



Sea  
CREST

RESTAURANT  
SOUTHERN SOJOURN



For 30 graceful years, Sea Crest has stood by the shores as a serene haven for those seeking comfort, calm, and coastal charm. To mark this milestone, we present Southern Sojourn a heartfelt tribute to the rich culinary traditions of South India.

Inspired by the kitchens of Tamil Nadu, Kerala, Karnataka, and Andhra Pradesh, this curated menu brings together bold Chettinad spices, coastal coconut stews, rustic Andhra flavours, and soulful Karnataka classics each rooted in legacy and crafted with care.

Every preparation reflects ancestral techniques, native ingredients, and the warmth of southern hospitality. It's a journey back to temple feasts, festive homes, and slowcooked memories passed down through generations.

As you dine by the sea, amidst brass lamps, carved wood, and coastal breeze, we welcome you to a celebration of heritage and taste. Please inform our service associate of any dietary requirements, food allergies, or intolerances

# FLAVOURS

To Savour First

LUNCH 12.30 PM – 3.00 PM

(On Weekends & Holidays)

DINNER 7:00 PM – 11:00 PM

## SOUP

- |                                                                                               |                                                                                                 |
|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| ■ <b>Vepampoo Poondur Rasam</b> _____ 350                                                     | ▲ <b>Kozhi Rasam</b> _____ 375                                                                  |
| A herbal rasam variant served with dried neem flowers and mountain garlic                     | A mildly spiced rasam infused with chicken stock and pulled chicken shreds                      |
| ■ <b>Nei Thaalicha makka chola chaaru</b> _____ 350                                           | ▲ <b>Mutton Marag</b> 🌶️ _____ 400                                                              |
| Ghee tempered corn soup with curry leaves and ginger                                          | Andhra speciality soup with simmered lamb bones thickened with saffron, cashews and poppy seeds |
| ■ <b>Calicut Tomato Soup</b> _____ 350                                                        | ▲ <b>Era Thenga Paal</b> _____ 450                                                              |
| Tomatoes tempered and blended to form a fine soup finished with coconut milk and curry leaves | Spiced tempered prawn stock mixed with coconut milk and crushed pepper                          |

## APPETIZERS VEGETARIAN

- |                                                                                                         |                                                                             |
|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| ■ <b>Alugadda Vepudu</b> 🌶️🌶️ _____ 400                                                                 | ■ <b>Baby Corn Kurumilagu</b> 🌶️ _____ 450                                  |
| Baby potatoes tossed in a fiery andhra masala.                                                          | Baby corn marinated and dusted with a fennel and pepper crust.              |
| ■ <b>Karuveppilai Podi Idlies</b> 🌶️ _____ 450                                                          | ■ <b>Chittoor Crispy Corn</b> 🌶️ _____ 450                                  |
| Small steamed idlies tossed in a hot curry leaf and flavored gun powder with ghee.                      | Corn kernels crispy fried and tossed in a chilly-garlic-curry leaf masala.  |
| ■ <b>Thamarai Thandu 65</b> _____ 450                                                                   | ■ <b>Drumstick Chops</b> _____ 475                                          |
| Crispy lotus stem with spices and curry leaf with orange peel thuvayal.                                 | Mashed drumstick lollipops served with ginger chutney.                      |
| ■ <b>Kaalan Porichathu</b> _____ 450                                                                    | ■ <b>Kundapur Paneer Ghee Roast</b> 🌶️🌶️ _____ 475                          |
| Kerala style crispy fried mushrooms with curry leaves and coconut.                                      | A classic dish from kundapur with paneer, bydagi chillies and lots of ghee. |
| ■ <b>Palagara Suvaigal (Veg Platter)</b> _____ 800                                                      |                                                                             |
| Chef's selection of four starters including banana dosa and kuzhi panyaram good for a couple to relish. |                                                                             |

Our standard service timing is 25–30 minutes.

All prices are in indian rupees, govt taxes as applicable. Service charge at your discretion.

If allergic to any food ingredients, please ask for the chef on duty to place your customised order.

