



Tharavadu, Home of Kerala Cuisine, is an authentic restaurant which offers the flavours of Kerala. Tharavadu is a system of joint family practiced by people in Kerala until 1940s. Tharavadu was a legal entity like undivided Nair Family and was entitled to own properties. Now these days ancestral home is often called as Tharavadu. However the old system was very different and was an integral part of their joint-family lifestyle in the bygone era. In total 'Tharavadu' means family which keeps the values of tradition.

Here in Leeds we are trying to recreate the riches and flavours of 'Tharavadu' cooking which is close to the Mother Nature, which has got the hand flavour of generations, and most of all healthy family cooking with no use of any artificial ingredients. Kerala cuisine has a multitude of both vegetarian and non-vegetarian dishes prepared using fish, poultry and red meat.

Kerala's long coastline, numerous rivers and backwater networks, and strong fishing industry have contributed to many sea and river food based dishes. Rice and cassava form the staple food of Kerala. The main dish for lunch and dinner is boiled rice. For over 2000 years, Kerala has been visited by ocean-goers, including traders from Greece, Rome, the eastern Mediterranean, Arab countries, and Europe. Thus, Kerala cuisine is a blend of indigenous dishes and foreign dishes adapted to Kerala tastes. In addition to historical diversity, the cultural influences, particularly the large percentages of Muslims and Syrian Christians have also contributed unique dishes and styles to Kerala cuisine, especially non-vegetarian dishes.

Tharavadu, is a place where you will experience the flavours of traditional Kerala cooking from the hands of chefs who learned the first lessons from these traditional Nair Tharavadu. The chefs are born and brought up in Kerala and has got numerous years of experience in this traditional way of cooking. So there will be no compromise on the quality.

Welcome to Tharavadu - where excellence maintains tradition.



Waitrose
Good Food Guide
2017, 2018,
2019 & 2020



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



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



Top 10 curry house in UK by
Tripadvisor, 2015



Voted No 1 Indian
restaurant in Leeds by
Tripadvisor



PRE-MEAL SNACKS AND PICKLES    ----- £6.29

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. These snacks are served with homemade chutneys and pickles.

PAPPADA VADA

Pappada vada is a traditional Kerala evening snack food. Pappada vadas are prepared by deep frying the pappads (Kerala papadam) dipped in the rice batter.

PAKKAVADA

Pakkavada is a very popular Kerala snack item prepared from rice flour and gram flour. Easily carried and eaten during travels too.

KAYA VARUTHATH

Banana chips are deep-fried slices of plantains seasoned with light salt.

PAPPODOMS

Pappadom, is a thin, crisp disc-shaped Indian food typically based on a seasoned dough made from black gram, and cooked with dry heat

CHEMMEEN RASAM (PRAWNS SOUP)  ----- £5.99

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 seasonings.

PARIPPU SOUP    ----- £5.39

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

MIX VEG BONDA ✓ ♻️ 🚫 ----- £5.29

Vegetable Bonda is a popular Kerala snack for afternoon teatime. These are made of special batter, and mix of beans, lentils, carrots and peas and fried.

UZHUNNU VADA ✓ ♻️ 🚫 ----- £5.49

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

CHILLI PANEER ✓ 🚫 ----- £7.29

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

DAHI BATTATTA POORI (served cold) ✓ ----- £6.99

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.

IDLI ✓ ♻️ 🚫 ----- £5.49

Another famous South Indian breakfast dish, steamed rice and lentil cake serve with sambar – a mix veg curry and coconut chutney.

MUTTA ROAST (back by popular demand) ----- £6.89

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

KIDILAN KOZHI 🚫 ----- £7.49

This is one of the hot favourite among the Keralites. Chicken cubes cooked in freshly ground spices and sautéed with onions - gives it a rich and aromatic flavour.

**THAKARPPAN KOZHI** 🚫 ----- £7.99

Marinated chicken slices grilled and served with chefs special mint flavoured sauce. It can be made mild up on request.

KIDILAN ERACHI 🚫 ----- £8.29

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

PADIPURA MIX SEAFOOD 🚫 ----- £11.49

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

MEEN CHUTTATHU 🚫 ----- £6.29

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

STARTER

COCHIN KONJU ROAST 🚫 --- £7.69

Grilled tiger Prawns in shell sautéed with lemon, and special homemade chefs special sauce. One of the best accompaniment for alcoholic drinks and a traditional item for family get together in Syrian Christian families.



