Herb
kerala herbal cuisine

"Athithi Devo Bhava"

(The guest is God)

Prepare for something truly special…

Exceptional & exquisite: This is Herb

Herb has already gained a reputation for a high quality and innovative menu focused on Kerala herbal cuisine.

We offer a unique culinary experience here in the heart of Leicester, the spiritual home of British curry.

With fresh ingredients, herbs and spices, we pay genuine attention to the principles of healthy and healing cuisine. After all, this is the most delicious and diverse of Indian cooking styles: Kerala the spice capital of the world and offers one of the world's most aromatic, colourful and culturally rich cuisines.

At Herb, we've lovingly recreated recipes from our own village for a truly authentic flavour, all with the help of Kerala-born chefs, headed by the talented

Ramdas Krishna & Manu George.

UK'S 2nd BEST OF BEST AWARD WINNER 2023

WE ARE PROUD TO BE 13TH POSITION AWARD WINNER GLOBALLY 2023

www.herbrestaurant.co.uk

kerala herbal cuisine

Welcome to Herb – Kerala Herbal Cuisine

At Herb, every plate is inspired by the green abundance of Kerala - India's "God's Own Country," where vegetarian cooking is not just food, but a way of life. Rooted in the Ayurvedic belief that food is medicine, our dishes celebrate the healing power of herbs, spices, and fresh local produce.

From the gentle tempering of curry leaves and mustard seeds to the richness of coconut milk and the warmth of black pepper, Kerala's cuisine has always combined nourishment with flavour. In the same spirit, we bring to Britain a menu that honours both Kerala's heritage and today's vibrant vegetarian and vegan culture — wholesome, colourful, and crafted with care for body and soul.

With folded hands, we say Namaskaram, and invite you to enjoy a feast where tradition meets wellbeing,

and every guest is truly Athithi Devo Bhava — the guest is God.

Kayal's Herb
kerala herbal cuisine

Herb Menu

01 Pre Meal Snacks and Pickles. £4.45

A taste of Kerala's chayakkada (village tea shops) brought to your table: light, savoury snacks paired with tangy homemade chutney, and traditional lemon and mango pickles. Perfect to share before a meal, accompanied with friends and families over a laugh. (Vegan option available on request)

Murukku- Crunchy, spiral-shaped Kerala bites made from rice and black gram, delicately scented with cumin

Pappada vada- Poppadoms dipped in a light batter of rice flour, cumin, and sesame seeds, then deep-fried until golden and irresistibly crisp.

Nentharaka varuthathu- Kerala's famous banana chips – thin slices of plantain, fried to golden perfection for a crunchy bite.

Pappadoms – Classic, thin and crispy, made from black gram lentils.

Childrens Menu

- Potato Chips - **£3.25**
- Ney Roast Dosa **£4.95**
  A soft, lacy South Indian rice-and-lentil crêpe brushed with the richness of aromatic ghee.
- Cheese Dosa **£5.29**
- Potato Chips with Cheese **£3.95**
  Wholesome little bites crafted with the same care and balance as every Herb dish — perfect for our youngest guests.

A discretionary 10% service charge will be added to your bill for groups of 9 or more.

GF- suitable for GLUTEN FREE
NF- suitable for NUTS FREE
V- suitable for VEGAN

We can prepare the most of the Menu on above choices but please speak to one of our senior member about your dietary/ intolerances in advance.

Kayal's Herb
kerala herbal cuisine

Soup

02 Thakkali Rasam £4.45

A traditional South Indian favourite — tangy tomato broth simmered with black pepper, coriander, cumin, turmeric, and tamarind, then finished with a fragrant tempering of mustard seeds. Light, rejuvenating, and deeply comforting.

GF/NF,V OPTION AVAILABLE ONLY ON REQUEST

03 Herb Soup £5.65

An east-meets-west creation where fresh carrot purée blends with curry leaves, basil, coriander, tarragon, thyme, and black pepper, all enriched with silky coconut milk. A soothing, aromatic bowl that balances wellness with flavour.

GF/NF/V

Starters

04 Herb Mix vegetable platter £12.75

A vibrant medley of marinated and grilled baby corn, tender asparagus spears, smoky aubergine, soft courgette, earthy mushrooms, sweet cherry tomatoes, caramelised onions, and crisp chickpea fritters, served with a duo of fresh chutneys.