■ Vegetarian    ▲ Non-Vegetarian    🌶️ Spicy    🌶️🌶️ Extra Spicy

# FLAVOURS

To Savour First

LUNCH 12.30 PM – 3.00 PM  
(On Weekends & Holidays)

DINNER 7:00 PM – 11:00 PM

## APPETIZERS NON VEGETARIAN

- |                                                                                                             |                                                                                               |
|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| ▲ <b>Guddu Vepudu</b> 🌶️ _____ 350                                                                          | ▲ <b>Kozhikode Squid Roast</b> _____ 650                                                      |
| Batter fried eggs tossed in a hot chilli and tomato based masala.                                           | Squid prepared kerala style with shallots, curry leaves and tamarind.                         |
| ▲ <b>Pallipalayam Chicken Wings</b> 🌶️ _____ 550                                                            | ▲ <b>Nalgonda Mutton Roast</b> 🌶️ _____ 675                                                   |
| Chicken wings tossed with a shallot puree mixed with whole red chillies and coconut.                        | Braised mutton dices cooked through and finished with a combination of chillies and cilantro. |
| ▲ <b>Neitha Kori Roast</b> 🌶️ _____ 575                                                                     | ▲ <b>Kane Kempu Bezule</b> _____ 750                                                          |
| A bunt community speciality where fried chicken is tossed with byadgi chilli and tomatoes topped with ghee. | Lady fish crispy fried and sprinkled with tempered yoghurt and chillies.                      |
| ▲ <b>Pachi Mirchi Kodi Fry</b> 🌶️ _____ 575                                                                 | ▲ <b>Muthukadu Vanjaram Varuval</b> _____ 950                                                 |
| A local telangana speciality of grilled chicken skewers marinated with a green chilly and onion paste.      | King fish smeared with spices and grilled on a flat top.                                      |
| ▲ <b>Syrian Mutton Cutlet</b> _____ 625                                                                     | ▲ <b>Chemmeen Porichathu</b> _____ 950                                                        |
| Minced spiced mutton combined with spices, potatoes and crumb fried.                                        | Crispy fried bay prawns with a chilli marinade and spices.                                    |
| ▲ <b>Lobster Ularthiyathu</b> _____ Rs. 8/gm                                                                |                                                                                               |
| A local malabar speciality with small onion, curry leaves and pepper.                                       |                                                                                               |



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# TAMIL NADU

## Senthamizh Virundhu

LUNCH 12.30 PM – 3.00 PM  
(On Weekends & Holidays)

DINNER 7:00 PM – 11:00 PM

### MAIN COURSE

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|------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| ■ Sundakkai Vatha Kuzhambu _____ 375<br>Classic tamil dish with fried pea aubergine in a sour and tangy tomato sauce.        | ▲ Virudhunagar Kalaki Kozhambu _____ 450<br>Street style eggs served with a regional special curry sauce.                 |
| ■ Peerkangai Masiyal _____ 375<br>Ridge gourd based with an iyer style masala.                                               | ▲ Karaikudi Kozhi Curry 🌶 _____ 575<br>Classic dish that originates from chettinad cuisine.                               |
| ■ Kaikari Kurma _____ 400<br>Chettinad style vegetables cooked in a coconut and cashew based tomato gravy.                   | ▲ Uppu Kari 🌶 _____ 750<br>Mutton chunks sauteed dry with garlic, shallots and red chillies.                              |
| ■ Paruppu Urundai Kuzhambu _____ 425<br>Steamed lentil dumplings simmered in a curry finished with coconut and curry leaves. | ▲ Karuveppilai Era Kozhambu _____ 950<br>Prawns cooked with a curry leaf flavoured sauce made with tomatoes and tamarind. |



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# KERALA

## Nattinoru Virunnu

LUNCH 12.30 PM – 3.00 PM  
(On Weekends & Holidays)