CHERAYI KOONTHAL 🚫 ----- £6.99

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



ADIPOLI CHEMMEEN 🚫 ----- £7.99

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.



KARNAVAR MASALA DOSA 🌱🌿🚫 ----- £8.99

Rice and lentil pan cake thinly spread with special keralan aromatic chutney and butter, stuffed with 'dosa masala' made of vegetables and seasoned potatoes.

MASALA DOSA/PAPER MASALA DOSA 🌱🌿🚫 ----- £8.29

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.

MIX UTHAPPAM 🌱🌿🚫 ----- £8.99

Uthappams are known as the South Indian pizza, similar to dosas made of rice and lentils. They comes with mix vegetable toppings and cooked on both sides whereas dosas are cooked on one side.

KOZHI DOSA 🚫 ----- £9.29

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

Food Allergens and Intolerances: Please note that most of our dishes are made of complex ingredients and nuts. If you are allergic to anything please speak to the staff before you order the food and drinks. In most of the cases we may be able to alter the cooking process to accommodate your requirements.

🌱 = vegetarian
 🌿 = vegan
 🚫 = gluten free

MARARI PRAWN MASALA  ----- £15.99

A popular dish among residents of Marari, a small sleepy village in Alleppey district, the Venice of Kerala. King Prawns cooked in a special ground spice sauce with ginger, garlic, cinnamon, tomato and curry leaves.

MEEN KOOTTAN  ----- £16.49

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

ALAPPEY MEEN CURRY  ----- £14.79

Yet another favourite fish curry for any Keralite and there is nothing to beat the taste of a fish curry made with an Alapppy flavour. Boneless king fish stakes cooked with the most traditional sauce.

NJANDU VATTICHATHU  ----- £16.99

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  ----- £15.79

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

MEEN VARANJATHU  ----- £18.99

Marinated whole boneless sea bass stuffed with 'chemmeen peera' made of shrimps and mix vegetables and grilled. Served with Masala potatoes and rice.

MEEN THENGAPAL ROAST  ----- £18.69

Believed to be found by the Dutch sailors to Kerala during their invasion using the best available ingredients. The best available seasonal fish cooked with Kerala spices, ginger, garlic in a coconut based gravy served with a side dish, rice and salad.



Food Allergens and Intolerances: Please note that most of our dishes are made of complex ingredients and nuts. If you are allergic to anything please speak to the staff before you order the food and drinks. In most of the cases we may be able to alter the cooking process to accommodate your requirements.

 = vegetarian

 = vegan

 = gluten free



KAPPAYUM MEENUM ----- £15.99

'Kallu shaps' (toddy shops) are the local pubs in all over Kerala. Every one including the families visit these pubs mainly to enjoy the 'Kappayum Meenum, though many of them do not drink alcohol. The fish curry is made with garlic paste, onions, and red chilies and seasoned with mustard seeds and curry leave and served with cassava.

THARAVADU SEAFOOD CURRY ----- £18.89

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

KERALA KOZHI CURRY ----- £12.49

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 ----- £15.99

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



Food Allergens and Intolerances: Please note that most of our dishes are made of complex ingredients and nuts. If you are allergic to anything please speak to the staff before you order the food and drinks. In most of the cases we may be able to alter the cooking process to accommodate your requirements.

 = vegetarian

 = vegan

 = gluten free

WAYANADAN KOZHI CURRY  ----- £13.99

Wayanad, a northern district in Kerala, renowned across the world for its black pepper production. Boneless chicken cubes cooked with black pepper sauce along with ginger, garlic and cashew nuts and best accompaniment is Paratha.

MALABAR KOZHI BIRIYANI  ----- £12.99

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.



KUTTANADAN THARAVU MAPPAS  ----- £17.29

This is the must have dish of any occasion in Kuttanad – part of Globally Important Agricultural Heritage System. Boneless duck breast cooked with special aromatic spices and herbs.

ADU CHEERA MAPPAS  ----- £15.99

It is a sought after dish of Kerala influenced by the farm house 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 ----- £18.99

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.



Food Allergens and Intolerances: Please note that most of our dishes are made of complex ingredients and nuts. If you are allergic to anything please speak to the staff before you order the food and drinks. In most of the cases we may be able to alter the cooking process to accommodate your requirements.

