

# Goan Connection

GOAN ASSOCIATION OF NEW JERSEY, INC.  
Established in 1991



AT A GLANCE

SUMMER - 2022

Welcome to Summer  
Meet the Team  
Picnic-2022  
Save the date  
Men Of Faith  
A look back into Goa  
Konkanim Uloi  
Whist-2022  
A Musical Genius  
Mental Health  
Celebrations  
Prayer Warriors  
In Memoriam  
Blooms  
Amazing Sponsors

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Assistant Editor



Rui Gomes  
Website Coordinator

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President

Louella Menezes  
Vice President



Wilma Martins  
Secretary

Allan D'Guerra  
Treasurer



Mavis Deruz  
Membership  
Coordinator

## The Editor's Desk

Welcome to  
Goan Connection!



Devasahayam Pillai, Filipe Neri Ferrao and Earl Fernandes heeded our Lord's call with humility, charity, trusting our Lord, and *bloomed where they were planted.*

One became a Saint, the other a Cardinal and another, a Bishop!. Read up on these men of faith.

There is a lot of great reads this issue: from a look back into Goa, a lesson in Konkani, mental health issues from a student's perspective, musical genius in our midst, all kinds of celebrations, remembering our loved ones, prayerful interventions, our Whist Drive captured in all its 'funniest' moments (after all, a picture speaks a 1000 words), our amazing sponsors and a lot more.

As we head into Summer, enjoy the sunshine and warmth, and remember to *Bloom, where you are planted!*

Thanks to our editorial team, Dianne Nunes, Wilma Martins, Carmeline Baretto, Dr. Suzette Barreto, Chantelle Faria and Marissa Gomes.

Thank you members for your contributions, in making the Goan Connection meaningful.

I would like to invite you to join our editorial team or help in anyway.

Have a wonderful summer, and see you at the picnic!

Joyfully,  
Brenda Rebello

Goan Association of New Jersey, Inc.  
Website: [www.goanj.com](http://www.goanj.com)

## *The Association Corner*



### *Greetings Everyone*

I hope this newsletter finds you and your families in good health. With planned vacations, and gatherings, I'm sure you are all saddled up for an exciting summer.

We just concluded an exciting Whist Drive. As always, social events are a great place to meet those we haven't met in a while, and the whist drive was no different. It was great to see familiar faces. The event itself included several rounds of Whist, a session of bingo and we capped it with a sing a long session. So, lots of fun to be had by all. You can check out the pictures later in the newsletter.

Now on to our next event. The Executive and Planning Committees have rolled up their sleeves and are working towards our popular event of the year, the Annual Summer Picnic, which is on August 21. By popular demand, it's at the same location as last year - Rosedale Park, Pennington, NJ. Tickets will go on sale soon.

Please mark your calendar, for our Christmas Ball to be held on December 10, 2022 at Royal Albert's Palace, Fords, NJ.

As always, we are looking for volunteers to help out in events, and also those who may want to join our planning committee. If you are interested, please send us your details to [committee@goanj.com](mailto:committee@goanj.com)

We would like to thank all our members for your support, and are looking forward to your continued help, even if it means writing in suggestions and providing us with constructive feedback.

Thank you, everyone! Stay safe, and healthy.

*Mog Assum,*

Marvin Fernandes





# *Picnic* 2022!

# AUGUST 21, 2022

Picnic- 2022  
Rosedale Park  
Pennington, NJ  
August 21, 2022

6  
20  
21

**save the date**



# Pope Francis Canonizes Blessed Devasahayam India's first married layman Saint



By, Norman D'Souza

Blessed Devasahayam is the first Indian martyr, the first Tamil saint, the first Indian layman to be canonized. It is indeed a moment of great joy, because his faith, courage and love for Christ provides hope and solace to millions who continue to suffer religious persecution.

Devashayam Pillai was born on April 23, 1712, into a Hindu Nair family, in a small hamlet called Nattalam in the state of Tamil Nadu, India. He was named Nilam or Nilakandan. For 32 years, he professed his Hindu faith, but did not find solace in the performance of religious Hindu rituals.

He sought counsel from Eustachius Benedictus De Lannoy, a Dutch Catholic military officer who introduced him to the Book of Job. Nilakandan was inspired by Job's confidence in God, in the face of suffering and tragedy. Nilakandan requested to be baptized, aware of the consequences he would have to endure. As Neelakanta Pillai was baptized a Catholic in 1745, he willingly left behind the comfort of his wealthy, high-caste Hindu family for certain persecution and death.

Despite the constant dangers he encountered, he was bold and proclaimed to everyone that he truly loved Christ, and was ready to give witness and sacrifice his life for Christ. At baptism, he received the name "Devasahayam", which is a Tamil rendering of the biblical name Lazarus, which means "God has helped".