DINNER 7:00 PM – 11:00 PM

### MAIN COURSE

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|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| ■ <b>Vendakkaya Mulakithathu</b> _____ 375                                                       | ▲ <b>Mutton Ishtu</b> _____ 675                                                                              |
| A sour tomato sauce with tamarind and coconut stewed with lady finger.                           | Mutton slow cooked with ginger, green chillies and potatoes finished with coconut milk and curry leaves.     |
| ■ <b>Kadala Curry</b> _____ 375                                                                  | ▲ <b>Meen Moilee</b> _____ 750                                                                               |
| Delicacy made with black chickpeas served traditionally in gods own country.                     | A delicate but rich sauce with shallots, ginger and green chillies made specially for this fish preparation. |
| ■ <b>Pachakari Ishtu</b> _____ 400                                                               | ▲ <b>Meen Pollichathu</b> _____ 750                                                                          |
| Garden vegetables simmered with coconut milk, chillies and ginger.                               | Whole fish wrapped in banana leaves with tamarind chilli sauce, grilled.                                     |
| ▲ <b>Kozhi Malli Peralan</b> _____ 575                                                           | ▲ <b>Chemmeen Roast</b> _____ 950                                                                            |
| Chicken thighs cooked in a coriander-flavoured sauce finished with coconut oil and curry leaves. | Fresh bay prawns tossed with a sour tomato sauce and shallots.                                               |



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# KARNATAKA

## Raajamarga Ruchigal

LUNCH 12.30 PM – 3.00 PM  
(On Weekends & Holidays)

DINNER 7:00 PM – 11:00 PM

### MAIN COURSE

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|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| ■ <b>Papadi Talasani</b> _____ 375                                                 | ▲ <b>Kadle Gassi</b> _____ 425                                                                         |
| Fresh baby spinach tossed in a coconut oil based tomato gravy with green chillies. | Black chickpeas tossed in a mangalorean speciality gravy.                                              |
| ■ <b>Nuggeikai Baelle</b> _____ 375                                                | ▲ <b>Kori Gassi</b> _____ 600                                                                          |
| A lentil preparation with whole drumsticks and toasted coconut.                    | The classic mangalorean chicken curry best eaten with rice.                                            |
| ■ <b>Udupi Tomato Bath</b> _____ 400                                               | ▲ <b>Mutton Saaru</b> 🌶️ _____ 675                                                                     |
| Rice and toor dal cooked together in this udupi style kedgereee.                   | A mutton delicacy with byadgi chillies , onions, slow cooked and finished with a hint of coconut milk. |
| ▲ <b>Denji Pulimunchi</b> _____ 950                                                |                                                                                                        |
| Mud crabs tossed in a sour masala with tamarind and green chillies.                |                                                                                                        |



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# ANDHRA

## Rajula Ruchi

LUNCH 12.30 PM – 3.00 PM  
(On Weekends & Holidays )

DINNER 7:00 PM – 11:00 PM

### MAIN COURSE

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|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| ■ <b>Tomato Pappu</b> _____ 375                                                                | ▲ <b>Kodi Kura</b> 🌶️ _____ 425                                                                                      |
| A lentil preparation from andhra with a distinct flavour of tomatoes and garlic.               | Chicken thighs simmered in a hot and sour tomato-based sauce, finished with coconut milk.                            |
| ■ <b>Mirapakaya Batani Curry</b> 🌶️ _____ 375                                                  | ▲ <b>Nellore Chepala Pulusu</b> 🌶️🌶️ _____ 600                                                                       |
| Green chillies and green peas combined in this coconut-based andhra speciality.                | The famous fish curry with spices and tamarind, best eaten with steamed rice.                                        |
| ■ <b>Gutti Vankaya Kura</b> 🌶️ _____ 400                                                       | ▲ <b>Gongura Mamsam</b> 🌶️ _____ 675                                                                                 |
| Baby aubergines cooked in a spicy and sour sauce with a hint of coconut and blended spices.    | Mutton curry done village style, combined with sour green leaves giving the dish a distinctive sour and spicy taste. |
| ■ <b>Mushroom Mokkaionna Palakura</b> 🌶️ _____ 375                                             | ▲ <b>Rayalaseema Royyala Vepudu</b> 🌶️ _____ 675                                                                     |
| Mushrooms and corn kernels tossed in a chef special masala finished with chopped baby spinach. | Prawns cooked and sauteed with a hot masala and cashew paste.                                                        |



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# SAVOUR SOUTH

## Hearth to Plates

LUNCH 12.30 PM – 3.00 PM  
(On Weekends & Holidays)

DINNER 7:00 PM – 11:00 PM

### BIRIYANIS & RICES

■ **Steamed Rice** \_\_\_\_\_ 300

Plain fluffy steamed rice.

■ **Thayir Sadam** \_\_\_\_\_ 350

Creamy curd rice tempered with mustard and curry leaves.

■ **Thenga Paal Sadam** \_\_\_\_\_ 375

Coconut-based creamy rice preparation.

