

# 2019 / 2020

# SHUNYACHI

# MENUS

Welcome to Shunya Chi.

As you have probably already heard, customized food is one of the main reasons why we have so many repeat guests.

We no longer have a fixed price for meals, but the chef will inform you at the time of ordering about the price of your orders based on prevailing market rates. We have a minimal mark up for our services only but insist on using the best ingredients.

Our vegetables, herbs, oils and other ingredients are either grown on our properties or farm or sourced from organic suppliers.

Our sea food menu is based on angler and traditional fisherman caught fish only. The fish has to be alive when it comes into our hands. It is then cleaned immediately. If used in cold cooked marination it is first deep frozen according to international norms to destroy parasites.

We offer a house Vegan Menu, Vegetarian Menu , Sea Food Menu and Picnic and Snack Menu. There is a Pizza Menu for properties where there is a wood-burning oven.

Red meat and chicken can be ordered and prepared in discussion with the Chefs who are skilled in many recipes.

You may also provide them with your favourite recipes which they can prepare for you subject to availability of ingredients.

We also offer therapeutic special ' Healing Menus' based on your special body type for people with specific health problems.

For the special healing menu you need to book at least two weeks before arrival and fill in an online questionnaire.

This will be examined by our panel of doctors and dietitians and we will come up with a customized menu just for you.

All the big contemporary maladies like diabetes, sleep deprivation, arthritis , hypertension, etc. have been shown to respond to treatments of homeopathy and customized diet which we provide on prior request.

*Note: All prices are reduced by 30 percent if ordered in advance with full payment prior to arrival because of the convenience to villa staff when you do this. A la carte ordering is possible for the day latest by 11 am.*

*All meals served after 10 pm attract a 15 percent extra charge. All meals served after 12 pm attract a 30 percent extra charge.*

MENU INFORMATION



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# VEGAN

# MENU

## *Breakfast*

Overnight Porridge : Oats soaked in nut milk. Served with nuts and fresh and dried fruit and unrefined sugars.

Choice of Nut Milks with home made Muesli

Seasonal Tropical Fruit Salad

Choice of Cold pressed Vegetable and Fruit Juices

Choice of Vegan Smoothies

Choice of Herbal and Black Teas with choice of nut milks

Filter Coffee with choice of nut milks

## *Starters*

Raw Fried Root Vegetables: Includes Sweet potato, Yams, Bread Fruit.

Sushi Rolls

Summer Rolls

Spring Rolls

Beetroot Carpaccio

Mushroom almond pate with vegetable sticks

Guacamole with vegetable sticks

Aubergine dip with vegetable sticks

Crackers with assorted nut butters

## *Soups*

Soups from all seasonal vegetables, including many local gourds and leafy vegetables. The chef will tell you whats in season.



# VEGAN MENU

## *Main Courses*

Thai Green Curry

Barbecued Tofu sticks with fruit and vegetables.

Vegetable Biryani

Mixed Vegetable Pullao

Pea Pullao

Aubergine Biryani

Ayurvedic Vegetable Stew

Jack Fruit Curry

Lentil and Gourd Curry

Tofu with leafy local greens

Drumstick Curry

Amadi - a sweet sour fruit - with Sweet Sauce



## *Salads*

Moorish salad

Quinoa, nuts and herb salad

Raw Cauliflower Salad

Raw Papaya Salad

Rocket , Pear and Marinated Tofu Salad

Mango and Spinach Salad

Beetroot and Nuts Salad

White Radish and Tomato Salad



## *Deserts*

Raw Cacao Mousse

Coconut Jelly with Strawberries and Star Anees  
Syrup

Local Pancakes baked in Turmeric Leaves

Fruit Salad

Chia seeds pudding with nut milk and fruit

Raw Chocolate coated fresh Strawberry, Banana  
and tender Coconut platter

Mango Mousse



# 2019 / 2020 VEGETARIAN MENU

## *Breakfast*

Muesli with Yogurt/ Milk

Choice of eggs

Choice of artisanal cheeses including Goat cheeses, Camembert, Brie , etc. ( minimum orders apply)

Seasonal Tropical Fruit Salad

Stuffed Parathas with Raita

Poories with choice of Bhaji

Dosais

Idlis

Powa

Local pan rolls

American Pancakes with Maple Syrup/ Honey/ Chocolate Sauce

Choice of Cold pressed Vegetable and Fruit Juices

Choice of Smoothies

Choice of herbal and black teas

Filter Coffee

## *Starters*

Rawa Fried Root Vegetables: Includes Sweet potato, Yams, Bread Fruit.

