



breakfast

set breakfasts

indian (baji & puri) <i>indian breakfast w. peas and potatoes, served w. deep fried balloon bread</i>	120
english <i>mushrooms, baked beans, grilled bacon and tomatoes, egg dish of your choice</i>	230
continental <i>yak cheese, mozzarella & tomatoes, boiled egg, homemade jam, nutella, bread</i>	230
swiss <i>potato rosti, topped w. melted cheese, crispy fried bacon, sour cream & fried eggs</i>	230
hash brown <i>fried potatoes, grilled onions, peppers, tomatoes, chilies, fried eggs, toast & butter</i>	150

bread

baguette	50
toast (2 slices)	20
brown bread (2 slices)	50
french toast (2 slices)	90

toppings

butter	10
homemade organic jam (seasonal)	50
honey	20
peanut butter/nutella	40
bacon/ crispy fried bacon	120
yak cheese	150
mozzarella & tomatoes	70
homemade buffalo mozzarella & tomatoes (seasonal)	170

fruits & cereals

fruit platter	130
fruit salad	110
... w. coconut	120
... w. curd & honey	120
organic himalayan muesli w. milk	130
... with fruits, curd & honey	160
cornflakes w. milk	70
... with milk, banana & honey	90
... with milk, banana & cocoa	90

porridge

plain	60
... w. banana	90
... w. coconut/cashews	120
... w. honey/ cinnamon & honey	80

milk rice pudding

plain	60
... w. banana/ cardamom & cinnamon	80
... w. nuts & dried fruits	120
... w. coconut/ cashews	140

pancakes

plain	50
... w. lemon/ cinnamon/ honey	70
... w. banana/nutella/coconut	90
... w. mixed fruits	120
... w. homemade organic jam	100

eggs (2 eggs, served w. toast & butter)

boiled	60
fried	70
scrambled	80
omelett plain	80
... w. tomato/onion/cheese/masala	90
... w. mushrooms/bacon	170
... w. prawns	230

snacks & starter

grilled toasties		crispy honey prawns	250
avocado, cucumber	100	<i>deep-fried breaded prawns with a honey dip</i>	
cheese & grilled veg	100	wasabi prawns	300
cheese & olives	120	<i>prawns in a crunchy wasabi-riceflake jacket</i>	
cheese & tomato	80	cauliflower fritters	230
cheese & tuna	100	<i>with garlic mayonnaise</i>	
fried egg, tomato & onion	90	chilli fried	
mozzarella, tomato & basil	100	chicken	200
baguette sandwiches		calamari	250
<i>(served with french fries & salad)</i>		prawns	350
cheese & tomato	90	momos	
fresh tuna, olives & onions	120	<i>8 dumplings, deep fried, steamed or kothey (steamed and then fried on the bottom)</i>	
grilled veg	100	veg	170
humus, lemon & fried garlic	100	chicken	200
mozzarella, tomato & basil	120	seafood	250
omlette, cheese, tomato & olives	120	biryani	
club sandwich	250	veg	180
<i>with crispy fried bacon, chicken breast and fried egg, served with chips and a little salad</i>		chicken	220
wraps		fish	230
mixed veg	220	hongkong noodles	230
chicken, grapes, spring onion	230	<i>soy sauce stirred thin noodles w. grated veg</i>	
tuna avocado tomato	230	veg	220
bruschetta	170	chicken	250
<i>toasted bread slices with chopped tomatoes, garlic & olive oil</i>		beef	300
finger chips	70	pakorras	
<i>french fries served with ketchup or mayonnaise</i>		<i>8 deep fried chickpeas flavour dumplings</i>	
hummus	120	veg	110
<i>home made with crispy fried garlic and lemon, served with plain naan</i>		chicken	160
avocado mousse (seasonal)	200	paneer	180
<i>home made with chopped tomatoes, lemon & fresh coriander, served with plain naan</i>		manchurian	
		<i>deep fried w. ginger, coriander, garlic &-chilli</i>	
		chicken	220
		mushrooms	200
		prawns	250



