

All prices are in UAE Dirhams and inclusive of all taxes and service charge.

## The Complete All Day Breakfast Choices

**Continental Breakfast (V) (N) ..... AED 35**

Fresh seasonal fruit plate, homemade morning pastries, toast with butter and preserves, your choice of cereals accompanied by coffee or tea and glass of freshly squeezed fruit juice.

**American Breakfast (N) ..... AED 41**

Start your day with freshly squeezed fruit juice, basket of homemade morning pastries, chicken sausages, hash brown, baked beans and two eggs cooked any style with choice of: scrambled, boiled, fried, poached or choice of omelette and accompanied by coffee or tea.

**A taste of Arabia (N) ..... AED 47**

Includes your choice of freshly squeezed orange, pineapple or watermelon juice. Two eggs cooked to your liking:- scrambled, boiled, fried, poached or choice of omelette.Foul Medames, Labneh, mixed olives, sliced tomato and cucumber, basket of freshly homemade morning pastries, Arabic bread, served with butter, preserves and honey and accompanied by coffee or tea.

**Golden Sands Healthy Lifestyle Breakfast (H) ..... AED 44**

Start your day with your choice of freshly squeezed juice: - fresh carrot, orange, pineapple or watermelon juice. Seasonal fruit plate, Low fat fresh Yoghurt, whole wheat toast, egg white omelette or poached eggs and accompanied by pure green tea or any other herbal tea or your choice of any other hot beverage.

## Ala Carte Breakfast Favorites

**Assorted breakfast cereals (V) (N) ..... AED 14**

Choco pops, cornflakes, muesli, with choice of low-fat or full cream hot or cold milk.

**Apple cinnamon oatmeal porridge (V) (H) ..... AED 15**

**Sliced seasonal fruits platter (V) (H) ..... AED 23**

**Blueberry pancakes ..... AED 21**

Served with maple syrup.

**Freshly Baked Croissants ..... AED 11**

Choice of Chocolate, Plain, Cheese and Zattar. Two in a portion.

**Freshly Baked Homemade Muffins ..... AED 11**

Choice of Chocolate, Vanilla and Orange. Two in a portion.

**Golden Sands Baker’s Delight ..... AED 24**

Morning pastries served with butter and preserves. The basket comes with cheese or plain croissants, Danish pastries and your choice of vanilla or chocolate muffins and choice of white and brown toast.

**Baked Beans (V) ..... AED 14**

**Ful Medames (V) ..... AED 14**

Stewed broad beans with traditional condiments of tomato, onion, parsley, cumin, olive oil and lemon juice. Served with Arabic bread.

## Glorious Eggs

**Choice of any two Eggs Preparation ..... AED 23**

Scrambled Eggs, Fried Eggs, Spanish Omelette, Mushroom and Cheese Omelette, Egg-White Omelette, Indian style spicy Masala Omelette. All above egg styles are served with Hash Brown.

**Two Boiled or Poached Eggs ..... AED 14**



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## Nourishing Soups

**Arabic Lentil Soup (V) (H) AED 15**

A velvety soup made from blended local lentils and freshened with lemon juice, onions and fresh parsley. Served with lemon and Arabic croutons.

**Tomato Soup (V) (H) AED 15**

Freshly blanched and pureed tomatoes perfectly seasoned and served with herb croutons.

**Cream of Mushroom Soup (V) AED 15**

The earthly flavours of mushrooms pureed and blended with fresh cream to form a rich taste.

**French Onion Soup AED 15**

Caramelized sweet onions, rich brown sauce and served with cheese croutons.

**Clear Chicken Soup AED 15**

Flavorful and loaded with tender chicken, macaroni, carrots and onions, combined together in a clear broth.

## Gourmet Salads & Appetizers

**Cobb Salad AED 25**

A typical salad made of chopped salad greens, tomatoes, crisp beef bacon, grilled chicken breast, hard-boiled eggs, avocado and Parmesan shavings with ranch dressing served on the side.

