

APPETITE

The All Day Dining

GURUVAYUR

— — — — —

DINING
MENU

— — — — —

PURE VEGETARIAN

FLAVORS OF ROYALTY



BREAKFAST

(07:30 AM-10:30 AM)

-  **Buffet Breakfast** ₹300
Choice of fresh juice or cut fruits, toast with preserves & tea/coffee
420 kcal | 250 gms
-  **Puttu & Kadala Curry** ₹180
450 kcal | 280 gms
-  **Uthapam** ₹150
350 kcal | 180 gms
-  **Poori Bhaji** ₹180
480 kcal | 250 gms
-  **Cut Fruits** ₹200
120 kcal | 200 gms
-  **Channa Bhatura** ₹180
520 kcal | 280 gms
-  **Masala Dosa** ₹160
420 kcal | 250 gms
-  **Ghee Roast Dosa** ₹160
380 kcal | 180 gms
-  **Idli (3 pc.)** ₹120
400 kcal | 280 gms
-  **Medu Vada** ₹150
180 kcal | 80 gms
-  **Veg Stew with Appam** ₹180
420 kcal | 250 gms


Cereals Containing
Gluten


Milk


Peanut/
Tree Nuts


Soya


Sulphites

Note: Please let us know if you have any special dietary requirements, food allergies, or food intolerance. All prices are in Indian Rupee; government taxes are as applicable.

 Vegetarian  Signature Dish

SNACKS

-  **Veg Sandwich** ₹220
350 kcal | 200 gms
-  **Banana Fry** ₹80
220 kcal | 100 gms
-  **Veg Pakoda** ₹200
360 kcal | 150 gms
-  **Onion Pakoda** ₹180
350 kcal | 150 gms
-  **Samosa** ₹100
280 kcal | 120 gms
-  **Paneer Pakoda** ₹225
430 kcal | 200 gms

SOUPS

-  **Veg Sweet Corn** ₹180
140 kcal | 220 ml
-  **Hot & Sour Soup** ₹180
110 kcal | 220 ml
-  **Veg Manchow Soup** ₹200
130 kcal | 220 ml



Note: Please let us know if you have any special dietary requirements, food allergies, or food intolerance. All prices are in Indian Rupee; government taxes are as applicable.

 Vegetarian  Signature Dish

STARTERS

- | | |
|--|------|
|  Gobi 65
320 kcal 200 gms | ₹240 |
|  French Fries
430 kcal 180 gms | ₹180 |
|  Peri Peri French Fries
450 kcal 180 gms | ₹200 |
|  Crispy Vegetable
360 kcal 200 gms | ₹200 |
|  Veg Manchurian
340 kcal 200 gms | ₹240 |
|  Rasam Idli
220 kcal 200 gms | ₹150 |
|  Rasam Vada
300 kcal 220 gms | ₹180 |
|  Salt N Pepper Baby Corn
380 kcal 200 gms | ₹225 |
|  Paneer 65
450 kcal 200 gms | ₹250 |
|  Honey Glazed Veg
340 kcal 200 gms | ₹225 |
|  Paneer Pepper Fry
390 kcal 200 gms | ₹250 |



Cereals Containing
Gluten



Milk



Peanut/
Tree Nuts



Soya



Sulphites

Note: Please let us know if you have any special dietary requirements, food allergies, or food intolerance. All prices are in Indian Rupee; government taxes are as applicable.

 Vegetarian  Signature Dish

RICE ITEMS

-  **Veg Pulao** ₹240
Basic Indian-style rice with vegetables
330 kcal | 220 gms
-  **Ghee Rice**  ₹230
A flavourful aromatic South Indian dish made with rice, ghee and other ingredients
320 kcal | 220 gms
-  **Jeera Rice** ₹230
Basmati rice tossed with tempered cumin, garnished with coriander leaves
310 kcal | 220 gms
-  **Veg Biryani** ₹300
Aromatic rice dish made with biryani masala
430 kcal | 250 gms
-  **Curd Rice**  ₹200
A traditional dish made from cooked rice, yoghurt, herbs and spices
250 kcal | 220 gms
-  **Lemon Rice** ₹200
Flavourful South Indian dish made with steamed rice, lemon juice and spices
280 kcal | 220 gms
-  **Tomato Rice** ₹200
South Indian-style rice preparation with tomatoes
290 kcal | 220 gms
-  **Sambhar Rice** ₹200
A rice meal made with sambar
300 kcal | 250 gms
-  **Kerala Rice** ₹150
260 kcal | 200 gms


