

Thira in Malayalam language means 'wave'.

Malayalam is spoken by about 35 million people in the southern Indian state of Kerala. It has a long coast line, with numerous rivers, ponds, lakes and backwaters. Known for its natural beauty, it is also called 'God's own country'.

Fish and tapioca are the staple food of the local people. Coconut, from which the state derives its name from (Kerala), can also be found in abundance. It is liberally used in almost all the food preparations and its oil is the medium of cooking.

The scintillating Masala Dosa (rice and lentil pancake with spicy potato stuffing) is ranked 9th in the world's most favourite food.




Thira - Winner of South Indian Restaurant of The Year at the Nation's Curry Awards 2024



Food allergy notice:

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V = Vegetarian  = Vegan

Prices include VAT
2025 menu and prices supercede previous



Food Menu

Authentic Kerala (South Indian)

Lunchtime Specials

Available only during lunch time, 11:30am – 2:30pm

- **Vegetarian thali £9.50**

2 Veg curries, side dish, Daal and dessert, served with rice and Puri.

- **Chicken/Lamb thali £10.50**

Chicken/Lamb curry, veg curry, side dish, daal and Dessert, served with rice and Puri.

- **Fish/Prawn thali £11.50**

Fish/Prawn curry, veg curry, side dish, daal and dessert, served with rice and Puri.

- **Kerala Meals £15.50**

Kerala rice served with Pappadam, pickle, thoran, chicken roast, sambar, moru (yogurt) curry, Fish curry and Paayasam.

Tiffin Box (For 2 people to share)

A tiffin box is a type of lunch box traditionally used in India to carry a meal to eat at work.

- **Vegetarian £19.50**

Paneer curry, side dish, Dhal, served with rice and chapati.

- **Non-Vegetarian £25.50**

Chicken/Lamb/prawn curry, side dish, Dhal, served with rice and chapati.

Indian street food

- **Dahi puri £4.00**

Crispy, hollow, fried dough balls stuffed with boiled potatoes together with spicy tangy yogurt and a sweet chutney.

- **Channa chaat £5.50**

Tangy and flavourful chickpea salad.

- **Samosa Chaat £6.50**

Crunchy samosa served with spicy chickpea curry.

- **Pav Bhaji £7.50**

A thick spicy vegetable curry served with a soft buttered bread roll.

South Indian Classics

- **Appam Egg Roast £12.50**

Kerala style Boiled Egg roast served with 2 Appams.

- **Parotta Beef £13.50**

Kerala style beef roast served with 2 kerala parottas.

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Dinner Menu

Pre-meal

- **1. Pappadam Set:**

Plain pappadams served with chutney tray. (V) £3.50

- **2. Pani Puri:**

Crispy hollow fried dough balls served with chickpeas and sweet, tangy and spicy water. (V)  £3.50

Soups

- **3. Rasam**

Hot and sour soup with lentils and tomato. (V)  £4.50

- **4. Sea Food Soup**

Be refreshed by the Arabian Sea combination of sea food specials. £6.50

Vegetarian Starters


- **5. Medu Vada**

Mashed white lentils fried in doughnut shaped dumplings. Served with sambar and coconut chutney. (V)  £5.50

- **6. Mirchi paneer**

Cottage cheese tossed with spicy tomato sauce and bell peppers. (V) £7.00

- **7. Parippu vada**

Crispy fried Bengal gram dumplings flavoured with shallots and curry leaves. Served with coconut chutney. (V)  £5.50

- **8. Onion bhaji**

Spiced and crispy deep-fried onions with gram flour. (V)  £4.50

- **9. Cauliflower Varuval**

Cauliflower marinated in homemade masala and deep fried. (V)  £6.50

- **10. Veg Samosa**

Deep fried wheat flour-based pastry, stuffed with spicy potatoes and peas. (V)  £5.50

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Non Vegetarian Starters

- **11. Grilled king fish**
King fish steak marinated with Kerala spices and grilled in a griddle. **£7.95**
- **12. Kerala prawn fry**
Prawns marinated in a special masala and deep fried. **£7.95**
- **13. Squid Pepper Fry**
Squid rings marinated with black pepper and deep fried and tossed with green chilli and curry leaves. **£7.95**
- **14. Kallummakkayu varuthathu**
Mussels marinated with Kerala spices and deep fried. **£7.95**
- **15. Prawn Puri**
Kerala prawn masala topped on a puri. **£7.95**
- **16. Thira Special scallop**
Seared Scallops in chef's special coconut sauce. **£11.50**
- **17. Chicken 65**
Boneless pieces of chicken marinated in homemade masala and deep fried. **£6.75**
- **18. Zafrani Murgh Malai tikka**
Chunks of chicken marinated in a mild saffron flavoured yogurt and mustard paste and cooked in a clay oven. **£6.95**
- **19. Chicken Tikka**
Chunks of chicken marinated with Indian spices and yogurt and cooked in a clay oven. **£6.75**
- **20. Kerala Kozhi roast**
Boneless chicken marinated with Kerala spices and tossed in dry masala. **£7.50**
- **21. Chilly chicken**
Deep fried chicken cubes tossed with spicy masala and bell peppers. **£7.50**
- **22. Aattirachi varattiyathu**
Boneless diced lamb sautéed with crushed ginger garlic and shallots. **£8.95**
- **23. Ginger Lamb chops**
Lamb chops marinated with ginger, yogurt and aromatic spices and cooked in a clay oven.
Served with green chutney. **£8.95**
- **24. Naadan beef**
Boneless diced beef cooked with authentic Kerala spices and tossed with curry leaves and coconut slivers.
It is one of the most popular dishes in Kerala. **£8.95**
- **25. Seekh Kebab**
Minced lamb marinated with green chilli, coriander, and cumin. Then grilled in a clay oven. **£6.90**