**Seasonal Garden Salad (V) AED 19**

Mixed lettuce, tomatoes, carrots, cucumbers and combined in house vinaigrette.

**Greek Salad (V) (H) AED 25**

Romaine lettuce, tomatoes, cucumbers, mint leaves, sliced olives onions and feta cheese tossed in lemon juice and olive oil.

**Classic Caesar Salad**

Crisp iceberg lettuce, herb croutons, creamy parmesan cheese and an anchovy Caesar dressing.

**Plain AED 21**

**Chicken AED 25**

**Prawns (S) AED 31**

**Oriental Mezze AED 31**

Hummus, Moutabel, Fattouch, Tabouleh and Kibbeh. Served with Arabic bread.

**Any individual Oriental Mezze AED 15**

**Feta Cheese Rolls (V) AED 17**

A super tasty and easy cheese appetizer! An extraordinary combination of Greek feta cheese rolled in phyllo pastry wrappers.

**Crispy Fried Shrimps (S) AED 31**

Deep fried breaded crispy Gulf king prawns and served with tartar sauce.

**BBQ Chicken Wings (N) AED 21**

Deliciously baked honey BBQ chicken wings in a thick sweet and smoky sauce with brilliant flavors and sticky texture and is an all-time favorite.

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## Best Sandwiches in Town

All sandwiches served with French fries and a deli salad

### Classic Golden Sands Club Sandwich AED 23

Triple Decker toasted bread with chicken in mayonnaise, fried egg, cheese, tomatoes, cucumber and lettuce.

### Tuna Mayonnaise Sandwich (S) AED 23

White Tuna meat with mayonnaise, chopped pickled cucumber and lettuce.

### Marinated Steak Sandwich AED 31

Brazilian beef striploin cooked medium well in BBQ sauce, stuffed in French Baguette and topped with mushrooms and caramelized onions.

### Grilled Kofta Sandwich AED 31

Grounded lamb meat marinated in Arabic spices, rolled in Arabic bread along with sliced onions, tomatoes and sumac. Served with tahina sauce.

### Tomato & Cheese Sandwich (V) (H) AED 23

A popular basic sandwich made of cheddar cheese and fresh sliced tomatoes in toasted white bread.

### Chicken Quesadilla AED 23

Home-made flour tortilla filled with cheddar and mozzarella cheese, savory mixture of spices and vegetables, and then finished on a griddle. Served with home-made salsa on the side.

## Juicy & Flavorful Burgers

### The “to die for” Beef, Chicken or Shrimp Burgers.

Tender breaded and fried shrimps or grilled chicken or beef patty with slices of tomatoes, local lettuce, onions and aged cheddar cheese. Served with home-made coleslaw.

Chicken burger contains mayonnaise, beef burger contains mustard sauce and shrimp burger contains home-made tartar sauce for the extra richness.

### Chicken AED 27

### Beef AED 31

### Shrimps (S) AED 35

### Sandwich or Burger Combo Meal AED 39

Includes fresh orange juice or any soft drink of your choice, French fries and any one sandwich or burger from the above listed choices.

## Extra Cheesy “Pizzeria”

### Medium 10”

### Large 12”

Our pizzas are specially made to your order using the best of seasonal ingredients and house made sauces.

### Margherita (V)

Medium **AED 27**

Large **AED 35**

Mozzarella, chunky tomato sauce and Italian sweet basil topped with mozzarella cheese and oregano.

### Hawaiian

Medium **AED 30**

Large **AED 38**

A classic combo of tomato sauce, turkey ham and pineapple, topped with mozzarella cheese and oregano.

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### Vegetarian Lovers (V)

Medium **AED 27**                      Large **AED 35**

Mushrooms, onions, bell peppers, olives, sweet corn, with mozzarella cheese and oregano.

### Beef Pepperoni

Medium **AED 30**                      Large **AED 38**

Thinly sliced beef pepperoni, fresh tomato sauce, slices of beef pepperoni, bell peppers and topped with mozzarella cheese and oregano.