Sonho do Mar

soups

tomato soup	90	won ton soup	
chicken noodle soup	120	... veg	140
mushroom soup	90	... chicken	160
spicy dhal and carrot soup	100	... seafood	250
carrot ginger soup	90	momo soup	
peas soup	220	... veg	140
mancho (sweetcorn) soup		... chicken	160
... veg	140	... seafood	250
... chicken	160	hot & sour soup (veg, chicken)	
... seafood	250	... veg	210
		... chicken	230

salads

tuna chickpeas salad		200
<i>tuna, chickpeas, red and yellow pepper & chopped onions in a creamy dressing</i>		
yam salad		200
<i>sweet potatoes, carrots, chickpeas, raisins, cashew nuts & onions in a peppery dressing</i>		
mixed salad		140
<i>lettuce with onions, cucumber & tomatoes and peppers</i>		
caprese salad		230
<i>mozzarella, tomatoes & basil with balsamic vinegar & olive oil</i>		
roasted veg salad		230
<i>roasted eggplants, peppers, onions, tomatoes & fresh basil leaves in a redwine-oliveoil dressing</i>		
prawns salad		300
<i>tomatoes, peppers, green lettuce, onions and grilled prawns with garlic-lemon-oil</i>		
calamari salad		300
<i>lettuce with tomatoes, cucumbers and grilled calamari and thousand island dressing</i>		
fresh tuna avocado salad		380
<i>sliced avocado with tomatoes and grilled tuna marinated in garlic-mustard-lemon-oil</i>		
sweetcorn' salad		300
<i>w. cucumber, tomatoes, olives, peppers in a balsamic dressig</i>		
melon and roasted chicken breast		290
<i>with lettuce and a fruity dressing</i>		
rice salad		320
<i>w. boiled veg, eggs, tuna in a creamy pressed fruit sauce</i>		
avocado spinach salad		290
<i>blanched spinach with avocado slices, tomatoes and pomegranate in a balsamic vinaigrette</i>		

vegetarian

palak paneer <i>cream cheese cubes with spinach</i>	190	vegetable kurma <i>boiled vegetables in a creamy sauce, topped with coconut grates</i>	200
alloo gobi <i>cauliflower & potatoes in a spicy sauce</i>	170	mushroom masala <i>mushrooms in a spicy onion and tomato sauce</i>	200
dal <i>spicy lentils fried with onions & garlic topped with fresh coriander</i>	140	stuffed capsicum <i>capsicum stuffed with cottage cheese, dried fruits and grated potatoes, topped with a spicy cream sauce</i>	250
veg kadai <i>mixed veg boiled in creamy red masala sauce</i>	190	okra masala <i>ladyfingers fried in a spicy coconut-tomato sauce</i>	200
paneer kadai <i>paneer cubes, cooked in a green pepper, onions, garlic tomato masala (spicy or mild)</i>	190	malai kofta <i>paneer-potato-balls topped with a fruity cashew nut sauce</i>	230
tomato paneer <i>deep fried cream cheese with chopped tomato, garlic and chilly in a tomato sauce, topped with fresh coriander</i>	200	alu "ra" cauli ko tarkari <i>nepalese thali, cauliflower & potatoes cooked in a nepalese curry sauce, served with rice, dal, papadam & salad</i>	250
gobi yakani <i>cauliflower cooked in very tasteful sour chickpeas flavour-curd sauce</i>	180	sharg ko tarkari <i>nepalese thali, spinach cooked in home made nepalese masala sauce, served with rice, dal, papadam & salad</i>	270
paneer masala <i>cream cheese & vegetables in a spicy sauce</i>	190		

fisch & seafood

catch of the day <i>ask the waiter and have a look at our special barbecue & tandoori menu)</i>		prawns masala <i>prawns in medium spiced tomato-garlic-onion sauce</i>	250
fish kadai <i>fish fried in a coconut masala sauce</i>	230	prawns vindaloo <i>prawns with spicy red chilli sauce</i>	280
fish vindaloo <i>choice of fresh fish with a spicy sauce made of red chillies & vinegar paste</i>	230	stuffed calamari <i>stuffed calamari with prawns, celery, garlic & butter, served in a spicy gravy</i>	320
machi ki kadi <i>fish curry</i>	230	king fish or tuna steak <i>grilled king fish steaks with a lemon-garlic-oil sauce, served with chips and salad</i>	320

chicken & beef

chicken cafriel	230	chicken 69	280
<i>chicken with a spicy mint & coriander sauce</i>		<i>thin sliced chicken chilly fried with garlic, onions an pepper, served with sour cream and naan</i>	
chicken curry	220	lemon grilled chicken	320
<i>chicken marinated in spices and cooked in a curry sauce</i>		<i>choice of breast and leg grilled with a lemon garlic sauce</i>	
chicken kadai	250	zeera kukhura	290
<i>chicken marinated in home made spices, cooked in a creamy tomato, pepper onion masala sauce</i>		<i>nepalese thali, fried chicken in a medium spiced cumin sauce, served with rice, dal, papadam & salad</i>	
chicken kurma	260	beef sandheko	320
<i>chicken in a creamy sauce, topped with chopped fruits</i>		<i>nepalese thali, beef cooked in a dry spice masala sauce, served with rice, dal, papadam & salad</i>	
chicken tikka masala	300	beef steak	390
<i>chicken marinated in a special tandoori paste made of curd and spices cooked in a masala sauce</i>		<i>grilled beef steak prepared as you like to (butter garlic/pepper sauce/cheese & rum topping/ herbal butter/...)</i>	
chicken shagwala	260	beef nepalese style	350
<i>chicken marinated in a garlic paste and spices, cooked with spinach</i>		<i>thin sliced beef, chilly fried with garlic, onions an pepper, served with sour cream and naan</i>	
chicken kanti	250		
<i>deep fried chicken, onions, peppers, green chillies cooked in chopped garlic (kashmiri masala, dry)</i>			