He started an apostolic mission of evangelizing people. His first convert was his wife. His evangelization led many to Christ. The Hindu's accused him of the crime of betrayal, forsaking his Hindu religion, insulting the Hindu gods, the Brahmins and the royal throne. They tried to force him to abandon his new faith, but he remained resolute and boldly declared that he was willing to be tortured, and die for Christ.

He was subsequently arrested and put in a narrow prison on 23 February 1749. He was charged as an "enemy of the state" and condemned to death by the king. Before execution, the king ordered him to be paraded shamefully, in all the important towns in the Kingdom, seated backwards on a buffalo with an *Erukku* flower garland around his neck and his hands tied behind his back.

He was handed over to soldiers for execution. Finally, on January 15, 1752, as he was lying totally exhausted and unable to walk, he was carried by the soldiers to the nearby hill. He knelt there, and prayed intensely. The marks left by his knees and elbows can be seen even today. There, he was shot dead by the soldiers. As he was hit, he uttered for the last time, "Jesus save me".

He had spent almost three years in fetters. Priests searched everywhere for his body. On the fifth day his bones were found shorn of flesh. His tongue was lying apart, incorrupt. They were gathered and buried in front of the main altar of the famous church of St Francis Xavier, the present day Cathedral of the Diocese of Kottar.

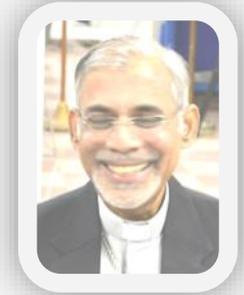
There are many miraculous events attributed to this Martyr. When he was brought to a small place called Puliyoorkurichy where, overcome by thirst, he planted his elbow on a rock, from which spouted water that he drank. This rock continues to give water and even now many people visit this fountain. Because of the prayers of Devasahayam, the jailer and executioner who was without a child for a long time was blessed with a child during his imprisonment in Peruvilai.

In 2004, he was recommended for beatification. He was declared blessed by the Kottar diocese in 2012, In 2014, Pope Francis recognized a miracle attributed to Devasahayam, paving the way for his canonization. He was approved for sainthood in February 2020, and on May 15, 2022, Pope Francis canonized him, Blessed Devasahayam, making him the first lay martyr in India to be declared a saint.



**Blessed Devasahayam  
intercede for us!**

# Cardinal-designate Filipe Neri Ferrao, A call to serve the Universal Church



By,

*Reverend Basilio G. Monteiro*

To be a “hinge” is a gargantuan responsibility even for a door of a humble dwelling, upon which it hinges. It must always open, close and move with ease, but always with prudence, justice, fortitude and temperance.

A Cardinal in the Roman Catholic Church is “hinge” (Latin *cardo*=hinge; some contend it originates from Latin *incardinare* = to hang on a hinge)) at the service of the Universal Church - Holy See, at the call and the need of the Pope. A Cardinal is an integral part of the consultative body of the Roman Catholic Church and thus belongs to the Sacred College of the Cardinals. The evolution of Cardinals in the Catholic Church has a checkered history since the 5<sup>th</sup> century and more so since Medieval Ages as the Church continued to flourish and needed more universal governance in a very diverse world.

The Archdiocese of Goa and Daman was established by Pope Clement VII on 31 January 1533. The jurisdiction of the then newly established diocese stretched from the Cape of Good Hope to China and Japan. The title of Patriarch of the East Indies was conferred upon the Archbishop of Goa as part of a settlement between the Holy See and the Portuguese government concerning the link between religious and political aspects of Portuguese colonial expansion, known as the *Padroado*. In this way the Ordinary of the Archdiocese of Goa and Daman, in capacity of Bishop, Archbishop, or Patriarch of East Indies, has long and glorious history in participating in the service of the Universal Church.

Cardinal-designate Archbishop Filipe Neri Ferrao has been serving for last many years the Church of India and of Asia, lately in the capacity of the President of Catholic Bishops’ Conference of India, and also Member of the Central Committee of the Federation of the Asian Bishops’ Conferences (FABC),. He always generously responded to the call to serve the needs of the Universal Church. The call to be a Cardinal is of ultimate service to directly collaborate with the Pope at a global level.

Pope Francis called him to be a “*cardo*” – a “hinge” because he has proven to be grounded in and living the cardinal virtues of prudence, justice, fortitude and temperance, necessary ingredients to be assisting the Pope and serving the Universal Church. As much as it is an honor for the people of Goa, it is primarily a recognition that the Archdiocese of Goa and Daman, that is its faithful People of God, are called to serve the Universal Church.