GF/NF, V OPTIONS AVAILABLE ONLY ON REQUEST

05 Idli £5.95

Soft, steamed cakes made from fermented rice and lentils, served with hearty sambar and cooling coconut chutney.

GF/NF/V

06 Chilli Idli £6.85

Fluffy, steamed fermented rice and lentils cakes infused with ginger and fresh herbs, tossed with onion, black pepper, and a fragrant blend of Keralan spices.

GF/NF/V

07 Bhel Puri £6.95

A refreshing street-food classic with crushed crispy pastry, tender seasonal potatoes, sweet dates, garlic, and puffed rice, all coated in a tangy-sweet tamarind chutney. Served cold.

V

08 Dahi Batata Puri £7.75

Crisp puris filled with spiced potato, sweet dates, and tangy tamarind chutney, draped in creamy yoghurt and topped with coriander chutney and a sprinkle of ground spices. Served cold.

NF

09 Sev Puri £6.95

Mini crisp bases topped with onions, mint and tamarind chutney, yogurt, garlic, coriander, and a sprinkle of crunchy sev. Served cold.

NF

A discretionary 10% service charge will be added to your bill for groups of 9 or more.

GF- suitable for GLUTEN FREE
NF- suitable for NUTS FREE
V- suitable for VEGAN

We can prepare the most of the Menu on above choices but please speak to one of our senior member about your dietary/ intolerances in advance.

Kayal's Herb
kerala herbal cuisine

10 Aloo Papdi Chaat £6.85

Crispy puris layered with potatoes, garlic, dates, sweet-spicy chutney, and creamy yogurt. Served cold.

NF

---

11 Uzhunnu Vada £6.45

Golden-fried lentil doughnuts with a fluffy centre and crisp shell, paired with hot sambar and fresh chutney.

GF / NF / V

---

12 Banana Boli £6.65

A beloved Kerala teatime snack — ripe banana slices dipped in a rice-flour batter speckled with black sesame seeds, fried until crisp, and served with chutneys. NF / V

---

13 Adipoli Tofu £7.95

Soft cubes of tofu sautéed with onion, tomato, and Kerala spices, finished with a dash of black pepper — a light yet protein-rich vegetarian treat

GF / NF / VV

---

14 Paneer Pepper Fry £7.95

Kerala-style stir-fried cottage cheese cubes tossed with crisp onions, fresh peppers, and a zesty chilli sauce.

GF / NF – (VEGAN OPTION AVAILABLE ON REQUEST.)

---

15 Chilli Kappa £6.79

A Portuguese-inspired Kerala favourite — fresh mogo (tapioca) chips fried to perfection, then tossed with chilli, onion, pepper, ginger, garlic, and our signature house-made chilli salsa.

GF / NF / V

---

16 Madhura Kizhangu Varattiyathu £7.45

Tender sweet potato cubes sautéed with chilli, onion, mustard seeds, ginger, garlic, curry leaves, and a touch of tomato.

GF / NF / V

---

17 Oats Vegetable Cutlet £7.69

A crunchy, golden patty made with mashed potatoes, wholesome oats, and seasonal vegetables, crumb-fried for the perfect bite.

GF / NF / V

A discretionary 10% service charge will be added to your bill for groups of 9 or more.

GF- suitable for GLUTEN FREE
NF- suitable for NUTS FREE
V- suitable for VEGAN

We can prepare the most of the Menu on above choices but please speak to one of our senior member about your dietary/ intolerances in advance.

Kayals Herb
kerala herbal cuisine

Dosas

Dosa is the pride of South India — thin, golden crêpes made from a naturally fermented batter of rice and lentils. Light, nourishing, and gently tangy, they are a staple across Kerala and beyond. At Herb, every dosa is served with comforting sambar and freshly made coconut chutneys.

18 Plain Dosa £6.89
A classic South Indian rice-and-lentil pancake. **GF/NF/V**

19 Masala Dosa / Paper Masala Dosa £1099/£12.95
The iconic Brahmin favourite — a crisp crepe filled with a hearty mix of spiced potatoes, onions, and peas. **GF/NF/V**

20 Plain Rava Dosa £11.95
A lacy, golden pancake made from semolina and rice, served with chutney and sambar. **(V / NF — VEGAN OPTION ON REQUEST)**

21 Rava Masala Dosa £12.89
A crisp semolina and rice pancake speckled with green chillies, filled with a warm, spiced potato, onion, and pea mixture. **(NF/V – VEGAN OPTION ON REQUEST)**

