is Kerala's revered food and most popular among breakfast recipes. Rice pancake made from fermented rice batter and coconut milk and will have a crisp side with an airy, soft on touch, fluffy center.
- KERALA PARATHA (1 PIECE)**  **3.25**
A very famous street food dish in kerala and it is prepared with plain flour, oil, ghee and water. The dough is beaten in to thin layers and later forming a round bread using these thin layers.
- POORI (2 PIECES)**  **2.95**
Poooris are fluffy breads made with unleavened dough made from whole wheat flour.
- CHAPATHI (2 PIECES)**   **2.75**
Flat Indian bread made of finely milled whole wheat flour.

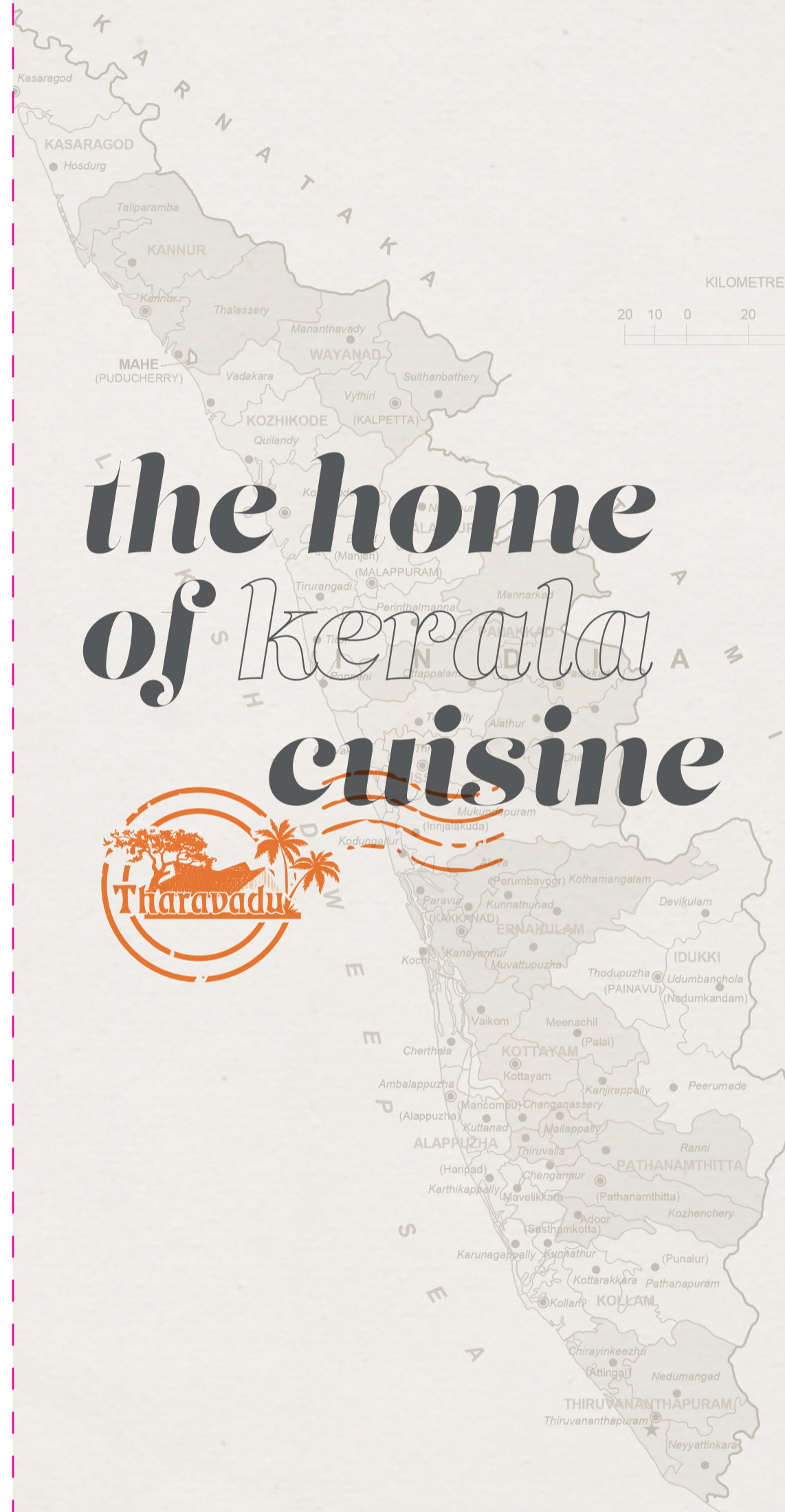
 denotes vegetarian  denotes vegan  denotes gluten free

Most of our dishes contain nuts or traces of nuts. We will be able to alter the cooking without nuts if required. Please inform the waiter while ordering the food. We try our best to debone the fish, but it may contain traces of bones in extreme cases.