### BBQ Chicken Supreme

Medium **AED 30**                      Large **AED 38**

BBQ grilled chicken chunks, sliced olives, bell peppers, onions and topped with fresh mozzarella cheese and oregano.

### “Quattro Formaggi” (V)

Medium **AED 30**                      Large **AED 38**

Fluffy home-made dough, delicious, rich pizza sauce topped and loaded with our amazing mozzarella, cheddar, parmesan and feta cheese blend! A cheese lover’s delight.

### Seafood Lovers (S)

Medium **AED 35**                      Large **AED 43**

Shrimps, scallops, calamari, bell peppers, olives, onions and topped with fresh mozzarella cheese and oregano.

## Pastas – “Fresca e Cremosa

### Penne Arrabiata (V) ..... **AED 25**

Penne pasta sautéed with hot and spicy home-made fresh tomato sauce.

### Spaghetti Pomodoro (V) ..... **AED 25**

Freshly cooked Spaghetti, sautéed with tomato sauce, topped with parmesan cheese, black olives and freshly chopped parsley.

### Tagliatelle Al Funghi (V) ..... **AED 31**

Tagliatelle pasta sautéed with garlic, wild mushrooms, fresh cream sauce and topped with parmesan cheese.

### Spaghetti Bolognese ..... **AED 33**

This version of a classic Italian dish combines ground beef and canned crushed tomatoes in a sauce to be served over spaghetti.

### Seafood Pasta in Cream sauce (S) ..... **AED 41**

Shrimps, calamari and scallops topped with seafood based cream sauce along with penne, Italian herbs, fresh garlic and topped with parmesan cheese.

### Fusilli in Alfredo sauce ..... **AED 34**

The cream cheese just might steal the show here. Combined with tender chicken, fusilli pasta and seasonal veggies in a savory seasoning and added garlic make it a silky feast.

**All above pasta dishes are served with garlic bread (2pcs.) to give an additional treat to your taste buds.**



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## Entrees & Main Courses

**Paneer Tikka Masala (V) (N) ..... AED 31**

A bright orange-colored smooth, creamy and light buttery flavored North Indian fare, made from fresh Indian cottage cheese cubes, simmered lightly with a rich buttery onion tomato sauce and other spices.

Mushrooms, onions, bell peppers, olives, sweet corn, with mozzarella cheese and oregano.

**Dal (V) (H) ..... AED 25**

Spiced black or yellow lentils with garlic and cumin.

**Chana Masala (V) ..... AED 25**

Whether eaten as a snack, main meal or even for breakfast, the most popular vegetarian dish is made of tangy chickpea curry flavored with home-made garammasala.

**Grilled Fish Fillet. (S) ..... AED 41**

Marinated fish fillet grilled and served with steamed vegetables, French fries and tartar sauce.

**Fish ‘n’ Chips. (S) ..... AED 31**

Great Britain’s very own traditional meal. Fish fillet breaded and deep-fried. Served with French fries and tartar sauce.

**Pan Fried Salmon. (S) ..... AED 34**

Scottish salmon pan-fried and cooked medium well. Served on a bed of sautéed spinach and lemon butter sauce on the side.

**Garden Fish Fillet. (S) ..... AED 41**

Grilled fish fillet topped with sautéed mushrooms in a rich home-made tomato sauce and served with vegetable fried rice.

**Grilled Jumbo Shrimps. (S) ..... AED 51**

Gulf shrimps, fresh herb marinade, grilled to perfection and served with steamed vegetables, French fries and tartar sauce.

**Grilled Boneless Chicken. .... AED 41**

Boneless chicken marinated in garlic, olive oil and oregano, and then grilled to perfection. Served with mixed lettuce salad, garlic mayo sauce and French fries.

**Shish Tawook. .... AED 35**

Grilled chicken brochettes marinated with Arabic herbs and spices. Served with garlic sauce and French fries.

