

BAIT

seaside restobar



NIBBLES

- **PIRI PIRI FRIES** 🌾 🥤 | 196 kcal 660
 (French fries dusted with Piri Piri salt, Aioli and mint mayo)
- **KASARGOD – RAJAH SPECIAL** 🥜 🍅 | 132 kcal 660
 (King of Chakna (salted peanuts tossed with onions and tomatoes))
- **CHEESY GARLIC BREAD** 🌾 🥤 | 256 kcal 660
 (Crusty whole wheat baguette with our signature spice blend)















SALADS

- ▲ **BAIT SPECIAL CAESAR SALAD** 🦀 🥤 🌾 | 188 kcal 1100
 (Chicken or Seafood)
- **FATTOUSH SALAD** 🌾 🥬 🥤 | 70 kcal 990
 (Crispy Lavash, Sumac dressing)
- **BETROOT, BURATTA AND CHERRY TOMATO** 🥤 | 132 kcal 990
 (Lemon vinaigrette, Seed mix)

STARTERS

- ▲ **PRAWN / SOFT SHELL CRABS (BEER BATTER)** 🦀 🥤 | 123 kcal 1500
 (Tomato Basil salsa and Aioli)
- ▲ **CLASSIC SHRIMP AND SQUID NACHOS** 🦀 🥤 🌾 | 363 kcal 1500
 (Refried beans, Cheese sauce Jalapenos)
- ▲ **MUTTON PEPPER FRY TACOS** 🥤 🌾 🥬 | 314 kcal 1200
 (Coleslaw, Red vinegar onions, salsa)
- ▲ **BAIT SPECIAL FRIED CHICKEN** 🌾 🥤 | 310 kcal 1200
 (Inspired, fried chicken with pounded chilli dip)
- ▲ **CRISPY CHICKEN WINGS** 🌾 | 429 kcal 1200
 (With honey chilli sauce)
- ▲ **BEEF PEPPER FRY ON TOAST** 🥤 🌾 🥬 | 384 kcal 1200
 (On Baguette)

An average active adult requires 2000 kcal energy per day, however, calorie needs may vary

List of Allergens:              

◆ Kindly inform us if you are allergic to any food ingredients ◆ All prices are in Indian Rupees and subject to Government taxes.
■ Vegetarian ▲ Non Vegetarian

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- **ASSORTED VEGETABLE FRITTERS**  | 228 kcal 990
 (Tomato Basil salsa and Aioli)
 - **CHILLI PLATTER OPTIONS** | 294 kcal 990
 (Cottage cheese or Mushroom or Baby corn)
 - **HONEY CHILLI LOTUS STEM**  | 128 kcal 990
 (With water chestnuts, toasted sesame)
 - **CLASSIC NACHOS**  | 228 kcal 990
 (Refried beans, Cheese sauce, Jalapenos)
 - **TRIO OF BRUSCHETTA**  | 184 kcal 990
 (Creamy Mushroom, Roasted Bell peppers Tomato Basil salsa)

SOUPS

- **ROASTED TOMATO AND BASIL SOUP**  | 55 kcal 660
- ▲ **ROASTED TOMATO AND BASIL SOUP WITH SEAFOOD**  | 136 kcal 770

GRILLS

CRUSTACEANS

- ▲ **LOBSTER**  | 102 kcal 3300
- ▲ **SEA CRAB**  | 98 kcal 2200
- ▲ **MUD CRAB**  | 119 kcal 2200
- ▲ **JUMBO PRAWNS / TIGER PRAWNS**  | 122 kcal 2400
- ▲ **BAY FRESH PRAWNS** | 134 kcal 2000

PAN SEARED MOLLUSCS

- ▲ **SCALLOP**  | 106 kcal 2300
- ▲ **SQUID**  | 132 kcal 1500

FISH

- ▲ **SALMON**  | 158 kcal 2400
- ▲ **POMFRET**  | 122 kcal 1900
- ▲ **PEARL SPOT**  | 143 kcal 1700
- ▲ **KING FISH DARNE**  | 110 kcal 1700




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VEGETARIAN

- | | |
|---|-------------------------------------|
| <ul style="list-style-type: none"> ■ COTTAGE CHEESE STEAK  162 kcal ■ TOFU STEAK  98 kcal ■ VEGETABLES  132 kcal | <p>1200</p> <p>1200</p> <p>1200</p> |
|---|-------------------------------------|


CHOICE OF MARINATIONS

- **BAY SPICE**
 Red chillies, cumin, turmeric, coriander and tamarind
- **COASTAL KERALA**
 Spicy local chilli, Kerala kokum, shallots and coconut oil
- **FISHERMAN'S SPICE**
 Curry leaves, chilli, shallots, turmeric, lime, ginger and garlic.
- **CHERMOULA**
 ground fresh parsley, coriander, cumin, garlic, lime and olive oil
- **LEMON OLIVE GARLIC**
 Lime juice, olive oil, garlic and rock salt.
- **PERI PERI**
 Spicy Portuguese classic
- **GHEE ROAST MASALA** 
 Special Mangalorian mix

