

A photograph of a dirt path leading through a dense forest to a small wooden cabin. The path is covered in fallen leaves and branches. The cabin is nestled among tall trees with thick foliage. The overall scene is serene and natural.

VAARANAM FARMS · KODAIKANAL

# Kitchen Menu

*the exhale*

Cooked by Rani and a handful of women from the village next door — the same recipes, the same pots, morning and evening. Some of it comes straight from our four acres; the rest from farmers and the local market nearby.

Simple ingredients, nothing added that doesn't need to be — real food, cooked properly, in the quantities a home kitchen would use, not a hotel one.

*Calories listed through this menu are approximate, per single serving.*



## Breakfast

Idly, every morning, no matter what.

**₹350 per person.** Idly is always on the plate. Alongside it, one more dish rotates by the day — Pongal one morning, Poori another, then Poha, then Godhuma Rava Upma.

**Included** — Tea or Coffee, Milk, a Plain Omelet, and Chocos or Muesli.

## Lunch & Dinner — Chicken

The same kitchen, the same pots — what changes is what's ready to harvest that day.

| DISH                      | INGREDIENTS                                                 | CAL | PRICE |
|---------------------------|-------------------------------------------------------------|-----|-------|
| Thakkali Chicken          | ● chicken, tomato, onion, ginger-garlic, chilli powder      | 320 | ₹340  |
| Chettinad Chicken         | ● chicken, roasted Chettinad spice blend, shallots, coconut | 380 | ₹380  |
| Kadugu Chicken            | chicken, mustard paste, coconut, shallots, curry leaves     | 340 | ₹360  |
| Chicken Kulambu           | chicken, onion, tomato, tamarind, ground masala             | 330 | ₹340  |
| Homestyle Chicken Kulambu | ● chicken, onion, tomato, light homestyle masala            | 310 | ₹320  |
| Chilly Chicken (dry)      | chicken, capsicum, onion, soy, green chilli                 | 400 | ₹300  |
| Chicken 65 (dry)          | chicken, curd marinade, red chilli, deep fried              | 420 | ₹300  |
| Pepper Chicken (dry)      | ● chicken, black pepper, onion, curry leaves, garlic        | 350 | ₹320  |
| Chinthamani (dry)         | chicken, byadgi chilli, garlic, roasted spice coat          | 380 | ₹320  |
| Lemon Chicken (dry)       | chicken, lemon juice, garlic, green chilli                  | 320 | ₹300  |



## Mutton

Slow-cooked, the way it's always been done here.

| DISH            | INGREDIENTS                                            | CAL | PRICE |
|-----------------|--------------------------------------------------------|-----|-------|
| Mutton Kuzhambu | mutton, onion, tomato, tamarind, ground masala         | 420 | ₹450  |
| Mutton Chukka   | ● mutton, onion, coconut slivers, curry leaves, pepper | 450 | ₹460  |

## Biryani

One pot, slow-built – served on its own, needs nothing else.

| DISH             | INGREDIENTS                                              | CAL | PRICE |
|------------------|----------------------------------------------------------|-----|-------|
| Egg Biryani      | seeraga samba rice, egg, fried onion, biryani masala     | 480 | ₹260  |
| Chicken Biryani  | seeraga samba rice, chicken, fried onion, biryani masala | 550 | ₹340  |
| Mutton Biryani   | seeraga samba rice, mutton, fried onion, biryani masala  | 600 | ₹460  |
| Kadai Biryani    | seeraga samba rice, chicken kadai masala, capsicum       | 570 | ₹360  |
| Veg Biryani      | ● seeraga samba rice, mixed vegetables, fried onion      | 420 | ₹220  |
| Mushroom Biryani | ● seeraga samba rice, mushroom, fried onion              | 440 | ₹260  |





## Veg Gravy

Grown on our farm where we can, sourced from farmers and the local market where we can't.

| DISH                    | INGREDIENTS                                        | CAL | PRICE |
|-------------------------|----------------------------------------------------|-----|-------|
| Dhal Thadka             | ● toor dal, garlic, cumin, tomato, ghee tempering  | 180 | ₹150  |
| Mixed Veg Curry         | ● seasonal vegetables, onion, coconut, mild spice  | 160 | ₹170  |
| Kerala Aviyal           | ● mixed vegetables, coconut, curd, curry leaves    | 190 | ₹180  |
| Veg Korma               | ● vegetables, coconut, cashew, whole spices        | 220 | ₹190  |
| Vendakkai Puli Kuzhambu | ● ladies finger, tamarind, sambar powder           | 150 | ₹160  |
| Garlic Puli Kuzhambu    | garlic, tamarind, sambar powder, sesame oil        | 140 | ₹150  |
| Sundakkai Puli Kuzhambu | sun-dried turkey berry, tamarind                   | 150 | ₹170  |
| Moor Kuzhambu           | ● buttermilk, coconut, cumin, vegetable of the day | 130 | ₹150  |
| Paneer Kuzhambu         | paneer, tomato, onion, ground masala               | 280 | ₹220  |
| Paneer Butter Masala    | paneer, butter, tomato, cashew, cream              | 320 | ₹240  |
| Chilli Paneer           | paneer, capsicum, onion, soy, green chilli         | 300 | ₹240  |
| Bindi Fry               | ● ladies finger, onion, turmeric, chilli powder    | 140 | ₹150  |
| Thakkali Kootu          | ● tomato, moong dal, coconut, cumin                | 130 | ₹140  |
| Channa Masala           | chickpea, onion, tomato, garam masala              | 220 | ₹170  |
| Rajma Gravy             | kidney beans, onion, tomato, garam masala          | 230 | ₹170  |
| Pacha Payir Dhal        | green gram, garlic, cumin, tempering               | 170 | ₹150  |
| Egg Curry               | egg, onion, tomato, ground masala                  | 220 | ₹180  |



