



# ETHNIC —FLAVOURS—



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# Heat and Eat (Frozen)



## Malabar Porotta

Wheat flour, Vegetable oil, Water and Salt.

Unit Size : 330 | 750 | 908 gms

## Parippuvada



Lentil, Shallots, Green chilly, Ginger, Garlic, Fennel, Coriander leaves, Refined palm oil and Salt.

Unit Size : 350 gms



## Banana Fry

Rice flour (alternatively, with semolina), jaggery, ghee-fried coconut (pieces or grated), cardamom.

Unit Size : 400 gms

## Banana Roast



Banana, Cumin, Jaggery, Grated coconut, Cardamom powder, Dry ginger powder, Cashew nut, Raisins, Wheat flour and Vegetable oil.

Unit Size : 400 gms



## Neyyappam

Rice flour, Jaggery, Ripe banana, Cardamom powder, Coconut slice, Cumin powder, All purpose flour, Refined palm oil, Sesame seeds and Salt.

Unit Size : 350 gms

## Kozhukatta



Rice flour, Grated coconut, Jaggery, Cumin powder, Dried ginger powder, Cardamom powder, and Salt.

Unit Size : 350 gms

# Curry Essentials





## Grated Coconut

From whole Coconut

Unit Size : 400 gms

## Coconut Cut Pieces



From whole Coconut

Unit Size : 400 gms



## Tapioca

Tapioca Frozen-Drumcut / Sliced

## Sambar Mix



Drumstick, Brinjal, Ladies finger, Onion, Potato, Green chilli, Carrot, Curry leaves, Ash gourd, Tomato, Pumpkin.

Unit Size : 400 gms



## Avial Mix

Unit Size : 400 gms

Drumstick, Mango, Carrot, Long beans, Ash gourd, Cucumber, Yam, Green plantain, Small onion, Snake gourd, Green chilli, Curry leaves.

## Red Onion



Red Onion

Unit Size : 400 gms



## Green jackfruit

Green Jackfruit

Unit Size : 400 gms



# Snack and Savourise



## Laddu

Unit Size : 350 gms

Chickpea flour, Sugar, Cardamom powder, Raisins, Refined palm oil and Turmeric concentrate

## Jelabi Red



Urad dal, Sugar, Palm oil, Cornflour.

Unit Size : 227 gms

## Kerala Mixture



Unit Size : 400 gms

Peanut, Gram flour (Besan), Rice Flour, Tapioca Flour, Edible vegetable Oil (Palmolien), Urad Dhal Powder, Chilly Powder, Iodised Salt, Curry Leaves, Asafoetida, Ayamodhakam(Ajwain).

## Banana Chips

Raw Banana, Edible vegetable oil (Coconut Oil), Iodised Salt and Turmeric Powder.



Unit Size : 150 gms

## Kuzhalappam



Unit Size : 350 gms

Rice flour (alternatively, with semolina), jaggery, fried coconut (pieces or grated), cardamom and milk

# PRODUCTS

## FROZEN CURRY ITEMS

- |    |                               |
|----|-------------------------------|
| 01 | AVIYAL CURRY                  |
| 02 | CHEERA THORAN                 |
| 03 | IDICHAKKA THORAN              |
| 04 | KOORKA MEZHUKUVARATY          |
| 05 | VAZHACHUND THORAN             |
| 06 | MANGO CURRY                   |
| 07 | PAPPAYA THORAN                |
| 08 | VAZHACHUNDU CHERUPAYAR THORAN |

## FROZEN VEGETABLES

- |    |                        |
|----|------------------------|
| 09 | AVIYAL MIX             |
| 10 | SAMBAR MIX             |
| 11 | CHINESE POTATOE        |
| 12 | CUT MANGO GREEN        |
| 13 | JACKFRUIT GREEN        |
| 14 | JACKFRUIT SEED         |
| 15 | RED ONION              |
| 16 | DRUMSTICK              |
| 17 | GREEN CHILLY           |
| 18 | OKRA CUT (VENDAKKA)    |
| 19 | SNAKE GOURD            |
| 20 | TINDORA (KOVAKKA)      |
| 21 | YAM (SURAN)            |
| 22 | BITTER GOURD (PAVAKKA) |
| 23 | LONG BEANS             |
| 24 | TAPIOCA SLICED         |
| 25 | TAPIOCA WHOLE          |
| 26 | GRATED COCONUT         |
| 27 | SLICED COCONUT         |

## FROZEN SNACKS

27	BANANA FRY
28	STEAMED BANANA
29	BANANA ROAST
30	BONDA
31	ELAYADA JACKFRUIT
32	ELAYADA JAGGERRY
33	NEYYAPPAM
34	PARIPPUVADA
35	SUKHIAN
36	UNNIYAPPAM
37	UZHUNNUVADA
38	KUMBILAPPOM JACK
39	VEGETABLE PUFFS
40	KOZHUKATTA
41	VATTAYAPPAM
42	VEGETABLE SAMOSA
43	VEGETABLE CUTLET

## RICE

44	PALAKADAN MATTA UNDA	2 KG,5 KG,10 KG
45	PALAKADAN MATTA VADI	2 KG,5 KG,10 KG
46	BASUMATI	2 KG,5 KG,10 KG

## SWEETS

47	HALWA RED
48	HALWA BLACK
49	JELABI RED
50	LADDU

## FROZEN BREADED ITEMS

51	FAMILY PACK PAROTTA
52	CATERING PAROTTA
53	MALABAR POROTTA
54	NOOL PAROTTA
55	KOTHUPAROTTA
56	CHAPATI

## FROZEN BREAKFAST

57	IDIYAPPAM /BROWN KADALA
58	IDIYAPPAM /WHITE KADALA
59	IDLY CHUTNEY/SAMBAR

## OTHERS

60	COCONUT OIL	500 ML, 1 LTR
61	VARUTHARA	250 GM, 500 GM
62	PUTTU PODI	500 GM, 1 KG
63	CHEMBA PUTTU PODI	500 GM, 1 KG
64	WHEAT PUTTU PODI	500 GM, 1 KG
65	RAGI PUTTU PODI	500 GM, 1 KG
66	STEAM APPAM PODI	500 GM, 1 KG
67	RAGI APPAM PODI	500 GM, 1 KG
68	LEMON PICKLE	250 GM, 500 GM
69	LEMON-DATES PICKLE	250 GM, 500 GM
70	MANGO PICKLE	250 GM, 500 GM

*From the land of the coconut - The super food, we present you the Ethnic flavors gathered from ethically cultivated farms, which are cooked to traditional perfection with love and without preservatives or additives.*

*Hygienically packed and delivered, keeping the goodness intact for a mindful eating experience.*

*From the endless variety of cuisines we present a few mouth watering recipes and break fast powders to take you back in time to relish your authentic homemade taste.*

*Ready to serve you from Berlin, Milan and Cochin.*



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