## **Breakfast Choices**

Continental Breakfast (V)(N)
Fresh seasonal fruit plate, homemade morning pastries, toast with and preserves, your choice of cereals, hot milk, accompanied by tea and glass of freshly squeezed fruit juice.

**Indian Breakfast** Fresh squeezed fruit juice, basket of homemade morning pastries, partaha and two eggs cooked of style of masala omellete and accompanied by coffee or tea.

**Oriental Breakfast(N)** 

"Your choice of fresh seasonal fruitssqueezed juice. Two eggs cooked to

Foul Medames, Labneh, Hummus, falafel, cheese feta, mixed olives, sliced

Arabic bread, served with butter, preserves and honey and accompanied

Start your day with your choice of freshly squeezed juice: - fresh carrot,

milk, Seasonal fruit plate, Low fat fresh Yoghurt, whole wheat toast, egg

white omelette or poached eggs and accompanied by pure green tea or

A la Carte Breakfast

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

Plain yogurt, wild berry compote, mix nuts, strawberries, honey and

Quaker White Oats, Green apple, Milk full Cream, cinnamon powder.

Seasonal Fresh Fruits, water melon, sweet melon, Pineapple, Oranges, Red

Pancake Mix, Egg, milk, Blueberry filling OR Strawberry, icing Sugar,

Your choice one of plain Croissant, Cheese Croissant, Zaatar Croissant

Fresh pastries served with butter and preserves. The basket comes with

choice of vanilla or chocolate muffins and choice of white and brown toast.

boiled broad beans with traditional condiments of tomato, onion, parsley,

Choices of fresh Eggs

Scrambled Eggs, Fried Eggs, Spanish Omelette, Egg Benedict, Mushroom

Soups

A velvety soup made from blended local lentils and freshened with lemon

The earthly flavours of mushroomn pureed and blended with fresh cream

Flavorful and loaded with tender chicken, macaroni, carrots and onions,

Fresh Salads

Mix greens leave, tomatoes, crisp beef bacon, grilled chicken breast,

hard-boiled eggs, avocado and Parmesan shavings with ranch dressing

Romaine lettuce,tomatoes,cucumbers,mint leaves,sliced olives onions and

Chunks of apple, mixed greens leaves, feta cheese, walnuts and flax

Tuna, avocado, cherry tomato, cucumber, mix greens, gherkins, fresh dill

Crisp iceberg lettuce, herb croutons, parmesan cheese, sevred with an

Grilled halloumi, beetroot, watercress, Roca leaves, cherry tomato and

"Quinoa White, Kale Leaves , Fresh Lemon , Olive Oil, Cherry Tomato Red,

Spring Onion, Feta cheese, fresh Pomegranate, Sunflower seeds, served

Appetizers

BBQ chicken wings in a thick sweet and smoky sauce served with blue

Feta Cheese Wrapped in spring roll sheet Stuffed with spinach, onion and

Rings of calamari covered with egg and flour and herbs fried and crispy

Traditional Rice ball Stuffed with green peas and mozzarella cheese, truffle

Fried breaded crispy Gulf Prawns and served with cocktail sauce.

Hummus/Moutabel/Fattouch/ Tabouleh/Kibbeh/cheese fatayer/ Served

Sandwiches

Oriental Mezze platter (choice of four items(V)

All sandwiches served with French fries or House salad.

Arabic bread stuffed with fried crispy falafel balls, sliced tomato, mint,

Feta, rocket leaves, tomato with chef's dressing in baquet bread Served

vegetables all ready to be stuffed in a freshly prepared tandoor partaha."