Cereals Containing
Gluten


Milk


Peanut/
Tree Nuts


Soya


Sulphites

Note: Please let us know if you have any special dietary requirements, food allergies, or food intolerance. All prices are in Indian Rupee; government taxes are as applicable.

 Vegetarian  Signature Dish

CHINESE RICE & NOODLES

-  **Veg Fried Rice** ₹240
390 kcal | 250 gms
-  **Schezwan Fried Rice** ₹260
420 kcal | 250 gms
-  **Veg Noodles** ₹250
400 kcal | 250 gms
-  **Schezwan Noodles** ₹260
430 kcal | 250 gms

CHINESE SIDE DISHES

-  **Chilly Gobi** ₹250
320 kcal | 200 gms
-  **Chilly Paneer** ₹300
400 kcal | 200 gms
-  **Gobi Manchurian** ₹250
340 kcal | 200 gms
-  **Schezwan Gobi** ₹250
330 kcal | 200 gms
-  **Garlic Paneer** ₹300
380 kcal | 200 gms
-  **Paneer Manchurian** ₹300
420 kcal | 200 gms



Note: Please let us know if you have any special dietary requirements, food allergies, or food intolerance. All prices are in Indian Rupee; government taxes are as applicable.

 Vegetarian  Signature Dish

VEGETARIAN PARADISE

-  **Paneer Butter Masala** ₹300
450 kcal | 250 gms
-  **Aloo Jeera** ₹240
Potato fried and sautéed with cumin seeds
280 kcal | 220 gms
-  **Mixed Vegetable Curry** ₹250
200 kcal | 220 gms
-  **Dal Fry** ₹240
260 kcal | 220 gms
-  **Dal Tadka** ₹250
290 kcal | 220 gms
-  **Kadhai Paneer** ₹300
Spicy cottage cheese curry with tomatoes, onions and capsicum
420 kcal | 250 gms
-  **Babycorn Masala** ₹300
Sautéed baby corn in an onion-tomato-based gravy
260 kcal | 220 gms
-  **Bhindi Masala** ₹250
280 kcal | 200 gms
-  **Paneer & Matar Bhurji** ₹240
410 kcal | 250 gms
-  **Veg Kolhapuri** ₹250
340 kcal | 220 gms
-  **Malai Kofta** ₹300
480 kcal | 250 gms
-  **Mater Paneer** ₹300
420 kcal | 250 gms
-  **Veg Thali** ₹275
Rice, sambar, 2 curries, curd and papad
650 kcal | 450 gms



Note: Please let us know if you have any special dietary requirements, food allergies, or food intolerance. All prices are in Indian Rupee; government taxes are as applicable.

MAINS (INTERNATIONAL)

- | | |
|---|-------------|
|  Spaghetti Pasta | ₹300 |
| Cream cheese sauce / Arrabbiata served with garlic toast
110 kcal 200 gms | |
|  Penne Pasta | ₹300 |
| Cream cheese sauce / Arrabbiata served with garlic toast
110 kcal 200 gms | |
|  Macaroni with Cheese | ₹250 |
| Macaroni cooked in white sauce and garnished with cheese
400 kcal 220 gms | |

BREADS

- | | |
|---|-------------|
|  Chapati | ₹50 |
| 120 kcal 40 gms | |
|  Appam | ₹70 |
| 120 kcal 60 gms | |
|  Kerala Parantha | ₹80 |
| 260 kcal 80 gms | |
|  Tawa Parantha | ₹100 |
| 260 kcal 100 gms | |
|  Stuffed Parantha | ₹120 |
| 330 kcal 150 gms | |



Cereals Containing
Gluten



Milk



Peanut/
Tree Nuts



Soya



Sulphites

Note: Please let us know if you have any special dietary requirements, food allergies, or food intolerance. All prices are in Indian Rupee; government taxes are as applicable.