SAMPLERS

- | | |
|---|-------------------------|
| <ul style="list-style-type: none"> ▲ SEAFOOD SAMPLER    654 kcal
 (Prawn, Squid, Lobster, Fillet of snapper, Prawn curry, Meen moilee, Malabar paratha, steamed rice) ■ BAIT VEG SAMPLER   478 kcal
 (Honey chilli lotus stem, chilli babycorn, Vegetable Fritters, Cottage cheese steak, Drum stick manga curry, Urali pattani masala, Malabar paratha, steamed rice) | <p>4400</p> <p>2200</p> |
|---|-------------------------|

SIGNATURE

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|---|-------------|
| <ul style="list-style-type: none"> ▲ GRILLED SNAPPER ON SMOKED MANGO WOOD  143 kcal | <p>1600</p> |
|---|-------------|

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EXCLUSIVE DELICACIES

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|---|------|
| <p>▲ IMPORTED LAMB RACK WITH SMOKEY BARBEQUE SAUCE   443 kcal</p> | 2500 |
| <p>▲ PEPPER CRUSTED GRILLED TENDERLOIN WITH RED WINE JUS   407 kcal</p> | 1650 |
| <p>▲ CAJUN GRILLED CHICKEN BREAST  283 kcal</p> | 1300 |




CURRIES

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|--|------|
| <p>▲ MEEN MOILEE  198 kcal</p> | 1300 |
| <p>▲ NADAN THARAVU PERALAN (DUCK CURRY) 203 kcal</p> | 1300 |
| <p>▲ CHICKEN STEW 109 kcal</p> | 1200 |
| <p>▲ BEEF ULARTHIYATHU  224 kcal</p> | 1200 |
| <p>■ MUSHROOM ULLI THEEYAL 113 kcal</p> | 1100 |
| <p>■ DRUMSTICK MANGO CURRY 124 kcal</p> | 990 |
| <p>■ PARAPPU THALICHETTU 133 kcal</p> | 990 |
| <p>■ URLAI PATTANI MASALA  156 kcal</p> | 990 |
| <p>■ VEGETABLE STEW 102 kcal</p> | 990 |

BREADS AND RICE

- | | |
|---|-----|
| <p>■ KERALA RED RICE 144 kcal</p> | 550 |
| <p>■ STEAMED RICE 187 kcal</p> | 550 |
| <p>■ MALABAR PARATHA  158 kcal</p> | 440 |
| <p>■ APPAM 98 kcal</p> | 440 |

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FROM THE OVEN

- Chef Special (with a choice of base made up of wheat and refined flour mix)
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- We serve only thin crust base pizza.
- Our pizza size is 12 inch Pizzas and Calzones will be available from 12:30 pm till 10:30 pm.
- All calzones will be served along with house salad.



PIZZA

▲ LAMB PEPPERONI	457 kcal	1350
▲ CHICKEN TIKKA	423 kcal	1350
■ SPINACH AND MUSHROOM	356 kcal	1350
■ BURATTA AND BASIL PESTO	473 kcal	1350
■ PANEER TIKKA AND BELL PEPPER	443 kcal	1350
■ CLASSIC MARGHERITA	323 kcal	1350

CALZONE

▲ CLASSIC SEAFOOD CALZONE	381 kcal	1350
▲ CLASSIC CHICKEN AND CHEESE CALZONE	44 kcal	1350
■ CLASSIC SPINACH AND RICOTTA CALZONE	453 kcal	1350

BURGERS

■ NAUGHTY VEGETABLE BURGER	266 kcal	1350
(Crispy vegetable patty, knotted buns, curried mayonnaise, fat chips, W ketchup)		
▲ NAUGHTY CHICKEN AND CHEDDAR BURGER	349 kcal	1350
(Crispy spicy chicken, fried egg, fat chips, double cheddar cheese, ketchup and gravy)		
▲ NAUGHTY BEEF BURGER	433 kcal	1350
(Knotted buns, sliced beef, fried egg, bacon, fat chips, ketchup and gravy)		

DESSERTS

▲ TIRAMISU	340 kcal	750
▲ NUTELLA AND SEA SALT BROWNIES	353 kcal	750
▲ BURNT RASAKADALI BANANAS	293 kcal	750
(Moist banana cake and vanilla ice cream)		
■ CARAMELIZED UNNIAPPAM	194 kcal	750
(With Jaggery butterscotch sauce, crispy coconut)		
■ KULFI	298 kcal	750
■ CUT FRUITS	88 kcal	550
■ ICE CREAM	273 kcal	550

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