**Golden Sands Signature Stuffed Chicken. (N) ..... AED 41**

We highly recommend you to try our Chef’s signature dish. Chicken breast flattened and stuffed with pinenuts, mushrooms, spinach and cheese, roasted and finished with mustard cream sauce.

**Grilled Lamb Chops. .... AED 51**

Grilled Australian lamb chops marinated with herbs and spices. Served with grilled tomato, onion and French fries. Arabic style

**Oriental Mix Grill. .... AED 53**

Grilled Lamb shish, Shish tawook, Lamb chops, Kofta kebabs marinated with Arabic herbs and spices. Served with grilled tomato, onion and French fries.



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**Grilled Beef Tenderloin ..... AED 59**

Succulent Brazilian 250gms beef tenderloin. Perhaps the most tender steak you'll ever cut into, the juicy flavor profile is rich, beefy and truly unforgettable. Cooked to your liking served with two side order and one sauce mentioned below of your choice.

**Choice of side orders. Choose any two**

Sautéed Spinach / Mashed Potatoes / Stir Fried Vegetable / Garlic Bread / Steamed Rice

**Any additional order of side dish ..... AED 13**

"Choice of Sauces - Choose any one (Pepper Sauce, Creamy wild mushroom sauce, BBQ sauce, Mustard Cream Dressing)"

**RECOMMENDED STEAK TEMPERATURES**

Rare - red center. / Medium rare – pink center.  
Medium – light pink center. / Medium well – no pink.

**Murg Makhani (N) ..... AED 41**

Popularly known as Butter Chicken, this is a Punjabi preparation of boneless chicken tikka cooked in a creamy tomato sauce with a hint of fenugreek.

**Choice of Indian Curries.**

According to your preferences, all curry options are made from fresh ingredients and include seasonal assorted vegetable or chicken or lamb in a tomato and onion rich gravy, spiced with garam masala.

**Vegetable (N) ..... AED 29**

**Chicken (N) ..... AED 34**

**Lamb (N) ..... AED 39**

All above dishes are served with steamed basmati rice or tawa paratha and cucumber raita and papad.

**Biryani, an Evergreen Classic**

It really needs no introduction. It's aromatic, it's heavenly and one of the most loved. Long basmati rice cooked in Indian spices and herbs and flavored with cardamom and rose water.

**Vegetable (N) ..... AED 29**

**Chicken (N) ..... AED 37**

**Lamb (N) ..... AED 41**

**Shrimps (N) (S) ..... AED 55**

**Arabic Combo Meal. (N) ..... AED59**

Includes fresh orange juice or any soft drink of your choice, fresh green salad and one Arabic rice preparation – Chicken or Lamb or Shrimps biryani.

**All above biryani choices and the Arabic Combo Meals are served with cucumber raita and papad.**



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## Rice Specialties

**Steamed Basmati Rice** ..... **AED 13**

Traditional Indian long and slender grained rice.

**Jeera Rice** ..... **AED 14**

Long grain Basmati rice sautéed with cumin seeds.

**Peas Rice** ..... **AED 15**

Long grain Basmati rice sautéed with green peas and onions.

## Chinese Selections

**Sweet Corn Chicken Soup** ..... **AED 15**

Warm your belly with this satisfying soup made of sweet corn, diced chicken, egg drop and spring onions.

**Vegetable Spring Rolls. (V)** ..... **AED 21**

Scrumptious filling of sautéed veggies perked up with tangy sauces, all packed inside readymade spring roll wrappers and deep-fried till crisp and served with soya sauce on the side.

### Chinese Hakka Noodles

Boiled Hakka Noodles which are then stir fried with fresh vegetables and Chinese sauces andcooked as per your liking with mix seasonal vegetables or chicken or seafood.

**Vegetable (N)** ..... **AED 25**

**Chicken (N)** ..... **AED 31**

**Seafood (N) (S)** ..... **AED39**

### Choice of Chinese Style Fried Rice

**Vegetable (N)** ..... **AED 21**

**Egg (N)** ..... **AED 21**

**Chicken (N)** ..... **AED 24**



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**Beef Stroganoff ..... AED 41**

Sliced beef strips, sautéed together with onions and mushrooms then finished with a sauce made from sour cream and brown sauce, and served with mashed potato and steamed rice on the side.