Those of us who has had the privilege and pleasure to know, up close, Cardinal-designate Filipe Neri Ferrao are joyful because Pope Francis will find in him a sincere and committed collaborator, a man who is deeply spiritual, profoundly humble, genuinely self-effacing, intellectually brilliant and an authentic Servant-Leader. The polyglot – Italian, German, French, Portuguese, Spanish, Hindi, and of course, our beloved Konkani - in him will serve well the Holy See on the global stage.

# GRACED BY HIS PRESENCE

AUGUST, 2015 AT ST. CECILIA CHURCH, NJ



# Father Earl K. Fernandes First Indian American installed, Bishop of Columbus, Ohio

By, Dianne Nunes



Father Earl K. Fernandes

Father Earl K. Fernandes was consecrated and installed as Bishop on May 31, 2022 as the first Indian-American to head a U.S. Roman Catholic diocese. The Vatican announced that Pope Francis named Father Fernandes in the Archdiocese of Cincinnati, as the first Indian-American Bishop and the first person of color to lead the Columbus Diocese.

He was born on September 21, 1972, in Toledo, Ohio to Sydney Oswald and Thelma Fernandes, who hail from Mumbai and have roots in Goa. He earned his undergraduate degree from the University of Toledo and moved to Cincinnati to study at the University of Cincinnati College of Medicine, when he felt a deep calling to the priesthood.

"I see myself as a man, a human man, made in the image of God, and every person I see as a brother and sister," said Bishop Fernandes. He referred to Pope Francis' desire to create a synodal church, or a church that walks together, listens and discerns. His Excellency also stated "It's not so much a program for social and political reform but for evangelizing — of bringing the joy of the Gospel to every level of culture and to every heart."

Amongst his many objectives, he touched upon the discussions to restructure parishes within the diocese amid declines in attendance and a priest shortage throughout the Catholic Church. "We need to be spiritual entrepreneurs. We need to help everybody live their vocations and see Christianity not just as a set of rules, but a way of life," said the Bishop.

Describing himself as 'a young and a happy priest', the 49-year-old recalled the lesson of humility his parents imparted on him, growing up in a poor neighborhood that guides him till today.

With a heart for God and a love of humanity, our Catholic community welcomes and celebrates this humble servant of Jesus Christ.

[Below is the link to listen to Bishop Fernandes's vocation story](https://catholicaoc.org/bishopelectfernandes)

<https://catholicaoc.org/bishopelectfernandes>



# Your Window to Look Back into GOA



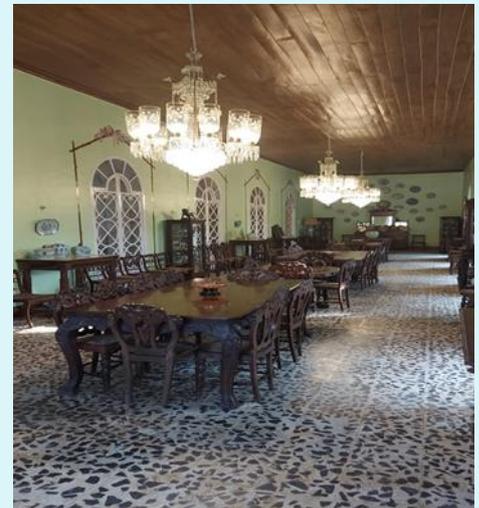
*Late Adm Francisco E Fernandes  
House - Chandor*

Chandor was once a port of international repute where trade and commerce flourished on the Kushavati river. Originally known as Chandrapur, it was the capital city of Goa during the erstwhile Kadamba rule. A village rich in heritage and culture has some of Goa's most glorious heritage houses. Chandor is the southernmost village of the salcette taluka.

The window of Goan houses continued to be transformed in their aesthetical appearance and purpose of utility. The bay window provided more light indoors and a leisure spot for the residents to stand and admire the outdoors.

The dining halls were grand spaces for dining with a table that seated twenty-four members or more. With the number of occupants reducing these dining tables are curdled into sets of two or three smaller dining tables for the sake of convenience. Chandeliers to match the ones in the main hall and ballrooms adorned these dining spaces.

A son of the Menezes Bragança family, the Late Luis De Menezes Bragança a prominent journalist, writer, and thinker paved the way for Goa's freedom struggle in the early 20th century. The thought of Goa's freedom probably kindled in this dining hall.



*Menezes Bragança House - Chandor*

Life-size portraits of eminent family members who excelled in their professional and social life were displayed with honor by the later generations as a gesture of respect to the family.

The Late Vincent Paul Fernandes established the estate of the Fernandes family and the house was known as "Vodlhem Ghor "

The piano was an integral part of the Goan households as Goans loved music. The saying still stands...." Music is in the blood of Goans "

Pianos still exist in the Goan houses. With technology taking over some of these pianos are elegant pieces of furniture displayed with pride by Goan families.