Sushi Rolls

Summer Rolls

Spring Rolls

Beetroot Carpaccio

Mushroom almond pathe with vegetable sticks

Guacamole with vegetable sticks

Aubergine dip with vegetable sticks

Crackers with artisanal cheese platter

Potatoes with Aioli

Barbequed Paneer with Peanut sauce



# VEGETARIAN MENU

## Soups

Soups from all seasonal vegetables, including many local gourds and leafy vegetables . The chef will tell you whats in season. Some soups use cheese or cream.. So vegans order from our Vegan Menu.

Soups include: Gazpacho, French onion, Curried celery, Cold cucumber and beetroot, Minestrone, Cream of courgette with gorgonzola and many others.



## Deserts

- Caramel Custard
- Chocolate Mousse
- Chocolate with Orange Salad
- Raj Panrolls with Coconut Filling
- Coconut Jelly with Strawberries and Star Anees Syrup
- Local Panrolls baked in Turmeric Leaves with Jaggery fillings
- Seasonal Tropical Fruit Salad
- Chia seeds pudding with nut milk and fruit
- Chocolate coated fresh strawberry, banana and tender coconut platter
- Mango Mousse
- Choice of full seasonal fruit
- Italian Artisanal Gellato ( 24 hours notice necessary)

## Main Courses

- Leak Souffle
- Leak, Mushroom and Lemon Risotto
- Avial ( A Kerala vegetable stew)
- Thai Green Curry
- Water Melon Curry with Black Bean Patties
- Ayurvedic Vegetable Stew ( cooked with no garam masala and almost no oil.)
- Vegetable Kurma
- Barbecued Tofu sticks with fruit and vegetables.
- Vegetable Biryani
- Mixed Vegetable Pullao
- Lemon Rice
- Tamarind Rice
- Curd Rice with pickle platter
- Herbal Pullao
- Pea Pullao
- Aubergine Biryani
- Vegetable Stew
- Jack Fruit Curry
- Lentil and Gourd Curry
- Tofu with leafy local greens
- Drumstick Curry
- Amadi - a sweet sour fruit - with Sweet Sauce
- Pesto with cashew nut or almond
- Asorrted Pasta Sauces including: Mushroom Bolognese and Mushroom with cream and parsley

## Salads

- Moorish salad
- Quinoa, nuts and herb salad
- Raw Cauliflower Salad
- Raw Papaya Salad
- Rocket , Pear and Parmesan Salad
- Mango and Spinach Salad
- Beetroot and Nuts Salad
- White Radish and Tomato Salad



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# SEAFOOD MENU

## *Starters*

Cold cooked wild fish. Chef will tell you whats in stock

Rawa fried pan fish and shell fish. Chef will tell you whats in stock

Calamari with Litchi and Spicy Jam

Warm Baby Courgette and Prawn Salad

## *Soups*

Bouillbaise

Fish and coconut soup

Fish soup with potato and spring onion

## *Salads*

Tuna

Redsnapper

Trevally

Kingfish

Barramundi



# SEA FOOD MENU



## *Main Courses*

Hot Smoked Mackarel

Asian glass noodles and prawn

Pomfret in Banana leaf

Steamed Squid stuffed with herbs

Prawn/lobster in garlic butter

Cold Crab with choice of sauces

Whole grilled fish or shell fish including lobster

Whole pan fried fish with choice of marinades

Banushee/Mackarel/ Pomfret Rechado

Ray with black butter and capers

Kingfish with vanilla sauce

Shark tikkas ( BBQ )

Barracuda tikkas ( BBQ )

Choice of whole fish ( BBQ)

Choice of fish Souffle



All Goan style sea food preparations in consultation with chef.

Includes, curries, rechados , ambotiks, balchaos, etc.



## *Deserts*

See deserts in vegetarian menu



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# PIZZA MENU

We make our own wood-fired pizzas with homemade bases and a variety of artisanal cheeses and homegrown herbs and vegetables. We also use locally prepared chorizo for non vegetarians.

Plan your pizzas with the chef.

Note: not all properties have wood burning ovens.

# PICNIC HAMPER AND SNACK MENU

Chunky Chocolate and Banana Muffins

Date and Walnut Brownies

Cheese and Potato Patties

Onion and Thyme tart

Cheese and Spinach Flan

Cheese and Potato Scones

Fish Cutlets

Christmas Cookies

Chocolate Pudding Cake

Assorted Dips with vegetable sticks

Home Baked Breads

Carrot Cake

Cinnamon Rolls

Assorted Sandwiches

French Fries

Russian Salad

Hard Boiled Eggs and Boiled Potatoes

Stuffed Parathas

Spring Rolls