■ **Kothamalli Sadam** \_\_\_\_\_ ₹375

Fragrant coriander rice tempered with spices, served hot.

▲ **Andhra Chicken Biryani** 🌶️ \_\_\_\_\_ ₹600

Nellore style chicken biriyani cooked with basmati rice.

▲ **Pachi Mirchi Kodi Pilau** 🌶️ \_\_\_\_\_ ₹600

Chicken pilau pan-finished with green chilli and onion paste.

▲ **Military Mutton Biryani** 🌶️ \_\_\_\_\_ ₹700

Tamil style mutton biriyani with extra chillies.

### STAPLES

■ **Idiyappam** (String Hoppers – 2 pcs ) \_\_\_\_\_ 175

Traditional soft rice hoppers, light and delicate.

■ **Appam** (Plain 2 pcs ) \_\_\_\_\_ 200

Classic south indian fermented rice pancake with soft centre and crisp edges.

■ **Kal Dosa** ( 2 pcs ) \_\_\_\_\_ 225

Soft spongy rice dosa cooked on a thick iron griddle.

■ **Veechu Parotta** ( 2 pcs ) \_\_\_\_\_ 225

Layered and flaky parotta stretched and folded skillfully.

▲ **Appam** (Egg) \_\_\_\_\_ 225

Appam topped with a gently cooked egg in the centre.

■ **Adai** (Lentil and Rice Pancakes 2 pcs ) \_\_\_\_\_ 250

Protein-rich pancakes made with rice and mixed lentils.

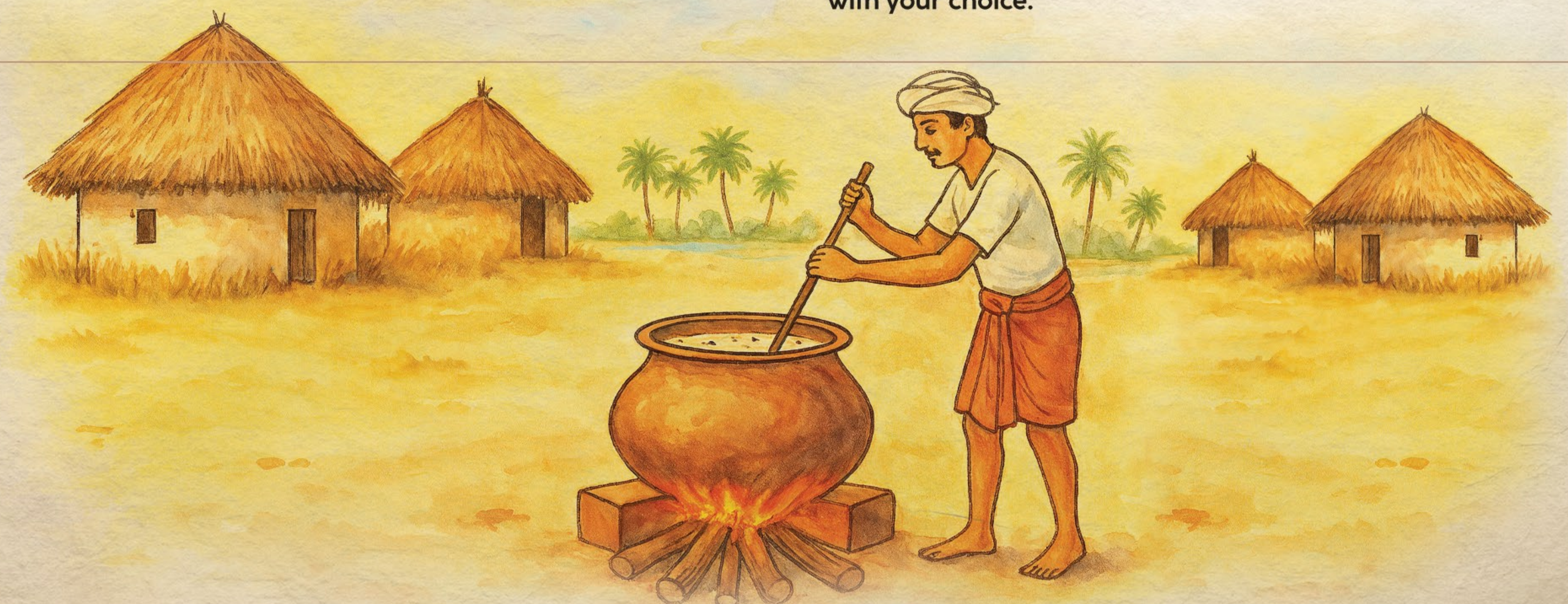
▲ **Egg Kal Dosa** ( 2 pcs ) \_\_\_\_\_ 300

Soft, spongy rice dosa cooked on a thick iron griddle topped with fresh egg and served hot.