22 Paneer Dosa / Paper Paneer Dosa £13.65 / £14.75
A golden dosa wrapped around a rich filling of cottage cheese, capsicum, potato, carrot, peas, green chilli, ginger, and onions. **GF**

23 Plain Onion Rava Dosa £12.85
Semolina and rice pancake folded with lightly caramelised onions for a sweet-savoury crunch. **(V / NF — VEGAN OPTION ON REQUEST)**

24 Onion Rava Masala Dosa £13.89
A crisp semolina and rice pancake with sautéed onions and a spiced potato-carrot filling. **(V / NF — VEGAN OPTION ON REQUEST)**

25 Dosa Pav Bhaji £12.79
A creative fusion — dosa layered with 'pav bhaji masala' and stuffed with a special potato blend, cooked in our chef's signature spices.
GF / NF (VEGAN OPTION AVAILABLE ON REQUEST.)

A discretionary 10% service charge will be added to your bill for groups of 9 or more.

GF- suitable for GLUTEN FREE
NF- suitable for NUTS FREE
V- suitable for VEGAN

We can prepare the most of the Menu on above choices but please speak to one of our senior member about your dietary/ intolerances in advance.

Kayal's Herb
kerala herbal cuisine

26 Spinach Dosa £13.89

A vibrant dosa where spiced potato meets the goodness of spinach purée and rice flakes, for a colourful and nourishing twist.

GF/NF/V

27 Herb Dosa £14.95

Chef's signature creation — a dosa filled with spiced potato and delicately seasoned with a fragrant bouquet garni.

GF/NF/V

28 Nair Masala Dosa £14.75

A Kerala speciality — dosa brushed with spicy red chutney and butter, then filled with comforting potato masala.

GF / NF (VEGAN OPTION AVAILABLE ON REQUEST.)

7th Midland food drink and hospitality awards for vegan/Vegetarian restaurant of the year 2024

A discretionary 10% service charge will be added to your bill for groups of 9 or more.

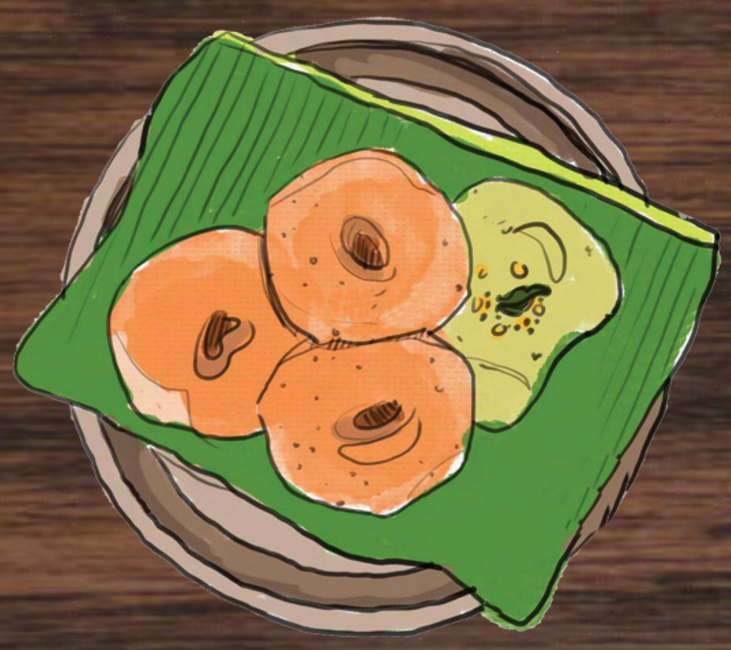
GF- suitable for GLUTEN FREE
NF- suitable for NUTS FREE
V- suitable for VEGAN

We can prepare the most of the Menu on above choices but please speak to one of our senior member about your dietary/ intolerances in advance.

Kayal's Herb
kerala herbal cuisine

Uthappam

Often called the "Pizza of South India," Uthappam is a thick, hearty pancake made from fermented rice and lentils, cooked on both sides and topped with fresh vegetables and spices.