tandoori & barbecue

we serve the following items grilled from the barbecue or from the tandoori, the traditional indian clay oven; all dishes are served with 2 side dishes of your choice

you can choose between 3 different tandoori marinades
 ... *traditional red tandoori (curd, chillies, special spices)*
 ... *mint (curd, mint, lemon, chillies, spices)*
 ... *malai (cashews, lemon, curd, spices)*

seafood	price per size	chicken (half/full)	250/380
... king fish		chicken tikka	230
... pomfred			
... lobster (on demand)		beef steak	390
... crab (on demand)			
... calamari		vegetable	
... prawns (king, tiger, jumbo)		... stuffed capsicum	220
... snapper		... stuffed tomatoes	220
... mullet		... mushroom tikka	200
... tuna		... paneer tikka	200
		... mixed vegetable tikka	190

tandoori specials

seafood platter		700
<i>kingfish, calamari, tuna, red snapper, prawns, grilled in the tandoori oven</i>		
irani kebab (veg/chicken/seafood)		180/250/350
<i>items marinated a home made spiced cashew cream, grilled in the tandoori oven</i>		
mint tikka (veg/chicken/seafood)		200/260/350
<i>items marinated a home made fresh mint, chilli, curd cream, grilled in the tandoori oven</i>		
fish achari kebab		520
<i>several fish pieces, marinated in a fresh lemon sauce with local pickles and curd, grilled in the tandoori oven</i>		
laffa (veg/chicken/fish)		200/260/350
<i>naan bread, stuffed with items, marinated in the traditional tandoori sauce</i>		
tandoori platter		580
<i>items, marinated with 3 different tandoori sauces (mint, malai, traditional)</i>		



Sonho do Mar

sizzler

grilled items in a meat sauce, served in a hot pan, served w. chips

... chicken	320
... fish	320
... seafood	380
... beef	390

fajita

items marinated in orange sauce, served in a hot pan, served w. sour cream, fresh chillies, tomato-onion-chutney and naan

... chicken	320
... fish	320
... seafood	380
... beef	390

pasta (spaghetti or penne)