Platters (For 3 people to share)

- **26. Mix Grill**
3 Lamb chops, 3 seekh kebab, 3 chicken tikka, 3 Tandoori Prawns **£22.50**
- **27. Seafood Platter**
Grilled king fish, squid rings, Prawn fry and Mussels **£22.50**
- **28. Veg Platter**
Samosa, Cauliflower, Paneer tikka, Onion Baji (V) **£16.50**

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Main Course

From the Farmer (V)

- **29. Avial:** Mixed fresh vegetables cooked with green chilli, shallots, and coconut.
Tempered with fresh curry leaves. (V)  **£9.75**
- **30. Vendakkaya Masala:** Okra cooked with onion and tomato masala. (V)  **£9.75**
- **31. Paneer Butter Masala:** Indian cottage cheese cooked with rich tomato sauce and butter. (V) **£10.25**
- **32. Pachakkari Korma:** Vegetables cooked with cashew and coconut sauce. (V)  **£9.75**
- **33. Vazhuthananga Curry:** Aubergine cooked with roasted spicy masala. (V)  **£9.75**
- **34. Tadka Dhal:** Lentils cooked with garlic and tomato. Tempered with cumin seeds and whole red chillies.
(V)  **£8.25**
- **35. Mushroom mutter Masala:** Mushrooms and green peas cooked with onion tomato masala
and cashew paste. (V)  **£9.25**
- **36. Saag Paneer:** Indian cottage cheese cooked with spinach and onion tomato gravy and fresh cream. (V) **£10.25**

From the butcher

- **37. Varutharacha Kozhi Curry:** Boneless chicken pieces cooked in roasted coconut-based sauce with ginger,
garlic and black pepper. An authentic Kerala chicken curry. **£12.50**
- **38. Naadan Kozhi Curry:** Chicken and potato cooked with onion, tomato, and coconut milk.
Tempered with mustard seeds and curry leaves. **£12.50**
- **39. Thalassery Kozhi Korma:** This is a famous Malabar dish.
A lovely coconut cashew based thick gravy coats the succulent piece of chicken. **£12.50**
- **40. Kozhi Kurumulaku Masala:** Boneless chicken cooked in onion, tomato masala with black pepper. **£12.50**
- **41. Chicken Tikka Masala:** Boneless Chicken Tikka cooked in rich tomato-based sauce
with onion, ginger and coriander leaves. **£12.50**
- **42. Saag Chicken:** Boneless chicken cooked with spinach, garlic, ginger and butter. **£12.50**
- **43. Chicken Tikka Jalfrezi:** Boneless chicken cooked in sweet and sour tomato sauce
with onion and peppers. **£12.50**
- **44. Butter Chicken:** Pulled Tandoori chicken cooked in a rich tomato sauce. **£12.50**
- **45. Beef Varutharachathu:** Diced boneless beef cooked with spicy onion tomato masala and roasted
coconut paste. Tempered with mustard seeds and curry leaves. **£13.50**
- **46. Erachi Mappas:** A lamb speciality of Central Kerala.
Lamb cooked with onion, tomato, and coconut milk. **£13.50**
- **47. Lamb Rogan Josh:** Boneless pieces of lamb cooked in tomato-based sauce with yogurt and dried ginger.
Flavoured with nutmeg. **£13.50**
- **48. Kadai Lamb:** Lamb cooked with bell peppers and a rich tomato and onion sauce. **£13.50**
- **49. Niligiri Lamb Korma:** Lamb cooked with cashew, coriander and coconut paste. **£13.50**
- **50. Stew:** Lamb/ chicken of your choice cooked with carrots, potatoes and coconut milk. **£13.50**