29 Plain Uthappam £8.95
A soft, thick rice and lentil pancake with a delicate tang. GF/NF/V

30 Onion Uthappam £10.95
Topped generously with fresh onions for a sweet, caramelised bite. GF/NF/V

31 Mix Uthappam £11.95
Topped with a colourful medley of fresh garden vegetables, cooked to perfection. GF/NF/V

32 Masala Uthappam £11.95
A vegetable-topped uthappam dusted with mulaga podi (spiced lentil chilli powder) for a fiery, authentic kick. GF/NF/V

33 Herb Uthappam £12.75
Chef Ramdas's signature uthappam, infused with basil, coriander, and fenugreek leaves for a fragrant, herbal touch. GF/NF/V

Vegan Pre-Theatre Menu

34 Vegan Pre-Theatre Menu £18.75
Rasam soup followed by a feast of seven vegetable tapas dishes, served with bread and rice.
GF / NF / V — VEGAN OPTION ON REQUEST

A discretionary 10% service charge will be added to your bill for groups of 9 or more.

GF- suitable for GLUTEN FREE
NF- suitable for NUTS FREE
V- suitable for VEGAN

We can prepare the most of the Menu on above choices but please speak to one of our senior member about your dietary/ intolerances in advance.

Kayal's Herb
kerala herbal cuisine

Sambar Combo

A wholesome South Indian classic, perfect as a vegan breakfast or lunch. Choose fluffy steamed rice cakes (idli) or golden lentil doughnuts (vada), both served dipped in a hearty bowl of hot, vegetable-rich sambar — a dish enjoyed in homes, temples, and festivals across South India.

35 Idli Sambar £9.95 GF/NF/V

36 Vada Sambar £9.95 GF/NF/V

Mains

A celebration of Kerala's vegetarian heritage, our mains draw on the wisdom of Ayurvedic balance — combining fresh vegetables, pulses, and spices to create dishes that are both nourishing and deeply flavourful.

Silky, soothing, and infused with Kerala's signature coconut — the very soul of its cuisine.

37 Koonu Curry £11.55

Mushrooms simmered with ginger, garlic, and cumin, finished in creamy coconut milk.

GF / NF / V

38 Green Papaya Stew £13.95

Tender papaya in a velvety coconut sauce with shallots and tempered with curry leaves.

GF / NF / V

39 Kadala Curry £10.95

Black chickpeas in a roasted coconut gravy, mildly spiced, perfect with appam.

GF / NF / V

40 Vegetable Korma £10.45

Fresh vegetables cooked in a creamy coconut-and-cashew sauce. GF / V

41 Pineapple Pullissery £9.95

Tangy-sweet yoghurt curry with pineapple and coconut. GF / NF

A discretionary 10% service charge will be added to your bill for groups of 9 or more.

GF- suitable for GLUTEN FREE
NF- suitable for NUTS FREE
V- suitable for VEGAN

We can prepare the most of the Menu on above choices but please speak to one of our senior member about your dietary/ intolerances in advance.

Kayal's Herb
kerala herbal cuisine

Leafy Greens & Roots

Nutritious, earthy dishes that celebrate Kerala's seasonal bounty, crafted to bring harmony and vitality.

42 Cheera Kizhangu £9.95
Spinach and potato gently poached with Kerala spices.
GF, NF OPTION AVAILABLE ONLY ON REQUEST

43 Cheera Paneer £12.85
Spinach paired with cottage cheese and light spices. NF / GF

44 Cheera Asparagus Thoran £15.79
Spinach and asparagus sautéed with grated coconut, served with lentil curry.
NF / GF / V

45 Herbed Kathrika & Paneer Vazhattiyath £12.95
Tender aubergine with onion, tomato, paneer, and Keralan spices. NF / GF / V

Temple & Festive Classics

Dishes tied to Kerala's Brahmin kitchens and celebratory feasts.

46 Brahmins Avial £10.95
A medley of vegetables with drumsticks and coconut — a festive favourite. NF / GF / V

47 Pavakka Pachadi £11.89
A yogurt curry with bitter gourd, coconut, and curry leaves.
(BITTER TASTE IS RETAINED) GF / NF

Lentils & Legumes

Comforting and protein-rich — staples of everyday Kerala meals.

48 Herbal Parippu £8.95
Chefs special lentils cooked with garlic, tomato, and curry leaves, tempered with mustard seeds.
GF / NF / V

49 Channa Masala £10.95
Chickpeas in a tangy tomato masala — perfect with batura. GF / NF / V

A discretionary 10% service charge will be added to your bill for groups of 9 or more.