*Fernandes Heritage House  
(Vodlhem Ghor) - Chandor*

The Goan homeowner preferred every nook and corner of the house to be aesthetically pleasing. The main halls of most Goan houses had a false ceiling with timber available in plenty all false ceilings were made of softwood (non-structural timber) and painted white.

Some owners preferred to make these false ceilings in teak wood and were polished to a teak finish. Besides the main halls and the altar room, the next area preferred for false ceilings were the Bedrooms of these Goan houses. Finally, the dining halls also had false ceilings.

The homeowners were very particular about the aesthetic appearance of these false ceilings so they ensured that the Main Halls had a different design, the altar room, and the foyer had another design the bedrooms had a common design and the dining halls had altogether another design.

These false ceilings were not only aesthetical good-looking architectural features, but also served as dust collectors of whatever came in from the Mangalore tile roofing. A trap door was provided so that the domestic helper in the house could go up and clean the area above the false ceilings. Some false ceilings were also made strong enough to be used as an attic or a storage space.



*Antao House - Chandor*



*Late Adv. Francisco E. Fernandes  
House - Chandor*

Elegant detailing where the false ceiling meets the wall with hand-painted borders at the top of the wall gave that additional grace to the living space of the Goan houses, thus introducing another artisan, the painter .

#### *About the Author*

*Alinto Coelho is passionate about preserving our Goan Heritage. He holds a Bachelor's degree in Civil Engineering from Goa College of Engineering.*

*He provides Professional Consultancy Civil Engineering Services in Goa, which includes Restoration of Heritage Structures. He has initiated a process to document Heritage Structures across Goa.*

*The pictures in this article are taken personally by him.*

*Email: [heritage.goa@coelhosolutions.com](mailto:heritage.goa@coelhosolutions.com)*



Speak Konkani  
KONKANIM  
ULOI -8



XIKSAN -LESSON

I love doing my garden!

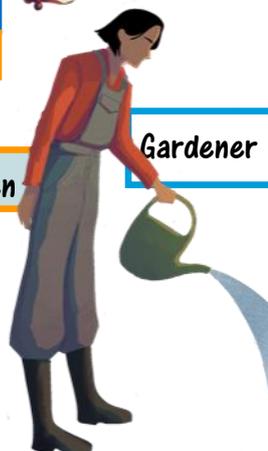
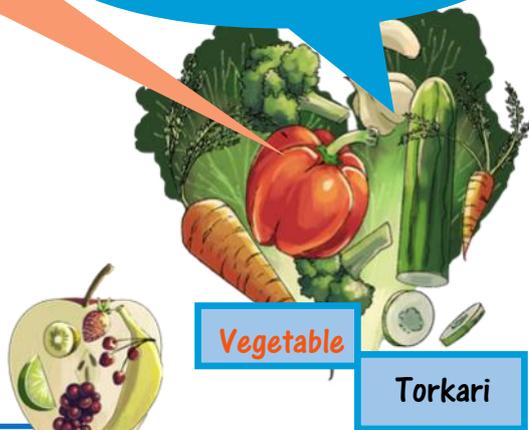
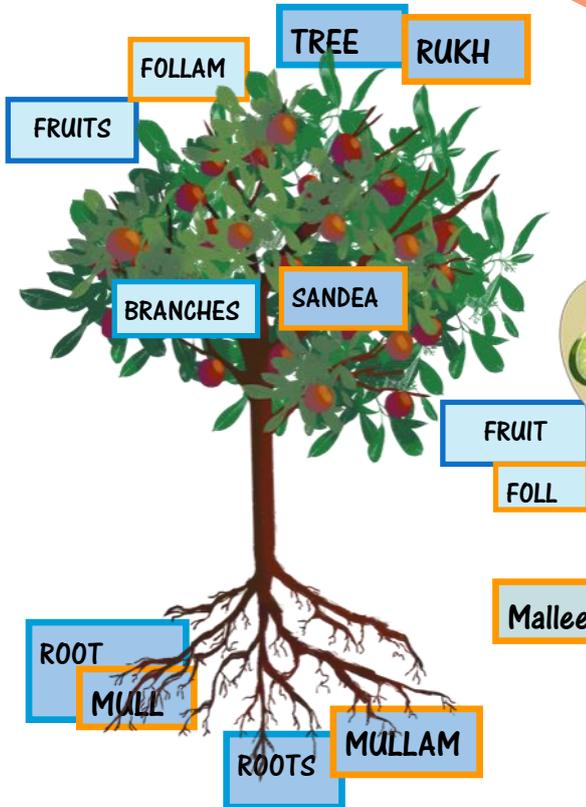
Mhaka bhag korunk  
avodta!

Bhagint zatim fullam  
assat.

