

salads

CHOPPED BBQ CHICKEN Full 6.1 | Half 4.2

Black beans, corn, iceberg lettuce, Monterey Jack cheese, tomato, cilantro, basil, scallions, ranch dressing.

✔ TACO PASTA SALAD Full 4.9 | Half 3.6

Gluten free Fusilli pasta, black beans, corn, tomato salsa, avocado, cherry tomato, cilantro.

CHICKEN TIKKA Full 5.9 | Half 3.9

Avocado, cucumber, cherry tomatoes, crispy lettuce.

GULF OCEAN Full 6.5 | Half 5.2

Prawn, salmon, mussels, calamari, garden vegetables & greens.

LINKS CHICKEN CAESAR Full 5.8 | Half 3.8

Cos lettuce, beef bacon, boiled egg, Parmesan shavings, crispy croutons, Caesar dressing.

THAI BEEF SALAD Full 6.2 | Half 4.2

Spicy slow cooked beef, mixed leaves, toasted peanuts, spring onions, crispy noodles, Thai dressing.

starters

TEMPURA PRAWNS (4 each) 5

Wasabi mayonnaise, pickled ginger.

TERIYAKI BEEF SATAY 5.5

Cucumber & chilli dip.

✔ BAKED PORTOBELLO MUSHROOM 4.8

Crumbed feta, mozzarella, garlic, toasted pine nuts, rucola, blasamic.

IRISH BLACK MUSSELS 6.2

Creamy garlic sauce, crunchy herb bread.

✔ COLD MEZZEH SELECTION 5

Tabbouleh, hummus, fattoush, moutabel, pita bread.

HOT MEZZEH SELECTION 5.1

Lamb kofta, falafel, spinach fatayer, potato samosa, tahina.

OYSTER CASINO 7.9

Bell pepper, butter, chives, capers, parsley, Parmesan cheese.

✔ CLASSIC CAPRESE 6.8

Sliced Italian tomato, buffalo mozzarella, basil pesto, rucola.

SEARED KING SCALLOPS 7.9

Romesco sauce, char grilled asparagus, apple balsamic.

SOUP OF THE DAY 3.7

Soups made fresh daily.

power bowls

CHICKEN KEBAB 7.2

Cucumber salad, herbed brown rice, tzatziki.

✔ CHICKPEA & COCONUT 7.1

Sweet potato, roasted red onion, broccoli, kale, cumin, oregano, tahina sauce, brown rice.

TANDOORI SPICED HAMMOUR 8

Warm cabbage, farro, lime yoghurt.

✔ BROCCOLI & SWEET POTATO 6.4

Avocado, chilli, tahini, quinoa.

ramen

P MISO PORK 8.6

Pork belly, pork broth, burnt garlic, sesame oil.

SHIN CUP SPICY BEEF 7.7

Beef shin, beef broth, kambu, niboshi, ginger.

CRISPY ROAST DUCK 8.2

Shredded duck, roasted duck broth, chilli, ginger, white miso.

✔ HOISON GLAZED TOFU 7.2

Vegan noodles, vegetable broth, chilli, baby bok choy, coconut milk.

All Ramen is served with a choice of Udon or Soba noodles, scallions, Asian mushrooms, kimchi and a marinated soft boiled egg. Extra noodles 2.6

pizza

BUFFALO CHICKEN 6.8

Tender chicken thighs, buffalo sauce, red onion, buffalo mozzarella.

✔ ASPARGUS & MUSHROOM 7.2

Mozzarella, garlic, jalapeno.

P FRESH PARMA HAM 9.9

Rucola, wild mushrooms, Parmesan shavings, truffle oil.

TIGER PRAWN & MUSSEL 7.6

Tomato & oregano sauce, garlic, anchovy.

✔ FRESH TOMATO & GOATS CHEESE 6.4

Shredded basil & balsamic.

BEEF PEPPERONI 6.5

Tomato, garlic, basil, mozzarella.

All prices mentioned are in Bahraini Dinars and inclusive of service charge and 5% V.A.T.
All dishes are subject to market availability. Some dishes may contain traces of nuts.

✔ Vegetarian P Contains Pork