



MANNA

KITCHEN CATERING

TAKEOUT / DELIVERY / TIFFIN

AUTHENTIC SOUTH INDIAN
DISHES

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TABLE OF CONTENTS

<i>Welcome</i>	5
<i>Our Story</i>	7
<i>A Glimpse into South Indian Cuisine</i>	8
<i>Menu</i>	11
▪ <i>Refreshments</i>	12
▪ <i>Veg</i>	13
▪ <i>Non-Veg</i>	14
▪ <i>Combo & Specials</i>	15
<i>Our Tiffin Service</i>	17
<i>Our Weekly Plan</i>	19
<i>Storing your food properly</i>	20
<i>Contact Us</i>	21

From
Kerala
To
Canada

Welcome to Manna Kitchen Catering!

We are a catering service and food outlet that specializes in South Indian cuisine. We are delighted to share with you our passion and dedication for cooking by serving authentic and delicious dishes from the southern part of India.

In this guide, you will find:

- *A brief history of how our business came into being.*
- *A glimpse into the South Indian Cuisine.*
- *A detailed description of our menu, including our special dishes.*
- *An overview of our unique services.*
- *How to reach us to order your favorite dishes.*

We hope that this guide will help you learn more about us, our culture, and our services.

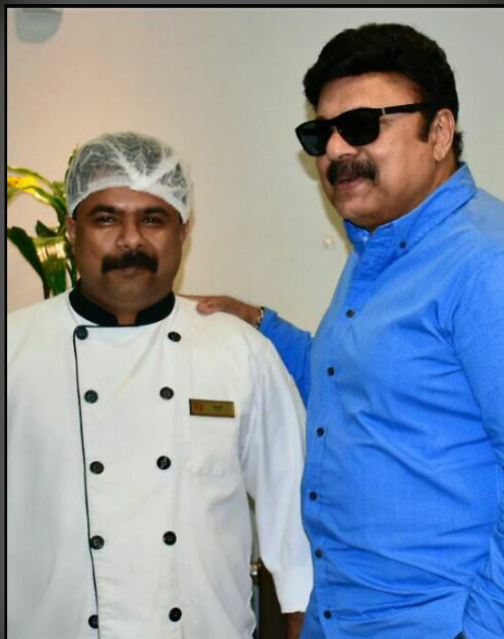
Thank you for choosing Manna Kitchen Catering!



Saju with Indian Actor and Director Balachandra Menon



Saju at Abu Dhabi Lulu Mall



Saju with Indian Actor Lalu Alex



Our Story

Manna Kitchen is more than just a catering service and food outlet. We are a reflection of the passion and dedication of our founder and chef, Saju John, who has been in the food industry for over 26 years.

Saju was born and raised in Kerala, a state in South India known for its rich and diverse culinary traditions. He inherited his passion for cooking from his father, who was also a chef and made biriyani, a famous and tasty South Indian dish, for large events. Having learned from his father, he has a rich and diverse background in South Indian cuisine and worked in various prestigious establishments. He started his professional career as a chef in Kerala under his father and later moved to Abu Dhabi, where he worked for the Lulu Group, a multinational conglomerate that operates hypermarkets, malls, and hotels. He was one of the head chefs in the Lulu Mushrif Mall, where he showcased his skills and creativity in preparing and presenting South Indian dishes. He also participated in various food festivals and events that attracted worldwide attention and recognition. He moved to Canada in 2019 and started Manna Kitchen Catering in 2020, naming it after his daughter. He opened his first take out restaurant in Scarborough in 2023, offering a variety of authentic and delicious South Indian dishes.

And this is how Manna Kitchen was born. We aim to introduce and promote South Indian cuisine to the Canadian and the South Indian communities. We offer a variety of authentic dishes, such as Fried rice, a variety of Biriyanis, porotta, puttu, appam, payasam, snacks and more. We follow strict food storage and hygiene guidelines to ensure the quality and safety of our products. We also provide tiffin services, weekly plans, and customized catering for various occasions. We also offer competitive and affordable pricing and plans to suit different budgets and needs. Check out our Facebook page to learn more about who we are and the services we offer. We thank our loyal customers for our success.

A Glimpse into South Indian Cuisine

Are you new to South Indian foods? Then this article is for you! South Indian food is one of our specialties, and we are delighted to introduce you to the diverse and delicious food traditions of the southern states of India.