Food allergies and intolerances

Please speak to our staff about the ingredients in your meal, when making your order.

Please refer to our beverages list for our wisely chosen wine, beer, liquors, fresh juices, lassi, tea, and coffee.



Waitrose Good Food Guide
2017, 2018, 2019, 2020 & 2021



Harden's Restaurant Guide
2015, 2016, 2017, 2018, 2019,
2020 & 2021 recommended

Recommended in the
MICHELIN
guide

Michelin Restaurant
Guide 2016, 2017, 2018, 2019,
2020 & 2021 recommended



Rated in the Top 10 Curry
Houses in the UK



Oliver Awards Winner
Best Indian Restaurant
2015, 2016 & 2017

7-8 Mill Hill, Leeds,
LS1 5DQ, United Kingdom
0113 244 0500
info@tharavadurestaurants.com
www.tharavadurestaurants.com

South Indian dishes are a complex mixture of numerous ingredients. It will be impossible to mention all the ingredients for each dish. So please speak to the staff while placing order regarding allergen information or dietary requirements

PRE-MEAL SNACKS AND PICKLES 🌱 🌶️ 6.75

An authentic village tea shop special - snacks which are freshly made and displayed ready to serve for tea break. It is an unavoidable item for any high tea or for any sort of family get together. Pappadavada (batter-fried pappodoms), Pakkavada (crispy rice snacks), Kaya Varuthathathu (Banana chips) and Pappodoms are served with homemade chutneys and pickles.

Soups

CHEMMEEN RASAM 🌶️ 6.65

Rasam – The essence of South India. Rasam used to be consumed as a natural medicine to cure many diseases in Ayurvedic System of Medicine. Here in Tharavadu we are infusing the riches of prawns to the traditionally prepared Rasam using tomato, black pepper, cumin, and other spices as seasoning.

PARIPPU SOUP 🌱 🌶️ 🌶️ 5.80

A soup made from different lentils, drumstick – the Indian vegetable known for its medicinal qualities- flavoured with tomato, garlic, coriander and black pepper.

Starters

UZHUNNU VADA 🌱 🌶️ 🌶️ 5.85

A famous breakfast dish of South India, golden fried lentil doughnuts, fluffy in the middle and crispy on the outside.

CHILLI PANEER 🌱 7.90

MOST ORDERED VEGETARIAN STARTER

One of the most sought-after dishes of India. Fresh homemade Indian cottage cheese called paneer sautéed with onion, peppers, tomato, and aromatic Kerala spices.

DAHI BATTATA POORI 🌱 7.85

(SERVED COLD)

6 pieces of small Pooori - unleavened deep-fried wheat bread - stuffed with seasoned potato, soaked in yogurt, and garnished with mint chutney, ground spices and tamarind chutney.

MUTTA ROAST 7.60

BACK BY POPULAR DEMAND

Egg Roast is a delicious preparation of boiled eggs in an onion and tomato gravy. At Tharavadu we serve it along with steamed appam and is one of the most popular breakfast dishes in Kerala.

THAKARPPAN KOZHI 🌶️ 8.45

CAN BE MADE CHILD FRIENDLY

Marinated Chicken slices grilled and served with Chef's special sauce. It can be made mild up on request.

KIDILAN ERACHI 🌶️ 8.90

Lamb cubes cooked in freshly ground spices and sautéed with onions and curry leaves. This is a famous dish in a Thattu Kada (Kerala version of street food) and toddy shop (local pubs of Kerala).

PADIPURA MIX SEAFOOD 🌶️ 12.25

Mixed selection of batter fried squid, grilled prawns, fried fish and mussels.

MEEN CHUTTATHU 🌶️ 6.80

The best available seasonal grilled fish fillet - marinated with freshly ground spices.

CHERAYI KOONTHAL 🌶️ 7.45

Deep fried squid rings marinated with Kerala spices and served with lemon chutney. A well-known dish of the Cherayi beach shacks of Cochin.

ADIPOLI CHEMMEEN 🌶️ 8.65

Medium prawns marinated in a special ground spice mix made by the fisherman families of Kerala. Grilled and served with lemon chutney.

Dosa

Dosa, a most famous breakfast dish and a common South Indian Street food, is rich in carbohydrates, and contains no sugar or saturated fats. As its constituent ingredients are rice and lentils, it is gluten-free and contains protein. The fermentation process increases the vitamin B and vitamin C content. The dosa has numerous varieties depending on the filling and spreads.

MASALA DOSA/

PAPER MASALA DOSA 🌱 🌶️ 🌶️ 8.95

The well-known variety of dosa, a fermented crepe or pancake made of rice batter and lentils filled with traditional 'dosa masala'. Paper Dosa is larger and crispier than the Masala Dosa with the filling on the side.

KOZHI DOSA 🌶️ 11.75

A home speciality of Tharavadu. Rice and lentil pancakes filled with special chicken filling and served with sambhar and chutney.