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From the Fisherman

- **51. Kerala Fish Curry:** King fish cooked with coconut milk, onion tomato sauce and Kerala cocum. **£13.50**
- **52. Prawn Mango Curry:** King Prawn cooked with raw mango, coconut milk and green chilli. **£13.50**
 - **53. Meen Alleppey:** King fish in a moderately spiced gravy of coconut and raw mangoes. Alleppey is a district of Kerala which is famous for its backwaters. **£13.50**
- **54. Kerala Prawn Masala:** King prawn cooked in a thick Kerala style onion tomato masala. **£13.50**
- **55. Fish Thengappal Roast:** Grilled fish in a spicy onion tomato masala and coconut milk. **£13.50**
 - **56. Konchu Roast:** King prawn tossed with Kerala style spicy masala. **£13.50**
- **57. Moilee:** King fish/ prawn of your choice cooked with garlic, green chilli, and coconut milk. Goes well with appam and steamed rice. **£13.50**
- **58. Kappayum Meenum:** Tapioca cooked with coconut, shallots, green chilli, and cumin seeds. (Served with Kerala Fish Curry) **£15.50**
- **59. Sea bass Pollichathu:** Sea bass marinated with local spices, wrapped in a banana leaf and grilled. (Served with bread or Rice of your choice) **£15.50**

Dosas

- **60. Masala Dosa:** Crispy pancake made of rice and white lentils with slightly spiced potato fillings. Served with sambar and coconut chutney. (V) **£8.50**
 - **61. Chicken Dosa:** Crispy pancake made of rice and white lentils with chicken fillings. Served with sambar and coconut chutney. **£9.50**
 - **62. Paneer Dosa:** Crispy pancake made of rice and white lentils with paneer fillings. Served with sambar and coconut chutney. (V) **£9.50**
 - **63. Ghee Roast:** Crispy pancake made of rice and white lentils with pure ghee. (V) **£7.00**
- **64. Thattu Dosa:** Small round pancakes made with rice and lentils. Served with sambar and coconut chutney. A famous street food in Kerala. (V) **£6.00**
- **65. IDLI:** A savoury rice cake made by steaming a batter consisting of fermented lentils and rice. (V) **£7.00**
(Extra sambar **£1.00** and chutney **50p**)

Side Dishes

- **66. Thoran:** Finely chopped beans / carrot / cabbage of your choice tossed with grated coconut and shallots. (V)  **£5.00**
 - **67. Koonu Mezhukkupuratti:** Mushrooms tossed with onion and green chilli. (V)  **£6.00**
 - **68. Kizhangu Ularthiyathu:** Cooked Potatoes tossed with onion and curry leaves. (V)  **£5.00**
 - **69. Crab Thoran:** Crab meat cooked with grated coconut, shallots, and green chilli. **£11.50**
 - **70. Green Salad:** (V) **£3.50**
 - **71. Chips:** (V) **£3.50**
 - **72. Pickle:** (V) **£1.50**
 - **73. Egg Omlette:** Kerala style spicy omelette (2 eggs) **£5.50**

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Rice

- **74. Steam Rice:** Steamed plain Basmati rice. (V) **£2.50**
- **75. Naadan Rice:** Boiled traditional Kerala rice. (V) **£2.50**
- **76. Pulao:** Basmati rice cooked with aromatic Indian spices. (V) **£3.00**
- **77. Lemon Rice:** Basmati rice cooked with lemon and cashew tempered with curry leaves and mustard seeds. (V) **£3.50**
- **78. Coconut Rice:** Basmati rice cooked with grated coconut and tempered with curry leaves and mustard seeds. (V) **£3.50**
- **79. Mushroom Pulao:** Basmati rice cooked with cumin seeds and sliced mushrooms. (V) **£3.50**

Biriyanies

Served with raita, pickle and pappad

- **80. Kozhikkodan Chicken Biriyani:** Flavoured rice cooked with chicken in a delicate blend of herbs and spices. **£12.50**
- **81. Lamb Biriyani:** Flavoured rice cooked with lamb in a delicate blend of herbs and spices. **£13.50**
- **82. Prawn Biriyani:** Flavoured rice cooked with prawn in a delicate blend of herbs and spices. **£13.50**
- **83. Veg Biriyani:** Flavoured rice cooked with vegetables in a delicate blend of herbs and spices. (V) **£9.50**

Breads

- **84. Appam:** Soft centred pancake with crispy border, pre-fermented rice with yeast and coconut milk cooked in a special pan. (2 Pieces) **£3.00**
- **85. Kerala Paratha:** Soft layered and flaky bread made from plain flour and cooked on a griddle. **£2.50**
 - **86. Chapati:** Two pieces of round, flat bread made of wheat flour, cooked in a griddle. **£3.00**
 - **87. Plain Naan:** **£2.00**
 - **88. Garlic Naan:** **£2.50**
 - **89. Peshwari Naan:** **£3.50**
 - **90. Poori:** Two Pieces of deep fried, puffed wheat flour bread. **£3.00**
 - **91. Tandoori Roti:** **£2.00**

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