Here are some tips on how to eat South Indian cuisine properly and enjoy it fully:

1. START WITH SOME APPETIZERS.

Our appetizers are made from fermented rice and lentil batter and served with different kinds of chutneys and sauces. They are light, crispy, fluffy, and savory, and can be eaten with your hands or a spoon.

Some of the popular appetizers in the South Indian cuisine that everyone needs to be familiar with are:



- **Idli:** Steamed rice cakes that are soft and spongy. They are usually paired with sambar, a spicy and tangy lentil soup, and coconut chutney, a creamy and nutty dip.
- **Vada:** Deep-fried doughnuts that are crispy on the outside and soft on the inside. They are also served with sambar and coconut chutney, or sometimes with mint chutney, a refreshing and spicy dip.
- **Dosa:** Thin and crispy crepes that are filled or topped with various ingredients. Some of our dosa varieties are masala dosa, which has a spiced potato filling, rava dosa, which has a crunchy texture, and cheese dosa, which has a gooey cheese filling.

2. MOVE ON TO THE MAIN COURSE.

The main course of South Indian cuisine usually consists of rice and curry, or bread and curry, or both. A general rule of thumb is to pick curry and an accompaniment like rice or bread that goes with it or vice versa. You can choose from a variety of rice, bread, and curry options, depending on your preference and appetite. Trying out different accompaniments with different curries will give you a new taste everytime you try out an Indian food and its entirely upto you! This is the beauty of Indian cuisines.

Some of our main course options are:

- **Rice:** Rice is the staple food of South India, and we offer different types of rice dishes to suit your taste buds. Some of our rice dishes are chicken fried rice, which has a crispy and savory flavor, jeera rice, which has a cumin and butter flavor, and biryani, which has a rich and aromatic flavor with meat or vegetables.
- **Bread:** Bread is another common accompaniment to curry, and we offer different types of breads that are made from wheat, rice, or other grains. Some of our breads are 'Appam', which are soft and fluffy breads made from fermented rice batter, 'Porotta', which are flaky and layered breads made from wheat flour, and 'Chapati', which are puffy breads made from wheat flour.
- **Curry:** Curry is the heart and soul of South Indian cuisine, and we offer a variety of vegetarian and non-vegetarian curries that are made from vegetables, chicken, fish, beef, or Mutton. Some of our curries are veg kurma, which is a creamy and mild curry with mixed vegetables, chicken curry, which is a spicy and flavorful curry with tender chicken pieces and tomatoes, kottayam fish curry, which is a tangy and hot curry with fish, and mutton kurma, which is a rich and aromatic curry with mutton and coconut.

You can use a spoon, fork, or knife to cut and scoop up the curry and the rice or bread. Or you can use your right hand to mix the curry with the rice or bread and eat with your fingers to get the real taste and experience of your food. Make sure to wash your hands before and after eating. And only use your right hand to eat your food.



3. FINISH WITH SOME DESSERTS.

South Indian culture has a rich heritage of Desserts. Our desserts are made in the traditional way from ingredients like milk, sugar, ghee, semolina, flour, nuts, and fruits. They are sweet, creamy, and may include nuts, and fruits to bring out the best taste possible. Our Desserts can be eaten with a spoon or your hands.

Some of the desserts we offer are:

- **Payasam:** A sweet pudding made from milk, sugar, and rice, vermicelli, or lentils. It is flavored with cardamom, saffron, nuts, and raisins.
- **Gulab Jamun:** A soft and spongy dessert made from milk solids, flour, and a leavening agent. They are deep fried and soaked in rose-flavored sugar syrup. They are a popular Indian sweet.
- **Rasmalai:** A creamy and juicy dessert made from cottage cheese balls, also known as chenna or paneer. They are cooked in sugar syrup and then soaked in thickened, sweetened, and flavored milk. They are garnished with nuts, saffron, and cardamom.



There are a lot of other Dessert varieties in the Indian food culture as well like Kesari, Halwa (very popular), Laddu, Mysore pak... the list goes on.

South Indian cuisine is a feast for the senses, and a delight for the palate. One of the reasons why south Indian cuisine has such a rich and varied taste is the use of different types of spices and herbs. Spices are not only used for flavoring, but also for their health benefits and medicinal properties.

We hope you enjoy our dishes and discover new flavors and aromas.