Lots of flowers in the  
garden

Zaita torechi torkari.

Different types of  
vegetables





# Whist-2022



# A Musical Genius, Stuart Dias

By, Dianne Nunes

Having studied piano at an early age, didn't quite cut it for Stuart Dias and his creative 'eclectic' side. Performing by adhering to the formalized structure of his study and subsequent lessons, did not bring the joy that he desired.

Once he moved to the US at age 15, he started playing the guitar - and the rest, as they say, is history! Without formal lessons, he learned from friends and the internet how to perfect his love and talent for this instrument. Playing in a college band was a springboard to his creative side - eclectic styles with a "creative and chaotic" play list. The positive reaction from all types of people, responding to all types of his musical styles, confirmed his desire to continue this path of alternative genres.

Nowadays, you may catch Stuart with his renowned band, Soggy Po' Boys with their New Orleans musicality swagger at clubs all up and down the New England area - and during the summer, venturing further down south to DC and Atlanta.

<https://www.facebook.com/SoggyPoBoys>

Stuart has a personal private side that extends compassion to the less fortunate. He is involved in community action outreach via programs that provide food for those in need, as well as an advocate for stable housing options for people not able to secure a stable residence.

By profession, Stuart is a scientist and adds his expertise to a company called Cell Signaling Technologies as a project consultant for pharmaceutical companies for their antibody usage. He has published in various scientific journals such as *Cell*, *Leukemia*, and *Cancer Cell*.

With his music, profession as well as his empathy, Stuart brings joy to so many others in all aspects of his life. May his efforts on all these fronts continue to bless others, through his talent and compassion.



Stuart Dias

# Mental Health, A student's perspective

By, Chelsea Fernandes

Incase you didn't know, May was Mental Health Awareness Month. According to MentalHealth.gov, Mental Health is defined as a person's condition concerning their psychological and emotional well-being. As a society, we at times frown upon Mental Health in regards to finding those who suffer as weak-minded. This is due to not knowing much about the topic or a limited source of information about it. By correcting this, we can help those who struggle and create a safe space for those that are uncomfortable talking about it. There is no age restriction for mental health. Anyone can struggle with it. Not many people understand Mental Health, and how it can be a hindrance to daily life.

Understanding is always the first step to helping. First, we need to understand why people find Mental Health itself to be a weakness. Many people who struggle with Mental Health talk about their personal experiences, because those that don't struggle can't understand what they go through. Not only is it hard to empathize, but it's also hard to feel a connection when you don't have the same experiences. The mainstream media also doesn't feel Mental Health is important and tends to brush it off. A take on this was when Olympic Gymnast, Simone Biles dropped out of the Tokyo Olympics due to Mental Health issues. The media attacked her by calling her weak and judging her for quitting a sport she could have won a medal for. Simone quoted "I say put Mental Health first, because if you don't, then you're not going to enjoy your sport and you're not going to succeed as much as you want to." Even though new media outlets attacked her for this, she stood her ground. It's easy to hate when you don't fully understand what others go through or experience.

Knowing that anyone can have a Mental Health issue, removes the stigma and reassures people that they aren't alone. Because of the Pandemic, many Americans, including students suffered from social anxiety due to being isolated for so long. Everyone had different versions of the lockdown but we all came out with a touch of anxiety.

Students face different types of anxiety. With all the school shootings that have been happening periodically, many students fear their next day of school might be their last. Students from my high school, Watchung Hills Regional High School, (WHRHS) felt this same anxiety, as we had a shooting threat on Wednesday, May 25, just a day after the Uvalde Texas shooting. Students, teachers, and staff were in a 2-hour lockdown that day. The following day, many parents feared for their children and opted to let their children stay home. Those students that did come to school felt they heard sounds, walking down empty hallways or to the bathroom.

The most important take away from this is, "How can we help?". As parents, teachers, and students, we can show support and kindness to people that truly need it. Just the love and support you can give to anyone that is suffering from mental illness is all that is needed. Letting your loved ones know that you are validating their issues and not dismissing them is all they need to keep going. Besides the support at home, there are always counselors or teachers that students can talk to, just to have peace of mind. Remember, you are never alone.

# Caps Off to you, Grads!



Congrats Isaac Lobo!  
Bachelors in Biology.  
Best Wishes, as you go to Medical  
School



Deandra Cassel graduated summa cum laude  
from the University of Pittsburgh with a B.S. in  
Pharmaceutical Sciences.