GF- suitable for GLUTEN FREE
NF- suitable for NUTS FREE
V- suitable for VEGAN

We can prepare the most of the Menu on above choices but please speak to one of our senior member about your dietary/ intolerances in advance.

Kayal's Herb
kerala herbal cuisine

Herb Specials

50 Pothichoru Bijo Biryani £16.95

Kerala-style biryani with vegetables, cottage cheese, herbs, and spices, steamed in banana leaves and served with raita, lemon pickle, and pappadoms. GF

---

51 Okra / Paneer Pollichathu £18.95

Okra or cottage cheese steamed in banana leaves with herbs and spices, served with chickpea fritters and salad.oms. NF / V

---

52 Pidiyum Kadalayum / Kuruma £17.95

Rice dumplings and paneer in coconut milk with cumin and curry leaves, served with chickpea curry or kuruma. GF

---

53 Jackfruit Ularthiyathum Kadala Curryum £18.65

Mashed raw jackfruit cooked with coconut, garlic, green chillies, cumin, curry leaves, and mustard, served with black chickpea curry. GF /NF /V

---

54 Millet & Quinoa Uppuma £15.95

Millet and quinoa with black gram, tomato, onion, ginger, coconut, and curry leaves, served with kadala or kurma curry. GF / V

---

55 Okra / Paneer Mappas £16.95

Tender okra or paneer in a mildly spiced coconut milk sauce with onion, tomato, and green chilli. GF / NF

A discretionary 10% service charge will be added to your bill for groups of 9 or more.

GF- suitable for GLUTEN FREE
NF- suitable for NUTS FREE
V- suitable for VEGAN

We can prepare the most of the Menu on above choices but please speak to one of our senior member about your dietary/ intolerances in advance.

Kayal's Herb
kerala herbal cuisine

The Herb Sadya (Thali)

The Sadya is Kerala's grand vegetarian feast, traditionally served on a banana leaf during temple festivals and family celebrations. At Herb, we bring this cultural gem to your table in a three-course experience — beginning with a soothing soup, followed by a vibrant spread of tapas-style vegetable dishes with rice and bread, and culminating sweetly with dessert. A true taste of Kerala's abundance and harmony.

56 Herb Special Thali £22.45

A complete three-course feast: rasam soup, eight vegetable tapas dishes, rice, bread, and a traditional payasam dessert. GF / NF (VEGAN OPTIONS AVAILABLE ON REQUEST)

57 Slim Thali £16.85

A lighter version of the Sadya: a single course meal of seven vegetable tapas dishes served with rice and bread. GF / NF (VEGAN OPTIONS AVAILABLE ON REQUEST)

Side Dishes & Salads

A thoughtful collection of accompaniments and lighter bites, each bringing balance and flavour to your meal. Inspired by Kerala's home-style cooking and Ayurvedic principles, these sides are designed to refresh, complement, and nourish alongside your main dishes.

58 Herb Kayal Salad £11.65

Mango, avocado, guava, and lettuce tossed with crushed pepper and a zesty squeeze of lemon juice. GF / NF / V

59 Herbed Quinoa Salad £9.98

Quinoa with spinach, carrot, coconut, lemon, and coriander leaves, dressed in the chef's secret herbal blend. GF / NF / V

60 Payar Banana Thoran £7.29

A Kerala favourite dry cooked long green beans and plantain sautéed with mustard seeds, onion, ginger, garlic, green chilli, coconut, and curry leaves. GF / NF / V

61 Jeera Aloo £6.45

Potatoes stir-fried with cumin for a fragrant, earthy depth. GF / NF (VEGAN OPTIONS AVAILABLE ON REQUEST)

62 Potato Palya £5.95

South Indian-style potatoes cooked with a delicate blend of aromatic spices. GF / NF / V

A discretionary 10% service charge will be added to your bill for groups of 9 or more.

GF- suitable for GLUTEN FREE
NF- suitable for NUTS FREE
V- suitable for VEGAN

We can prepare the most of the Menu on above choices but please speak to one of our senior member about your dietary/ intolerances in advance.

Kayal's Herb
kerala herbal cuisine

63 Green Garden Salad £4.35
Cucumber, tomato, onions, lettuce, carrots, chillies, and lemon. GF / NF /V

64 Mini Salad £3.45
A refreshing mix of cucumber, onion, lemon, tomato, and green chilli. GF / NF /V

65 Sambar £5.45
A hearty South Indian vegetable and lentil stew simmered with homemade spices. Fresh vegetables cooked with lentils and homemade spices. GF / NF /V

66 Raitha £2.49
Cooling yogurt with carrots and cucumber, perfect to soothe the spice. GF / NF /V

In true Ayurvedic spirit, these sides bring harmony to the table — balancing flavours while keeping the body light and refreshed.