OUR MENU



REFRESHMENTS

DRINKS

Tea	\$ 1 . 49
Coffee	\$ 1 . 49
Soft Drinks	\$ 1 . 99
Fresh Lime	\$ 3 . 99
Mango Juice	\$ 4 . 99
Pineapple Juice	\$ 5 . 99
Pineapple Mint	\$ 5 . 99
Bottled water	\$ 0 . 99

SNACKS

Pazhampori	\$ 1 . 49
Sugyan	\$ 1 . 25
Parippu Vada	\$ 1 . 25
Ulli Vada	\$ 1 . 25
Veg. Pakoda (3 pc)	\$ 1 . 25
Chicken Cutlet	\$ 1 . 99
Beef Cutlet	\$ 1 . 99

DESSERTS

Gulab Jamun (6 pc)	\$ 5 . 99
Rasmalai (2 pc)	\$ 4 . 99
Ice Cream	\$ 5 . 99
Payasam (12 oz)	\$ 5 . 99
Payasam (1 litre)	\$ 15 . 99

VEG

RICE

	(24 oz)
Veg Fried Rice	\$ 10 . 99
Ghee Rice	\$ 10 . 99
Jeera Rice	\$ 10 . 99
Plane Rice	\$ 10 . 99
Veg pulao	\$ 10 . 99

BREAD

Kerala Porotta (1 pc)	\$ 1 . 99
Chapati	\$ 1 . 25
Appam	\$ 1 . 25

CURRY

	Medium	Large
Gobi Manchurian	\$ 7 . 99	\$ 9 . 99
Kadala Curry	\$ 5 . 99	\$ 7 . 99
Moru Curry	\$ 5 . 99	\$ 7 . 99
Sambar	\$ 5 . 99	\$ 7 . 99
Veg Kurma	\$ 7 . 99	\$ 9 . 99

SIDE DISH

	Medium	Large
Thoran	\$ 5 . 99	\$ 7 . 99
Mezhukku puratti	\$ 5 . 99	\$ 7 . 99
Channa Masala	\$ 5 . 99	\$ 7 . 99
Chilli Gobi	\$ 7 . 99	\$ 9 . 99

NON-VEG

CHICKEN

	Medium	Large
Kanthari Chicken with Coconut milk	\$ 10 . 99	\$ 12 . 99
Forest Chicken	\$ 11 . 99	\$ 13 . 99
Nadan Chicken Curry	\$ 9 . 99	\$ 11 . 99
Chicken 65	\$ 11 . 99	\$ 13 . 99
Butter Chicken	\$ 10 . 99	\$ 12 . 99

BEEF

	Medium	Large
Beef Coconut Fry	\$ 14 . 99	\$ 16 . 99
Beef Varutharacha Curry	\$ 12 . 99	\$ 14 . 99
Beef Roast	\$ 13 . 99	\$ 15 . 99
Nadan Beef Curry	\$ 12 . 99	\$ 14 . 99

FISH

	Medium	Large
Kottayam Fish Curry	\$ 12 . 99	\$ 14 . 99
Allappey Fish Curry	\$ 11 . 99	\$ 13 . 99
Fish Nirvana		\$ 15 . 99
Fish Fry		\$ 16 . 99

MUTTON

	Medium	Large
Manna Special Mutton Roast	\$ 13 . 99	\$ 15 . 99
Varutharacha Mutton Curry	\$ 12 . 99	\$ 14 . 99
Mutton Kurma	\$ 12 . 99	\$ 14 . 99

RICE

	(24 oz)
Egg Fried Rice	\$ 9 . 99
Chicken Fried Rice	\$ 10 . 99
Chicken Biryani	\$ 10 . 99
Fish Biryani	\$ 13 . 99
Shrimp Biryani	\$ 13 . 99
Malabar Mutton Biryani	\$ 13 . 99
Beef Biryani	\$ 13 . 99

PRAWN

	Medium	Large
Kerala Prawns Curry	\$ 13 . 99	\$ 15 . 99
Prawns Roast	\$ 14 . 99	\$ 16 . 99

COMBO & SPECIALS

COMBO OFFERS

Beef Roast + Pazhampori (4 pc)	\$ 10 . 99
Appam (3 pc) with	
Kadala Curry	\$ 8 . 99
Beef Curry	\$ 10 . 99
Chicken Curry	\$ 9 . 99
Egg Roast	\$ 9 . 99
Ghee Rice with	
Beef Curry	\$ 10 . 99
Chicken Curry	\$ 9 . 99
Butter Chicken	\$ 9 . 99
Kappa with	
Beef Curry	\$ 9 . 99
Fish Curry	\$ 9 . 99
Chicken Curry	\$ 8 . 99
Chapati with	
Beef Curry	\$ 10 . 99
Chicken Curry	\$ 9 . 99
Puttu with	
Kadala Curry	\$ 8 . 99
Chicken Curry	\$ 9 . 99
Beef Curry	\$ 10 . 99
Porotta (2 pc) with	
Beef Curry	\$ 10 . 99
Chicken Curry	\$ 9 . 99