 Vegetarian  Signature Dish

DOSA & UTHAPAM

 Thattu Dosa 300 kcal 180 gms	₹160
 Plain Dosa 280 kcal 160 gms	₹140
 Masala Dosa 420 kcal 250 gms	₹160
 Podi Dosa 350 kcal 180 gms	₹160
 Cheese Dosa 480 kcal 220 gms	₹250
 Schezwan Dosa 430 kcal 230 gms	₹250
 Plain Uthapam 320 kcal 200 gms	₹150
 Onion Uthapam 350 kcal 220 gms	₹170
 Tomato Uthapam 350 kcal 220 gms	₹170
 Cheese Uthapam 460 kcal 250 gms	₹250
 Paneer Uthapam 460 kcal 250 gms	₹250



Cereals Containing
Gluten



Milk



Peanut/
Tree Nuts



Soya



Sulphites

Note: Please let us know if you have any special dietary requirements, food allergies, or food intolerance. All prices are in Indian Rupee; government taxes are as applicable.

 Vegetarian  Signature Dish

SALADS & RAITA

-  **Farmhouse Salad** ₹130
349 kcal | 230 gms
-  **Tossed Salad** ₹130
267 kcal | 160 gms
-  **Sprout Salad** ₹140
500 kcal | 150 gms
-  **Boondi Raita** ₹75
185 kcal | 190 gms
-  **Mix Vegetable Raita** ₹75
142 kcal | 190 gms
-  **Pineapple Raita** ₹100
160 kcal | 180 gms

DESSERTS

-  **Ice Cream (1 Scoop)** ₹140
210 kcal | 100 gms
-  **Fruits Salad** ₹200
120 kcal | 200 gms
-  **Fruit Salad with Ice Cream** ₹250
280 kcal | 220 gms
-  **Gulab Jamun** ₹150
300 kcal | 100 gms
-  **Kesari** ₹200
360 kcal | 150 gms
-  **Ela Ada** ₹200
280 kcal | 150 gms
-  **Payasam** ₹200
320 kcal | 200 gms



Cereals Containing
Gluten



Milk



Peanut/
Tree Nuts



Soya



Sulphites

Note: Please let us know if you have any special dietary requirements, food allergies, or food intolerance. All prices are in Indian Rupee; government taxes are as applicable.

 Vegetarian  Signature Dish

BEVERAGES

HOT & COOL

 Tea	₹80
90 kcal 150 ml	
 Masala Tea	₹80
120 kcal 150 ml	
 Coffee	₹100
100 kcal 150 ml	
 Hot Milk	₹100
150 kcal 200 ml	
 Hot Chocolate	₹150
220 kcal 200 ml	
 Milk Shake (with Ice Cream Scoop)	₹170
380 kcal 300 ml	
 Aerated Beverage	₹70
380 kcal 300 ml	
 Buttermilk	₹100
140 kcal 250 ml	
 Sweet Lassi	₹150
0 kcal 500 ml	
 Fresh Lime Water	₹75
90 kcal 250-350 ml	
 Fresh Lime Soda	₹100
110 kcal 250-350 ml	
 Bottled Water	₹40
 Canned Juice	₹125


Cereals Containing
Gluten


Milk


Peanut/
Tree Nuts


Soya


Sulphites

Note: Please let us know if you have any special dietary requirements, food allergies, or food intolerance. All prices are in Indian Rupee; government taxes are as applicable.

 Vegetarian  Signature Dish



A Smart Sense of Hospitality

CHEER UP



YOUR TASTEBUDS AT 7 APPLE HOTEL,
GURUVAYUR, KERALA

“

Satisfy your cravings for the best cuisine from around the world with our exquisite menu, expertly crafted and beautifully presented. Appetite Restuarant at 7 Apple Guruvayur is the perfect destination for food lovers who want to indulge in an unforgettable dining experience.

”

APPETITE

The All Day Dining



📍 Near Shree Parthasarathy Temple, East Nada,
Guruvayur, Kerala 680101