From the Coast

KONJU MANGA CURRY 🌶️ 17.25

A popular dish among coastal region of Kerala. King Prawns cooked in a special ground spice sauce with fresh coconut, ginger, garlic, cinnamon, tomato and curry leaves and raw mangoes.

MEEN KOOTTAN 🌶️ 16.90

MOST ORDERED MAIN DISH

The 'fish curry to order', if you want to savour the taste of Keralan spices. This famous authentic fisherman's family speciality is cooked with freshly grounded spices, and cocum (fish tamarind) and we recommend Kerala Paratha as the best accompaniment.

NJANDU VATTICHATHU 🌶️ 18.45

Fresh whole crab in shell cooked in homemade Tharavadu spice and coconut flavoured sauce. This dish will give you the real taste of eating the food with fingers.

MEEN POLLICHATHU 🌶️ 16.90

Famous toddy shop favourite marinated seasonal fish fillet covered in specially made sauce wrapped in banana leaves and grilled - one of the most famous fish delicacy of Kerala.

MEEN MAPPAS 🌶️ 18.90

Marinated boneless sea bass fillets, grilled, and served in a special coconut and tomato sauce. Served with methi potatoes.

THARAVADU SEAFOOD CURRY 🌶️ 19.25

King fish, squid, prawns, mussels, and tilapia, cooked with ginger, garlic in a chef's special secret sauce. One of the main dishes for the church feast in a place called Arthungal - a pilgrim centre of Kerala. This is a culinary gem of Kerala cuisine.

Kozhikodu - Poultry

KERALA KOZHI CURRY 🌶️ 13.85

"BETTER THAN TIIKA MASALA" – RATED BY CUSTOMERS

There are more than hundred varieties of chicken curry in Kerala. This is the most loved one. Chicken cubes are cooked with roasted coconut and kerala spices. The gravy is medium spicy and intense which goes with any side dish, rice, or bread.

PEDAPPAN KOZHI 🌶️ 17.45

CHEFS SPECIAL

Our chef's special chicken dish. Marinated chicken breast grilled with chef Nair's magical gravy served with a side dish, and salad.

MALABAR KOZHI BIRIYANI 🌶️ 13.75

Biryani is one of the most popular dishes in the Malabar community. In Malabar, this dish is a must have for weddings and functions. A pot of spicy chicken, baked with aromatic basmati rice, adorned with raisins with a sprinkle of saffron - heavenly biryani. It is served with Raitha and pickle.

From the Butcher Shop

ADU CHEERA MAPPAS 🌶️ 17.25

It is a sought-after dish of Kerala influenced by the farmhouse culture, boneless lamb cubes cooked with fresh spinach and Kerala special sauce. In recent decades this dish has become one of the must have dish of Easter celebrations in Kerala, can be tried with rice or bread.

POTHU ULARTHIYATHU 19.70

This dish is the most well-known, sought after dish of a traditional Sunday lunch back in Kerala. People buy fresh beef from the village butcher on the way back home after morning mass and cook them using a traditional recipe. Tharavadu recreates the dish at its best except in buying beef after mass.

Pachakari Kada

VEGETABLE KURMA 🌱 🌶️ 7.85

Fresh vegetables cooked in a creamy sauce of roasted cashew nuts, yogurt, and coconut.

VAZHUTHANANGA CURRY 🌱 🌶️ 🌶️ 9.65

Aubergines cooked in a paste of coriander seeds, roasted onions, chillies, mixed with cashew nut sauce.

MUTTER PANEER 🌱 🌶️ 10.45

Creamy tomato sauce simmered with light spices, studded with homemade cottage cheese and peas.

KADALA MASALA 🌱 🌶️ 🌶️ 7.65

Tender chick peas simmered in a light tomato masala sauce.

CHEERA PANEER CURRY 🌱 🌶️ 9.95

Spinach and paneer tempered with garlic, onion and other spices

KADALA POTATOES 🌱 🌶️ 🌶️ 7.45

Boiled potatoes with Keralan spices and chickpeas. Since it's a dry dish, we recommend Pooori as the best accompaniment.

Sadhya/Thali

Sadya is a variety of dishes traditionally served on a banana leaf in Kerala. Sadya means banquet in Malayalam. It is a feast prepared mainly by men, especially when needed in large quantities, for weddings and other special events. Here in Tharavadu, we serve Sadya as a three course feast starting with Soup, and the main course consists of seven different chefs' choice curries and side dishes with rice and bread. The meal ends with a traditional Kerala dessert 'Semiya Payasam'. This is one of the favourites of any Keralite anywhere in the world.

VEGETARIAN SADYA 🌱 21.45

(VEGAN/GLUTEN FREE AVAILABLE UP ON REQUEST)

THARAVADU SADYA 22.90

(GLUTEN FREE AVAILABLE UP ON REQUEST)