 = vegetarian
 = vegan
 = gluten free

VEGETABLE KURMA   ----- £7.49

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

VAZHUTHANANGA CURRY    ----- £8.99

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

MUTTER PANEER   ----- £9.29

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

KADALA MASALA    ----- £6.89

Tender chick peas simmered in a light tomato masala sauce.

CHEERA PANEER CURRY   ----- £9.29

Spinach and paneer tempered with garlic, onion and other spices.

MASALA POTATO    ----- £6.29

Boiled potatoes with peppers, onion, and fresh ground spices.

CURRY OF THE DAY  ----- £6.89

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  (Gluten free and Vegan options are available on request) ----- £19.69

Tharavadu Sadya (Gluten free option is available on request) ----- £21.29



Food Allergens and Intolerances: Please note that most of our dishes are made of complex ingredients and nuts. If you are allergic to anything please speak to the staff before you order the food and drinks. In most of the cases we may be able to alter the cooking process to accommodate your requirements.

 = vegetarian
 = vegan
 = gluten free

SIDE DISHES

PARIPPU ELA CURRY ✓ ⊘ ----- £6.99

Fresh spinach and toor dal cooked in a garlic, onion, and tomatoes, flavoured with curry leaves and tempered with mustard seeds.

BEANS UPPERI ✓ ✓ ⊘ ----- £6.79

Fresh beans cooked with mustard, onion and fresh coconut.

KOON MEZHUKKUVARATTY ✓ ✓ ⊘ ----- £7.29

Mushroom sautéed with onion, garlic, black pepper and coconut slice.

NEELAGIRI SALAD ✓ ✓ ⊘ ----- £6.99

Pink grape fruit, mixed leaves, cherry tomatoes, mango, apple with honey lemon dressing.

CRAB THORAN (Seasonally available) ⊘ ----- £8.49

Fresh Crabmeat stir fried with coconut, mustard seeds, onion and ginger.

RICE

PLAIN RICE ✓ ✓ ⊘ ----- £2.99

Plain white basmati rice.

LEMON RICE ✓ ✓ ⊘ ----- £3.29

Tangy, fresh tasting rice tossed with lemon juice, fresh curry leaves, mustard seeds and dried red chillies.

THENGA CHORU ✓ ✓ ⊘ ----- £3.69

Plain rice mixed with fresh coconut, urad dal (white lentils) cashew nuts and curry leaves.



APPAM (2 Pieces) ✓ 🌱 🚫 ----- £2.49

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) ✓ ----- £2.99

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) ✓ ----- £2.69

Pooris are fluffy breads made with unleavened dough made from whole wheat flour.

CHAPATHI (2 Pieces) ✓ 🌱 ----- £2.49

Flat Indian bread made of finely milled whole wheat flour.

BATHURA ✓ ----- £2.69

Fluffy fried large round breads made from white flour.

KALTHAPPAM ✓ 🌱 🚫 ----- £2.99

The rice and coconut soft pancake.



SEMIYA PAYASAM ✓ ----- £3.99

Semiya Payasam is a delicious vermicelli pudding that is full of texture and flavored with cardamom and saffron. This payasam is also a very festive recipe that is made for the onam festivals.

VATTAYAPAM FUDGE CAKE ✓ ----- £4.99

Steamed rice cake stuffed with toffee topped with chocolate sauce and served with Vanilla ice cream.

KULFI ✓ ----- £4.89

Delicious and smooth Indian ice-cream in mango, pistachio flavours.



PINEAPPLE KESARI ✓ (vegan option available on request)---- £5.29

A traditional pudding made from semolina cooked with butter and studded with raisins and cashew nuts.

JAGGERRY DOSA ✓ (vegan option available on request) ---- £5.79

Golden Pancake smothered with warm cane sugar and nuts, served with ice cream. This can be made suitable for vegan diet.



ICE-CREAM  ----- £2.69

Choice of vanilla, strawberry and chocolate.

Note:  - 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.



Treat your loved ones for an award winning Kerala Cuisine and buy gift vouchers at:



Tharavadu Restaurants

7-8 Mill Hill, Leeds, LS1 5DQ
United Kingdom

Tel: 0113 244 0500

Email: info@tharavadurestaurants.com

Website: www.tharavadurestaurants.com



Food Allergies and Intolerances: Please note that most of our dishes are made of complex ingredients and nuts. If you are allergic to anything please speak to the staff before you order the food and drinks. In most of the cases we may be able to alter the cooking process to accommodate your requirements.

 = vegetarian

 = vegan

 = gluten free