


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

 **MISO PORK** 8.6
Pork belly, pork broth, burnt garlic, sesame oil.

CRISPY ROAST DUCK 8.2
Shredded duck, roasted duck broth, chilli, ginger, white miso.

SHIN CUP SPICY BEEF 7.7
Beef shin, beef broth, kambu, niboshi, ginger.

 **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.

 **FRESH PARMA HAM** 9.9
Rucola, wild mushrooms, Parmesan shavings, truffle oil.

 **FRESH TOMATO & GOATS CHEESE** 6.4
Shredded basil & balsamic.

 **ASPARGUS & MUSHROOM** 7.2
Mozzarella, garlic, jalapeno.

TIGER PRAWN & MUSSEL 7.6
Tomato & oregano sauce, garlic, anchovy.

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  Contains Pork

steaks & ribs

 CAB TENDERLOIN 250g 17.3

CAB T-BONE 500g 19.5

 SOUTH AFRICAN TENDERLOIN 250g 10

 Steaks served on the stone.

 CAB SIRLOIN 250g 14.1

 SOUTH AFRICAN SIRLOIN 250g 9.7

SURF & TURF 14.2
Tenderloin 250g, tiger prawns, mozzarella.

 USA RIB-EYE 300g 16

 ST. LOUIS PORK RIBS 500g 9.7

BRAISED BEEF SHORT RIBS
500g 15.2

main course

GRILLED TIGER PRAWNS 13.9
Yellow rice, garden vegetables, lemon & garlic butter.

 **CHAR GRILLED ASPARAGUS** 7.9
Lemon, garlic, vegetable orzo, Parmesan shavings.

PAN FRIED SEA BASS 10
Green mango, anchovy & papaya salad, toasted peanuts, light ginger dressing.

GRILLED HAMMOUR 12.1
Hammour machbous, wilted spinach, saffron & lentil puree.

SEARED SCOTTISH SALMON 12.8
Roasted garlic & sweet potato mash, grilled leeks, nori butter sauce.

 **KOREAN FRIED CAULIFLOWER** 7.2
Toasted sesame seeds, egg fried rice.

ROSE HARISSA GRILLED OCTOPUS 13.3
Celeriac & bean puree, peppered wild spinach, polenta fries.

SPINACH & BLACK OLIVE STUFFED CHICKEN SUPREME 9
Creamy corn puree, crispy sweet potato, dark chicken jus.

SEARED DUCK BREAST 11.1
Garlic & herb potato, garden vegetables, plum sauce.

BRAISED LAMB SHANK 10.7
Light horseradish mashed potato, glazed carrots, lamb jus.

SLOW COOKED BEEF BRISKET 11
Parsnip mash, glazed carrots, thyme jus.

 **CRISPY PORK BELLY** 10.3
Horseradish mashed potato, snake bean & peanut achar.

pasta

 **CREAMY TOMATO & SPINACH PENNE** 7.8
Chopped spinach, garlic, sundried tomato & basil cream sauce.

 **SPICY CHORIZO RIGATONI** 8.7
Oregano, tomato, rucola, garlic.

 **SPAGHETTI CARBONARA** 8.2
Pork bacon, Parmesan cheese, parsley, garlic.

PULLED BEEF & CHEESE TAGLIATELLI 8.9
Beef brisket, three cheeses, tomato, chilli, garlic.

sides

 **VEGETABLES** 1.3
Garden greens | Honey roasted pumpkin & toasted sesame | creamed spinach | crispy onion rings | oven roasted vegetables.

POTATOES 1.5
Garlic & cheese mashed potatoes | home roasted potatoes | steak fries | French fries | sweet potato fries | baked potato & sour cream or butter.

PETITE SALADS 1.6
Greek salad | spiced chickpea & marinated mushroom | mixed garden salad.

SAUCES 1.2
Bernaise | green peppercorn | mushroom | sriracha | lemon & butter | beef jus | blue cheese | garlic & herb butter | creamy garlic & herb.

dessert

DEEP FRIED CHURROS 4.4
Rolled in cinnamon sugar, Nutella dipping sauce.

SOUTH AFRICAN MALVA PUDDING 4
Caramel sauce, vanilla custard.

SALTED CHOCOLATE CARAMEL TART 3.8
Mascarpone ice cream.

CITRUS CRÈME BRÛLÉE 3.9
Fresh berries.

NEW YORK CHEESECAKE 4.5
Strawberry compote.

CHEESE PLATE 5.9
Camembert, Danish blue, mature cheddar, emmental, fruit compote, biscuits.

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