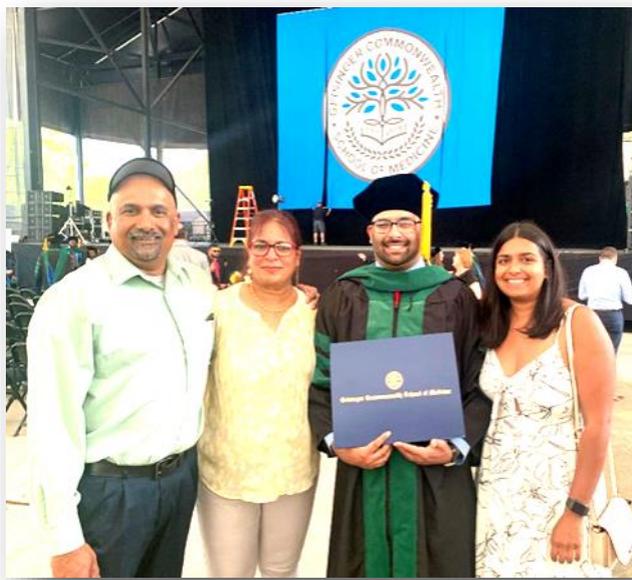
She will continue pursuing her Pharm. D. degree  
at Pitt..

Way to Go!



Carina A. D'souza was awarded the Degree of Bachelor Arts  
(Biochemistry) at Vassar College, Poughkeepsie on May 22<sup>nd</sup>  
2022.

Carina plans to pursue a career in the medical profession.  
Congratulations Carina and all the very best for the  
future !!



Andre V. D'souza was awarded the Degree of Doctor of Medicine at the Geisinger Commonwealth School of Medicine on May 15<sup>th</sup>, 2022.

Andre is the son of Sidney & Louella D'souza and brother of Carina D'souza, residing in Mountain Top, PA.

Andre has matched to the HCA Health/TriStar Nashville-TN program and will be starting his residency in Internal Medicine on July 1<sup>st</sup> 2022. Andre plans on pursuing a fellowship in cardiology at the end of his residency.

Congratulations Andre, and all the very best in your future endeavors !!

*Congratulations on graduating and  
All the best on your next adventure!*

# God Bless



Felicia Mariah Faria was confirmed at St. Matthews Parish, Philadelphia by Archbishop Nelson Perez on May 18, 2022



Neel Mascarenhas was confirmed on May 2022  
Congrats & God Bless



Warren Zayne Fernandes celebrates the Big 1!  
Happy Birthday Warren  
Best Wishes Crezel and Francis  
and Grandparents Cyril and Rose

# Fun-tastic



**All ready to battle the bugs this summer! (Brady DeBellis in combat fatigues)**



**Riley and Adrienne Nunes 'car' camping in Texas - lots more to come! Hiking, biking, and eating ....**



## Bible Study



Once every two weeks, Norman D'Souza leads a Bible Study intended to grow our faith, worship our Lord and lead us on the path of righteous living with the help of Scripture.

Every other Sunday evenings, at 7:00 pm all interested attendees gather on Zoom to share the Gospel message and apply it to everyday living. All are invited to join and newcomers are welcomed!

Contact Norman at [normandsouza100@gmail.com](mailto:normandsouza100@gmail.com) to be included! A call to step up and step out in faith!

## PRAYER TEAM WARRIORS

The Prayer Team is a dedicated group, faithfully praying for the spiritual, emotional and physical needs of others. We place these petitions (anonymously, if preferred) at the feet of the Father, Son and Holy Spirit on those requesting prayer.

Reach out in faith and expected hope to either, [vilmalfmartins@gmail.com](mailto:vilmalfmartins@gmail.com) or [dianneenunes@gmail.com](mailto:dianneenunes@gmail.com) to submit your request.

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand.” Isaiah 41:10



Victor Noel Cordeiro

Victor Noel Cordeiro, 76 of Rehoboth Beach, DE, passed away on Wednesday, May 25, 2022, at his home.

He was born in Nairobi, Kenya, son of the late Victor Salvador and Especiosa Cordeiro. After emigrating to the U.S. Noel spent most of his professional career with New Jersey Bell (now Verizon) where he worked as a technician for 30 years.

Post retirement, Noel and his beloved Leonora “Nora” and their son Neil, moved to Rehoboth Beach, Delaware.

He had many hobbies and pastimes, but chief among them was restoring his vintage Volvo P1800S. He was technically adept on so many fronts and often lent his advice to anyone who tapped into this amazing resource of a man. Noel was an affectionate, devout, and generous man who was devoted to his family and friends. His sense of warmth and humor was on constant display and spread freely to one and all.

On May 19, we said a final farewell to a dear friend of GOANJ, Imaria Oliveira.

She loved to attend our functions with warmth and a willingness to share smiles with everyone. Imaria was a long time Prayer Team Partner with the GOANJ and shared her spiritual intervention and petitions with anyone in need.

She joins her husband Joe, in Heaven but leaves behind her son Mark, daughter in law Anne, and grandchildren Nicole, Jason and Ryan.