MANNA SPECIALS

	Medium	Large
Kanthari Chicken		
with Coconut milk	\$ 10 . 99	\$ 12 . 99
Forest Chicken	\$ 11 . 99	\$ 13 . 99
Nilambur Beef Curry	\$ 12 . 99	\$ 14 . 99
Kuttanadan Crab Roast	\$ 14 . 99	\$ 16 . 99
Chettinad Chicken Curry	\$ 9 . 99	\$ 11 . 99
Kettuvallam Duck Curry	\$ 13 . 99	\$ 15 . 99
Chef Special Chicken Paratt	\$ 11 . 99	\$ 13 . 99
Kappa	\$ 5 . 99	\$ 7 . 99
Chicken Black Gold	\$ 11 . 99	\$ 13 . 99

BIRIYANI

Chicken Biryani	\$ 10 . 99
Fish Biryani	\$ 13 . 99
Shrimp Biryani	\$ 13 . 99
Malabar Mutton Biryani	\$ 13 . 99
Beef Biryani	\$ 13 . 99
Kappa Biryani	\$ 10 . 99

MANNA KITCHEN CATERING

TIFFIN SERVICE

MONDAY TO FRIDAY

STARTING ON 01/11/2023



FIRST WEEK

Mon LUNCH : Kerala rice, Thoran, Moru curry, Fish curry & Pickle
DINNER : Upma, Green moong dal curry.

Tue LUNCH : Fried rice, Chilly chicken
DINNER : Chappathi, Green peas masala

Wed LUNCH : Chicken biriyani, Salad & Pickle
DINNER : Idiyappam, Egg masala

Thu LUNCH : Coconut rice, Nadan chicken curry
DINNER : Porotta, Chana masala

Fri LUNCH : Ghee rice, Chicken perattu
DINNER : Idli, Sambar & chutney

Per month

260\$

FREE DELIVERY

* IN SIDE 5 Kilometers



For more

+1(437)988-2158

SECOND WEEK

Mon LUNCH : Ghee rice, Chicken roast
DINNER : Puttu, Kadala curry

Tue LUNCH : Kerala rice, Mezhukkupuratti, Chicken curry & Moru curry
DINNER : Pal kappa, Kottayam fish curry

Wed LUNCH : Egg fry, Chilly veg
DINNER : Thattu dosa, Sambar chutney

Thu LUNCH : Masala rice, Chicken fry & Dal curry
DINNER : Idiyappam, Potato mappas

Fri LUNCH : Mutton biriyani, Salad & Pickle
DINNER : Chappathi , Veg kuruma



3230 Eglinton Ave. E., Scarborough, ON M1J 2H6

Our Tiffin Service

We also offer tiffin service at a very affordable price, which is a convenient way to have a fresh and hot meal every day. Our tiffin contains a variety of Non Veg dishes and have multiple compartments that can hold different dishes. We fill your tiffin with a variety of dishes from our menu and deliver it fresh to your home or office at a specified time so that you can have the best experience with our food.

The benefits of this service are:

- Have a fresh and hot meal every day.
- Have a different menu and tastes every day.
- Have a balanced and nutritious diet, as our food is made with fresh and high-quality ingredients and follows the food pyramid guidelines.
- Have more control and flexibility over your food choices.

To use this service,

1. Call us directly to subscribe to our monthly tiffin plan at the start of the month.
2. Receive your tiffin on your delivery time. You can either pick up your tiffin from our takeout restaurant, or have it delivered to your doorstep.

Our tiffin service runs from the beginning to the end of each month. To ensure everyone gets the best value, we don't accept new sign-ups after the mid-month mark. Late joiners are welcome but at a cost of \$15 per meal. Secure your spot early and savor the goodness throughout the month!