**Russian Lamb Pilaf - "Plov" ..... AED 44**

Plov is the ultimate Russian comfort food made of long-grain white rice, saffron and raisins and a combination of boneless lamb cubes all cooked and packed with flavors and spices to reach ultimate rice perfection.

## Sweet Temptations

**Um Ali (N) ..... AED 17**

Traditional local warm dessert made of fluffy puff pastry, nuts, raisins and soaked in warm sweetened milk and baked.

**Crème Caramel (N) ..... AED 14**

Classic homemade French dessert consisting of custard topped with caramelized sugar.

**Raspberry Pannacotta (N) ..... AED 15**

Italian dessert of sweetened cream, thickened with gelatin and topped with home-made raspberry puree

**Traditional Bread and Butter Pudding (N) ..... AED 15**

Popular British dessert, made by layering slices of buttered bread layered up with a rich vanilla custard, dried raisins in an oven dish.

**Selection of Ice-Cream (N) ..... AED 15**

Our selection of ice-cream flavours include; Chocolate, Mango, Vanilla and Strawberry. 3 scoops of your favorite choice make a delightful portion.

## Beverage List

### GOLDEN SANDS SIGNATURE MOCKTAILS

Creations of the house, below is the list of some of the most recommended mocktails for any season.

**Apple Mojito ..... AED 14**

Muddled fresh mint leaves, brown sugar, lime wedges, topped with apple juice.

**Tropical Colada ..... AED 15**

Creamy, refreshing drink of coconut cream and pineapple juice blended to create this classic tropical mocktail.

**Mint Cooler ..... AED 15**

Blended fresh mint leaves and lemon juice for that refreshing summer drink.

**Fruit Punch ..... AED 19**

Combination of fresh orange, pineapple and kiwi and topped with scoop of mango ice cream.

**Iced Frappuccino ..... AED 15**

The delicious sweet blended drink made from coffee, milk, fresh cream that has been a favorite of all iced coffee lovers.

**Coke Float ..... AED 14**

A classical drink made of vanilla ice cream and Coca-Cola, and is a definite favorite.

**Creamy & Frothy Milkshakes ..... AED 15**

Chocolate, Vanilla, Mango, Strawberry and Banana.

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**Freshly Squeezed Juices ..... AED 17**

Orange, Pineapple, Green/Red Apple, Watermelon, Carrot and Carrot with Orange.

**Chilled Juices ..... AED 13**

Orange, Pineapple, Red Apple, Red Grape, Guava, Mango and Fruit Cocktail.

**Malt Bevarages ..... AED 13**

Bavaria - Non Alcoholic Malt.

**Iced Teas ..... AED 11**

Lipton - Peach and Lemon.

**Soft Drinks ..... AED 6**

Coca-Cola Coke, Coca-Cola Light, Fanta, Sprite, Bitter Lemon, Ginger Ale and Soda Water.

**H2O**

Evian Mineral – Large ..... **AED 14**

Evian Mineral – Small ..... **AED 9**

Local Bottled Water – Large ..... **AED 6**

Local Bottled Water – Small ..... **AED 4**

**Sparkling Water.**

Perrier - 330 ml ..... **AED 11**

**The Coffee Selection**

Single Espresso ..... **AED 13**

Double Espresso ..... **AED 14**

Cappuccino, Latte, Macchiato ..... **AED 14**

Americano, Turkish coffee ..... **AED 13**

**The Tea Selection**

Lipton Tea ..... **AED 11**

Selection of Herbal & Infused Teas ..... **AED 14**

Green tea, Chamomile, Earl Grey tea, Jasmine Green tea, English Breakfast tea and Peppermint tea.

**Indian style Teas ..... AED 14**

Readymade Indian Karak Chai or traditional Masala Chai to rejuvenate yourself anytime of the day.