cashew pesto 250

aglio olio 200

tomato sauce 180

prawns 290

white wine sauce w. garlic, ginger & prawns, topped w. fresh coriander

tuna 290

fruity tomato sauce w. garlic-fried tuna pieces

kingfish 290

lemon-garlic fried kingfish pieces w. olive oil and parsley

spinach 220

baby spinach w. garlic and oliveoil, topped w. cheese

caprese 200

oliveoil and fried garlic w. fresh tomatoes and mozzarella cheese on top

calamari 250

lemon garlic fried calamari w. olive oil and parsley

lasagne

... veg 230

... bolognese 350

dessert

hello to the queen 90

ice cream per ball 20

ice cream w. mixed fruits 100

banana fritters w. honey 90

banana fritters w. honey & ice cream 110

fresh pineapple w. mintsugar 90

rum flambéd pineapple w. cinnamon 120

fruit platter 120

bonofi pie 120

side dishes

plain rice 40

rice w. coriander and chilli 60

zeera rice *rice w. cumin* 50

fried rice w. vegetables 100

naan plain 20

naan butter garlic 40

naan cheese 40

roti plain 10

roti butter garlic 20

roti cheese 30

potatoes mashed 80

potatoes roasted 80

bombay potatoes 120

fried potatoes w. onions, tomatoes, chilli, tumeric & fresh herbs

french fries 70

boiled vegetables 90

grilled vegetables 90

olives 100



hot & cold beverages

tea		lassies/milkshakes	
black	20	plain/ sweet/ salty	60
milk	30	banana/ mango	70
masala	30	orange/ papaya/ pineapple/apple	90
lemon	30	strawberry & mint	90
mint	30	mixed fruits	100
assam organic	40	lemon & mint	60
darjeeling organic	40	cardamon & lemon	60
ginger lemon honey	40	chocolate	90
green tea organic	50	vanilla	90
		coffee	90
coffee		coconut	90
<i>we serve organic coffee and espresso</i>		vanilla & coconut	90
black		cashew nut	100
<i>(served in a french press)</i>	60		
cappuccino	80	soft drinks	
espresso	60	bottled table water	20
irish coffee	120	soda/ coca cola/ fanta/ sprite/	
<i>(with whisky & whipped cream)</i>		maaza/ limca	20
icepresso	80	diet coke	60
hot chocolate	50	lemon soda	30
hot ginger water	40	lemon mint soda	40
		tonic water	40
juices		apple fizz	60
a-b-c (apple-beetroot-carrot)	100		
papaya-lemon	100	homemade lemonades	
watermelon-lemon-mint	100	<i>served in a 0,5l carafe</i>	
pinapple-ginger-orange	100	mint & lemon	110
mixed fruits	100	lemon ice tea	110
self-creations	100	ginger lemon honey	110
banana/beetroot/ papaya/ tomato/	80	orange ginger lemon	110
watermelon		cranberry lemon	110
carrot/ mango/ orange/ pineapple	90		



Sonho do Mar

drinks

beer		wine/ champagne (price per bottle)	
kingfisher small	60	brut méthode champenoise	1300
kingfisher large	100	(sula vineyards)	
tuborg small	60	<i>dry, well balanced champenoise - fits perfectly w. seafood</i>	
budweiser small	60	red	
budweiser large	100	la reserve (grover)	1100
kings	60	<i>deeply ruby red wine with a full bouquet</i>	
breezers (barcadi)		merlot (big banyan)	900
cranberry	100	<i>with blackberry aromas - balanced, spicy</i>	
lemon	100	shiraz (big banyan)	900
orange	100	<i>fruity full bodied w. a touch of red berries</i>	
spirits (prices per 60 ml)			
vodka romanov	70	cabernet sauvignon (big banyan)	900
vodka smirnoff	100	<i>full bodied, good structure and velvety tannins</i>	
vodka smirnoff orange/apple	90		
bacardi rum (white rum)	90	cabernet sauvignon (sula)	1000
old monk (dark rum)	60	<i>deep ruby red dry full bodied, good structure and velvety tannins</i>	
fire + ice (fruit) liqueur	100	rosé	
honey bee (brandy)	90	rosa rossa (big banyan)	900
port wine	70	<i>intense bouquet of berries & cherry</i>	
whisky royal state (blended)	80	white	
whisky signature (blended)	120	sauvignon blanc (big banyan)	900
whisky black & white (blended)	100	<i>dry wine with a smooth finish</i>	
whisky imperial blue (blended scotch)	70		
whisky teachers (blended)	70	sauvignon blanc (sula)	1000
gin	90	<i>highly aromatic, floral, dry wine with a touch of spices</i>	
gin bombay saphyr	250		
tequila	160	open wine (glass)	300
cashew fenny (local spirits)	50		
coconut fenny (local spirits)	50		



cocktails

screw driver <i>fresh orange juice shaken with vodka & lemon</i>	200	rum punch <i>white rum, fresh pineapple & orange juice, grenadine</i>	200
orange blossom <i>fresh orange & lemon juice with gin</i>	200	margarita <i>tequila, fresh lime & orange juice, brown sugar in crushed ice</i>	300
ladies delight <i>dark rum & fresh pineapple juice</i>	200	piña colada <i>white rum, coconut milk, pineapple juice, crushed ice</i>	250
tequila sunrise <i>fresh orange & pineapple juice, tequila and grenadine</i>	300	cuba libre <i>dark & white rum, lemon juice & coke</i>	150
annurock <i>dark rum with fresh lemon & pineapple juice, honey & crushed ice</i>	200	nepalese choice <i>honey bee, fire & ice & sprite</i>	150
mai tai <i>tequila & dark rum, sour mixed with grenadine, orange & pineapple juice</i>	300	bikers' dream fizz <i>vodka, slice, lemon & soda</i>	150
mojito <i>white rum with mint, brown sugar & lemon soda in crushed ice</i>	250	gin & tonic <i>gin, tonic, ice cubes & lemon</i>	150
long island ice tea <i>white rum, tequila, vodka, gin, lime & coke</i>	300	vodka & tonic <i>vodka, tonic, ice cubes & lemon</i>	150
mountain ice tea <i>dark rum, vodka, gin, lemon & coke</i>	250	sex on the beach <i>vodka, rum, grenadine & fresh orange juice</i>	200