Breads

67 Poori £3.39
Golden, fluffy fried breads made from wheat flour — light, airy, and celebratory. NF /V

68 Batura £3.69
A large, cloud-like fermented wheat bread, puffed and deep-fried until golden. NF

69 Chappatti £2.69
Soft, wholesome whole meal flatbread, a humble yet comforting staple. NF / V

70 Kerala Paratha £2.95
Delicately layered wheat bread, coiled and griddle-cooked to a crisp, flaky finish. NF

71 Appam £2.95
Kerala's signature soft-centred, lacy crispy-edged pancake made from fermented rice batter. GF / NF / V

71 Kallappam – £2.85
A traditional rice and coconut pancake, kissed with a gentle garlic aroma. GF / NF / V

Our breads embody warmth and sharing — the perfect way to complete your Herb journey with comfort and authenticity.

A discretionary 10% service charge will be added to your bill for groups of 9 or more.

GF- suitable for GLUTEN FREE
NF- suitable for NUTS FREE
V- suitable for VEGAN

We can prepare the most of the Menu on above choices but please speak to one of our senior member about your dietary/ intolerances in advance.

Kayal's Herb
kerala herbal cuisine

Rice

73 Plain Rice £3.79

Steamed white basmati rice.

GF/ NF /V

---

74 Thenga Choru £3.99

A Kerala speciality — rice tempered with coconut, urad dal, crunchy cashews, and curry leaves.

GF/ V

---

75 Veluthully Choru £4.25

Garlic-flavoured fried rice.

GF / NF / V

---

76 Veg Pulao £4.35

A delicate medley of basmati rice and garden vegetables gently cooked in ghee.

GF / NF

---

77 Herb Rice £4.59

A nourishing blend of basmati rice with coriander, mint, spinach, fenugreek, and ginger.

GF / NF / V

A discretionary 10% service charge will be added to your bill for groups of 9 or more.

GF- suitable for GLUTEN FREE
NF- suitable for NUTS FREE
V- suitable for VEGAN

We can prepare the most of the Menu on above choices but please speak to one of our senior member about your dietary/ intolerances in advance.

Kayal's Herb
kerala herbal cuisine

Sweet Endings

78 Gulab Jamun £5.85
Soft milk dumplings fried golden and soaked in syrup. NF

79 Jaggery Dosa with Ice Cream £5.79
A golden butter crêpe drizzled with warm sugarcane jaggery, paired with velvety vanilla ice cream. NF (VEGAN OPTIONS AVAILABLE ON REQUEST)

80 Ada Pradhaman £4.95
Kerala's festive payasam — rice flakes simmered with jaggery, ghee, coconut, cashews, and raisins. GF / NF (VEGAN OPTIONS AVAILABLE ON REQUEST)