Imaria Oliveira

Rest in Peace



Dr Armando do Rosario Monteiro from Assolna, Goa, brother in law of GOANJ member, Wilma Martins was united with our Lord, on May 27, 2022

Armando is survived by his wife, Celina, his 2 daughters, sons in law and his 5 grandchildren. Armando leaves a rich legacy behind of love, kindness, generosity, and humble service towards all especially his patients.

God granted Armando a very active life, enjoying all that Goa has to offer like weddings, dances, parties , family gatherings.

May God continue to bless Armando with peace, love, and joy in His heavenly abode.

May Armando rest in Jesus' arms for all eternity.



Dr Armando do Rosario Monteiro

ETERNAL REST GRANT UNTO  
THEM, O LORD.



*bloom,  
where  
you are  
planted!*

Le jardin de Tony et Sharon Menezes & Rachel Rebello photo contributions.





# EZRY Goan Delights

From Our Kitchen to Yours ...  
Keeping our Goan tradition Alive  
in our kitchen!

Central New Jersey (Based in Somerset)



### Aunt Rosy's Croquettes

Lean ground beef in secret spice blend. \$20/1 dozen.



### Alice's Fish Cutlets

Shallow fried spicy-tangy tuna fish cutlets. \$18/1 dozen.



### Mai's Fresh Curry Paste (250 gms)

Cafreal \$6, Recharado \$8, Vindaloo \$7, Sorpotel \$8, Xacuti \$10, and Orange Coconut Curry \$8.



### Prisca's Bombil Balchao

Lightly fried dried Bombay ducks, cooked in a rich sauce. \$25/lb.



### Bittu's Prawn Balchao

Spicy-sweet tangy, made with large shrimps. \$23/lb.



### Recharado Bombil

Recharado stuffed dry Bombay ducks. \$17/ 0.5 lb (needs frying).

### SUMMER SPECIALS



### Niquela's Brinjal/Tendli Pickle

A burst of sweet and tangy flavors in every spoon. Bardez style summer pickle. \$10/0.5 lb.



### Ryan's Green Beans Foogath

Simple and perfect balance of onions, beans, fresh coconut and spices. \$10/lb.



### Ryan's Tisreanchem Sukhem

Meaty clams in a secret rich coconut-based sauce. \$28/2 lb. \*Subject to availability and market pricing.



### EZ' Beef Tongue Roast

Slow cooked with fresh warm spices to maintain perfect tender juicy bite. \$28/lb.



### Mai' Chicken Cafreal

Fragrant concoction of spices and fresh green herbs cooked to form a thick sauce. \$17/lb



### EZ' Jeerem Meerem

Exotic flavors of warm spices, caramelized onions & very hot peppers. Chicken \$19/lb. Pork \$21/lb.



### Beryl's Vindaloo

Rich and thick vinegar-based chili curry. Chicken \$17/lb. Pork \$18/lb.



### Aunty Joyce's Pork Sorpotel

Cured to perfect tanginess, heat and sweetness. \$22/lb.



### EZ' Spicy Pork Chilly

Blend of aromatic spices, garlic, hot red-green chillies and kokum. \$19/lb.



### Mai' Recharado Fish Fry

Crispy fried Asian Mackerels or thick sliced Desi Pomfrets marinated with Recharado masala.

Bangda- \$18/ 3 fish

Pomfret- \$22/ 1 fish

\*Subject to availability and change in market pricing.



Mai' Orange Coconut Curry Traditional curry (with kokum). Dried Bombils/Shrimps. \$16/lb, Pomfret \$19/lb.

### Ryan's Caldin Curry

Rich coconut milk based thick yellow curry. Shrimps \$16/lb, Pomfret \$19/lb.