## Eat Local

Greens from the beds, drumstick from the trees, seasonal jackfruit – the closest the menu gets to the farm itself.

| DISH                     | INGREDIENTS                                   | CAL | PRICE |
|--------------------------|-----------------------------------------------|-----|-------|
| Keerai – Kootu / Kulambu | ● seasonal greens, moong dal or tamarind base | 120 | ₹140  |
| Drumstick Aviyal         | ● drumstick, mixed vegetables, coconut, curd  | 160 | ₹160  |
| Beans Poriyal            | ● beans, coconut, mustard, curry leaves       | 110 | ₹140  |
| Veg Kootu                | ● seasonal vegetables, moong dal, coconut     | 150 | ₹150  |
| Small Cut Potato Fry     | potato, mustard, curry leaves, chilli powder  | 200 | ₹150  |
| Beans Payiru Poriyal     | ● beans, cowpea, coconut, mustard             | 130 | ₹150  |
| Jackfruit Kootu          | ● seasonal jackfruit, lentils, coconut        | 170 | ₹170  |
| Carrot Beans Poriyal     | ● carrot, beans, coconut, mustard             | 110 | ₹140  |

Accompaniments Steamed Rice ₹70 · Chapathi ₹25/piece





## Barbeque

Fire-lit evenings – order ahead so the coals are ready.

| DISH               | INGREDIENTS                                      | CAL | PRICE |
|--------------------|--------------------------------------------------|-----|-------|
| Chicken Barbeque   | chicken, yogurt marinade, chilli, char-grilled   | 320 | ₹380  |
| Paneer Barbeque    | paneer, yogurt marinade, spice rub, char-grilled | 280 | ₹280  |
| Pineapple Barbeque | ● pineapple, honey glaze, char-grilled           | 120 | ₹180  |

## Snacks

Tea-time, verandah-side.

| DISH             | INGREDIENTS                                 | CAL | PRICE |
|------------------|---------------------------------------------|-----|-------|
| Onion Pakoda     | onion, gram flour, rice flour, spices       | 250 | ₹130  |
| Onion Bajji      | onion, gram flour batter, spices            | 220 | ₹120  |
| Chilli Bajji     | green chilli, gram flour batter, masala     | 200 | ₹120  |
| Raw Banana Bajji | ● raw banana, gram flour batter             | 230 | ₹130  |
| Potato Wedges    | potato, spice rub, oil                      | 280 | ₹140  |
| Masala Peanuts   | peanut, gram flour, curry leaves, spices    | 300 | ₹110  |
| Omelet           | ● egg, onion, green chilli, curry leaves    | 180 | ₹70   |
| Egg Podimas      | boiled egg, onion, tomato, turmeric         | 200 | ₹110  |
| Boiled Eggs (2)  | egg, salt, pepper                           | 140 | ₹50   |
| Egg Bonda (4 pc) | boiled egg, gram flour batter, spices       | 280 | ₹100  |
| Masala Omelet    | egg, onion, tomato, green chilli, coriander | 210 | ₹90   |
| Cheese Omelet    | egg, onion, cheese, pepper                  | 260 | ₹120  |
| Mushroom Omelet  | ● egg, mushroom, onion, pepper              | 200 | ₹130  |



## Sweets & Desserts

To close the meal, or just because.

| DISH               | INGREDIENTS                                | CAL | PRICE |
|--------------------|--------------------------------------------|-----|-------|
| Gulab Jamun (2 pc) | milk solids, sugar syrup, cardamom         | 300 | ₹100  |
| Kesari             | rava, sugar, ghee, cashew, saffron         | 250 | ₹90   |
| Chocolate Mousse   | chocolate, cream, egg                      | 280 | ₹160  |
| Paruppu Payasam    | moong dal, jaggery, coconut milk, cardamom | 220 | ₹100  |
| Semiya Payasam     | vermicelli, milk, sugar, cardamom, cashew  | 200 | ₹100  |
| Carrot Halwa       | ● carrot, milk, sugar, ghee, cardamom      | 260 | ₹130  |

## Beverages

| DISH                 | INGREDIENTS                       | CAL | PRICE |
|----------------------|-----------------------------------|-----|-------|
| Lemon Juice          | lemon, water, sugar/salt          | 60  | ₹70   |
| Lemon Soda           | lemon, soda, sugar/salt           | 70  | ₹80   |
| Seasonal Fruit Juice | ● fruit of the season, water/milk | 110 | ₹100  |

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