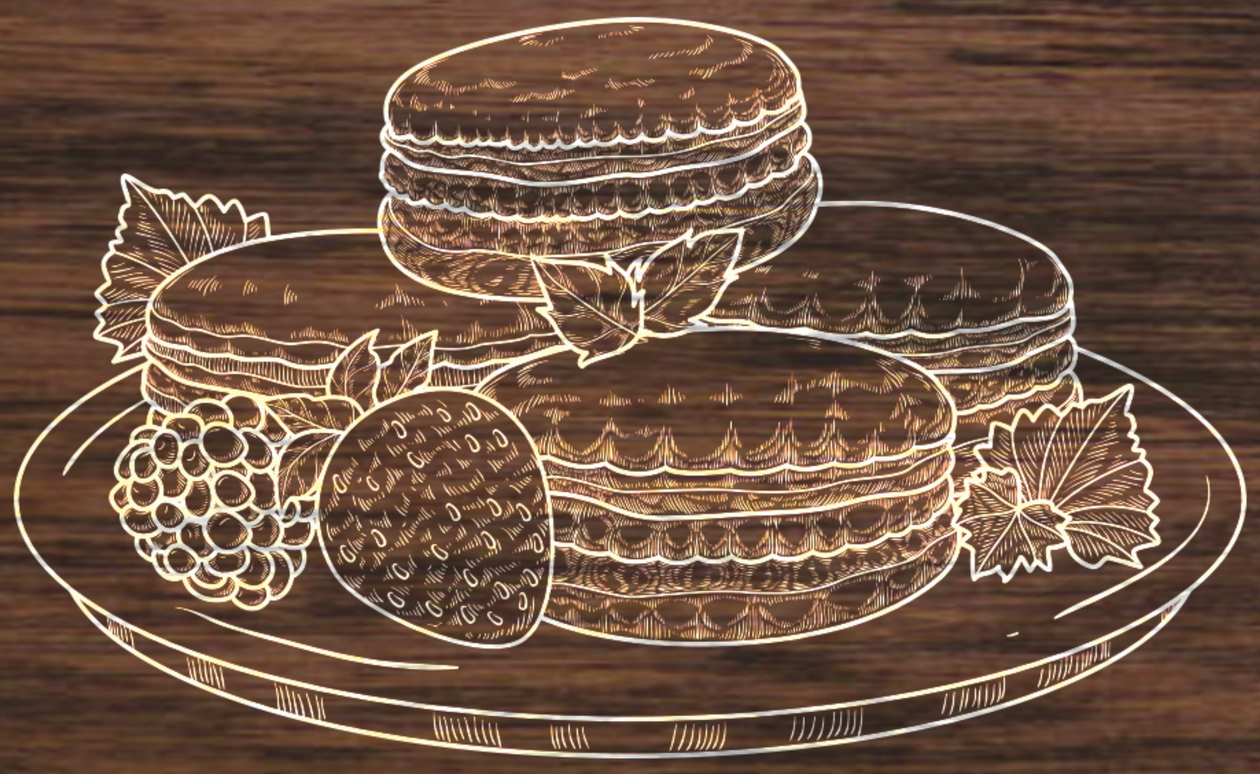
81 Carrot Halwa with Ice Cream £5.59
Warm carrot fudge with cardamom, nuts, and raisins, served with ice cream. GF

82 Kulfi £5.45
Indian-style ice cream in mango, pistachio, or malai flavours.

83 Ela Ada with Ice Cream £5.95
Banana leaf-steamed rice cakes filled with coconut and jaggery, served warm with ice cream. GF / V

84 Choice of Ice Cream £4.75
Classic favourites: vanilla, chocolate, strawberry, or coconut.

85 Vegan Vanilla £5.65
Dairy-free vanilla ice cream — smooth, indulgent, and plant-based.



A discretionary 10% service charge will be added to your bill for groups of 9 or more.

GF- suitable for GLUTEN FREE
NF- suitable for NUTS FREE
V- suitable for VEGAN

We can prepare the most of the Menu on above choices but please speak to one of our senior member about your dietary/ intolerances in advance.

Kayal's Herb
kerala herbal cuisine

Sips from the Spice Hills - Chai & Kaapi

No Kerala meal is complete without a comforting cup of tea or coffee. From the misty hills of Munnar to the spice gardens of Cochin, every sip carries a story. At Herb, we bring together the best of Indian traditions and British favourites — whether you seek the boldness of espresso, the warmth of spiced masala tea, or the soothing calm of herbal infusions.

- Tea & Coffee – £3.95
- Espresso / Double – £3.50 / £3.75
- Cappuccino / Latte / Hot Chocolate – £3.95
- Irish Coffee – £6.45
- Cochin Coffee (Kerala cappuccino) – £4.25
- Chuk Kappi (ginger black coffee) – £3.95
- Hot Tulsi Tea – £3.75
- Hot Lemon Tea – £3.75
- Hot Peppermint – £3.75
- Hot Green Tea – £3.75
- Hot Munnar Cardamom Tea – £4.10
- Hot Masala Tea – £4.30
- Hot Turmeric Tea – £3.75
- Ginger Mint Iced Tea – £3.75
- Herb Flower Tea – £5.25

Sip slowly — a cup of tea or coffee here is not just a drink, but a pause, a moment of wellness, and a gentle reminder of Kerala's healing traditions.

A discretionary 10% service charge will be added to your bill for groups of 9 or more.

GF- suitable for GLUTEN FREE
NF- suitable for NUTS FREE
V- suitable for VEGAN

We can prepare the most of the Menu on above choices but please speak to one of our senior member about your dietary/ intolerances in advance.

Kayal's Herb
kerala herbal cuisine