COOKING ONCE IN A WEEK

ITEMS (ANY 3)

Chicken Coconut Curry
Nadan Chicken Curry
Chicken Mappas
Chicken Varutharacha Curry
Egg Mappas
Egg Masala
Mutton Kurma
Mutton Curry
Mutton Masala
Mutton Varutharacha Curry
Fish Curry
Malabar Fish Curry
Mango Fish Curry
Kottayam Fish Curry
Kumarakam Fish Curry
Nadan Beef Curry



COMMON

Thoran
Mezhukkupuratti
Moru Curry

Pricing

32oz - \$100

64oz - \$180

Our Weekly Plan

We offer a unique Weekly plan called “Cooking Once in a Week”, that sets us apart from other South Indian food outlets. It is designed specifically for busy people who do not have time to cook tasty curries every day.

This service allows you to order one week’s worth of Curries and side dishes (3 curry items + Common) from our weekly decided menu (3 curry items will be decided by us every week). We prepare the food fresh and chill it, so that you can store the food in your refrigerator and enjoy it fresh with the accompaniment of your choice any time of the week.

At Manna Kitchen Catering, we offer our delightful South Indian Cuisine in two convenient container sizes: 34oz and 64oz. Our pricing options cater to different appetites and preferences, with the 34oz container available at \$100 and the larger 64oz container at \$180. For those looking for a generous supply that can serve 2 to 3 people, we recommend our 64oz option.

Benefits

- Save time and money.
- Enjoy a variety of Curries and side dishes from our menu.
- Have a balanced and nutritious diet, as our food is made with fresh and high-quality ingredients and follows the food pyramid guidelines.
- Have more control and flexibility over your food choices.

To use this service,

1. Call us directly on our number to find out that week’s menu and place order directly.
2. Receive your food on Sunday by 2pm from our takeout restaurant or get it delivered.

Place your order by Saturday (last day to order for that week’s plan) and pick up your orders by Sunday 2pm.

Storing your food properly

We at Manna Kitchen believe that a lot of food wastage could be avoided through proper storage of food items - both before and after cooking. That is why we have developed a set of simple and effective guidelines that will help you keep your food fresh and safe for longer. These steps are highly recommended for our Wekely plan users. By following these guidelines, you will not only reduce food waste, but also save money, time, and energy.

To enjoy the delicious food, we deliver to you every week,

- Refrigerate or freeze your food as soon as possible after receiving it. Make sure the temperature is below 4°C to prevent bacterial growth.
- Eat your food within seven days of delivery. This is the recommended shelf life for our food products.
- Thaw your food at room temperature or in the microwave before reheating it. Do not freeze your food after thawing it.
- Reheat your food thoroughly in the microwave or on the stove until it is hot and steaming. Do not reheat your food more than once to avoid losing its quality and flavor.

Discard any leftover or spoiled food. Do not consume food that has an unpleasant smell, taste, or appearance. This could indicate that the food is contaminated or spoiled. The range of temperatures between 4°C and 60°C is known as Temperature Danger Zone where bacteria can grow rapidly and cause food poisoning. You should avoid leaving your food in this zone for more than two hours.

Contact Us

We hope that this guide has given you a clear and comprehensive overview of our services. We are grateful for your interest and support, and we look forward to serving you with our delicious and authentic South Indian cuisine.

If you have any questions, comments, or feedback, please feel free to contact us at:

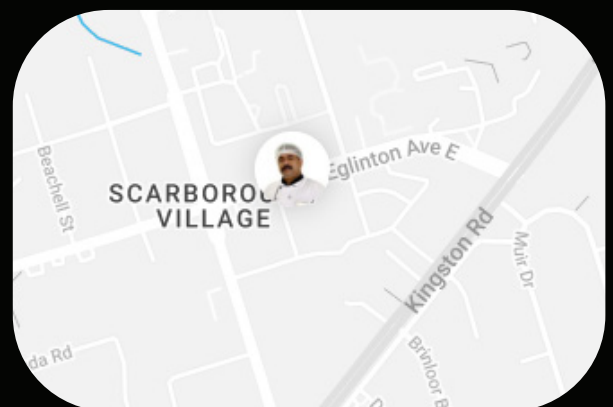
- **Phone:** [437]-988-2158, [416]-265-787
- **Email:** sajujohnj@gmail.com
- **Facebook:** www.facebook.com/sajujohn.john.1

You can also visit us at our take out restaurant, located at:

- **Address:** 3230 Eglinton Ave E, Scarborough, Toronto, ON M1J 2H6
- **Hours:** Open from Tuesday to Sunday, 12:00 pm to 12:00 am.
We are closed on Mondays!

Thank you!

Visit Again!





***3230 Eglinton Ave E
Scarborough, Toronto,
ON M1J 2H6***