▲ **Ceylon Parotta** 🌶️ \_\_\_\_\_ 425 / 475 / 575

( Mushroom / Chicken Chukka / Mutton Chukka )

Flaky layered parotta stuffed with your choice.



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# SWEETARA

## Nam iniya Suvai

LUNCH 12.30 PM – 3.00 PM DINNER 7:00 PM – 11:00 PM  
(On Weekends & Holidays)

### DESSERTS

#### Ada Pradhaman ₹250

Jaggery and flattened rice kheer with ghee, cashews and coconut flakes.

#### Kavuni Arisi Payasam ₹250

A delicacy of black rice cooked with condensed milk and cardamom.

#### Mallipoo Thengai Payasam ₹275

A twist to classic elaneer payasam with jasmine blooms served cold.

#### Ashoka Halwa ₹250

Slow-cooked moong dal and milk finished with ghee and cashews.

#### Choice of Icecream ₹375

Mukkani / Paan / Mango

### BEVERAGES

#### Degree Kaapi ₹200

Frothy coffee from the tamil houses served table side.

#### Masala Chai ₹200

A household staple drink with tea leaves, ginger and our spice mix.

#### Mylai Rose Milk ₹225

World famous rose milk from chennai temple area.

#### Hot Badam Milk ₹225

A specialty from south india with pachai karpooram, cardamom and almond.

#### Vasantha Neer ₹275

Saffron, lemon, rice kanji and honey.

#### Elaneer Kulukki Sarbath ₹275

Basil seeds, tender coconut, badam gum and lemon.

#### Pacha Maanga Mojito ₹300

Raw mango muddled with jaggery, mint and black salt topped with sprite or soda.

#### Pineapple Pista Cooler ₹300

Creamy pineapple drink with pista flakes, vanilla ice cream and mint.

#### Seacrest Falooda Tower ₹425

A speciality from the old restaurants of chennai with assembly of ice creams and rose syrup.



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Vegetarian Non-Vegetarian Spicy Extra Spicy



# A FEAST BEYOND COMPARE!

# SEA CREST THALI

## Experience

The concept of the Thali reflects the traditional home style meal, combining staple dishes with a few special delicacies. At Sea Crest, our chefs have elevated this experience by blending homestyle cooking with unique, elaborate dishes.

We offer four Thalīs: Vegetarian Thali, Seafood Thali, Meat Thali, and the Sea Crest Feast. All Thalīs begin with a welcome drink and appetiser(s), with soups included in select Thalīs. Papads and chutneys are served at the table, followed by the main Thali. Staples such as Sambhar, Rasam, Poriyal, Variety Rice, and a pot of set curd are included in every Thali.

Each Thali is complemented with carefully selected dishes from our Ala Carte menu to create a complete tasting experience, with the Sea Crest Feast offering the most exclusive selections. Guests are served Steamed Rice, Dosa, Appam, and Kerala Paratha in courses, accompanied by house blended Gunpowder and Vegetable Ghee with steamed rice. Multiple helpings are available upon request. Desserts are served on a separate plate, and the meal concludes with the signature Kumbakonam Degree Coffee and Paan.

### Vegetarian Thali \_\_\_\_\_ ₹1250

A wholesome spread of homestyle vegetarian dishes, paired with staples and chef specials for a comforting meal.

### Meat Thali \_\_\_\_\_ ₹1500

A hearty selection of spiced meat dishes, served with homestyle staples for a satisfying indulgence.

### Seafood Thali \_\_\_\_\_ ₹1750

Fresh coastal flavors with a variety of seafood delicacies, balanced with traditional staples and accompaniments.

### Sea Crest Feast \_\_\_\_\_ ₹1950

The ultimate Thali experience, bringing together vegetarian, meat, and seafood specialties in one lavish spread.





MGM

BEACH RESORTS

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