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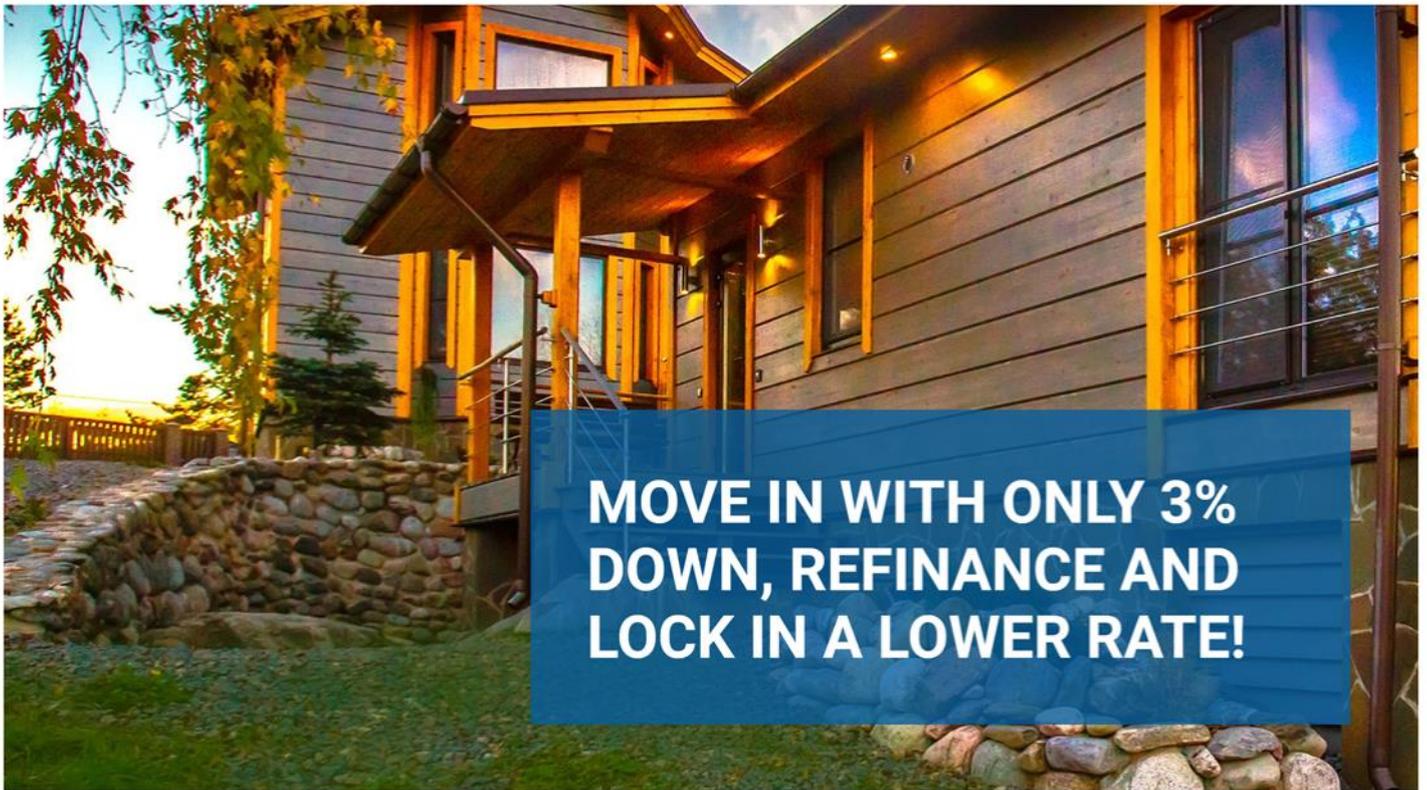
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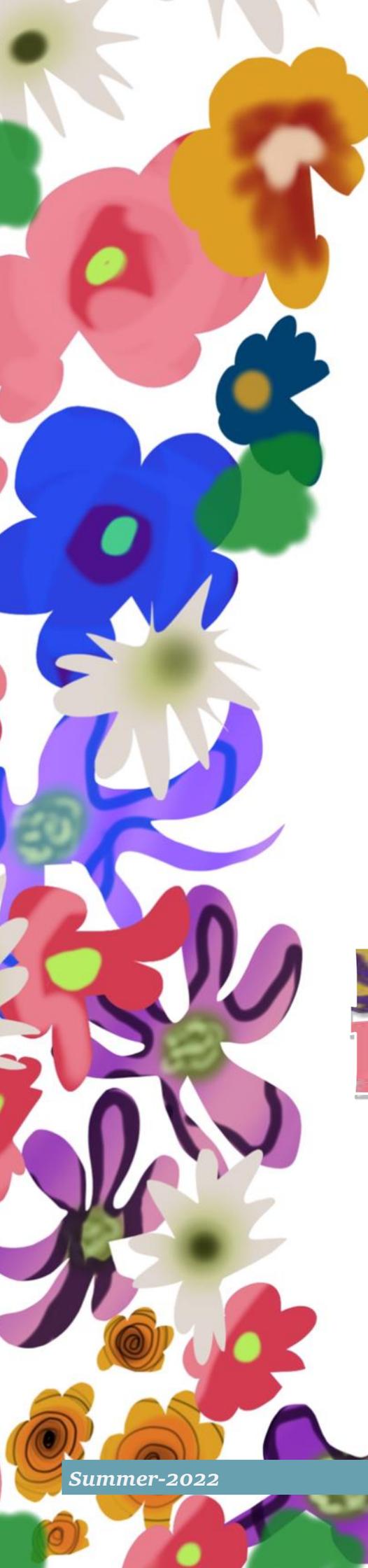


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