White tuna meat with mayonnaise, chopped pickled cucumber, Sweet Corn

Triple Decker toasted whole wheat bread with sliced grilled chicken in

mayonnaise, Lettuce, tomato, cheese, fried eggs, Turkey bacon served with

Mini beef patty, lettuce, tomato, gherkins, cheddar cheese with Barbeque

Mexican chicken marinade, tortilla bread with cheddar, savory mixture of

Beef ribs slow cooked in rich onion broth, stuffed in French Baguette and

Grilled chicken breast, olives pannini bread, avocado, sundreid tomato,

Grilled Homemade Crunchy chicken, tomato, gherkins, spicy cocktail

Grilled Homemade beef patty, tomato slices, lettuce, onions, beef bacon,

cheddar cheese, cucumber pickle, Served with homemade coleslaw salad.

spices Mexican, Grilled bell capsicum, onion, Served with homemade

Mexican salsa, guacamole, sour cream on the side

"Tender chicken tikka topped with home-made mint sauce and

juice, onions and fresh parsley. Served with lemon and Arabic croutons.

and Cheese Omelette, Egg-White Omelette, Indian style spicy Masala

Omelette. Served with hash brown, chicken sausage and bread basket.

cumin, olive oil and lemon juice. Served with Arabic bread.

**Your Choice two Eggs Preparation** 

mini cheese, plain and chocolate croissants, Danish pastries and your

and Chocolate Croissant. Choice of vanilla muffin & chocolate muffin.

any other herbal tea or your choice of any other hot beverage.

orange, pineapple or watermelon juice.your choice of cereals, hot low fat

your liking:- scrambled, boiled, fried, poached or choice of omelette.

tomato and cucumber, basket of freshly homemade morning pastries,

by coffee or tea."

**Healthy Golden Sands Breakfast. (H)** 

**Assorted Breakfast cereals (H)** 

**Apple Cinnamon Oatmeal Porridge(H)** 

Pancake Mix, Egg, milk ,icing Sugar, Unsalted Butter.

**Choice of fresly baked Croissant or Muffins** 

**Seasonal fruits platter. (V) (H)** 

Grapes, Kiwi, Strawberry.

**Blueberry Waffle** 

**GS Bakers Delight basket** 

Foul Medames (V)

**Lentil Soup. (V) (H)** 

to form a rich taste.

Soup of the day

**Cobb Salad** 

served on the side.

**Greek Salad (V) (H)** 

feta cheese tosed in lemon juice and olive oil.

Walnut Apple Flax Salad (N)(H)

seeds with dijon honey dressing.

**Tuna Avocado Salad (S)** 

**Classic Caesar Salad.** 

anchovy Caesar dressing.

cucumber in herb dressing

with lemon dressing."

**Halloumi Beetroot Salad (G) (V)** 

Quinoa Kale Leaves \*\*(V)(H)

All Salad Served with Bread & Butter

**BBQ Chicken Wings. (N)** 

Feta Cheese Rolls. (V)

**Fried Calamari(S)** 

and served Chipotle mayo.

**Rissoto Ball (Arancinni)(D)** 

Oil, served with tomato basil sauce.

**Crispy Fried Shrimps (S)** 

Any individual Oriental Mezze.

Falafel sandwich(V)(N)

Feta sandwich (V)(H)

served with crsipy Green salad

**Chicken Tikka Sandwich** 

**Golden Club Sandwich.** 

homemade coleslaw salad.

**Chicken Quesadilla** 

**GSHA Steak Sandwich \*\*** 

**Chicken Pesto Sandwich** 

rockets and pesto sauce

**Beef Burger** 

topped with melted swiss cheese.

Fried Chicken Burger (G)(D)

sauce, , Served with homemade coleslaw salad.

**Beef Slider Sandwich (G)(D)** 

and lettuce.

sauce

**Tuna Mayonnaise Sandwhich(S)** 

Pickels, parsley with nutty tahini sauce.

with Arabic bread.

sumac fried Crispy served with marinara sauce.

cheese sauce.

and lemon dressing

Chicken.

Prawns. (S)

**Clear Chicken Soup.** 

**Cream of Mushroom Soup.(V)** 

combined together in a clear broth.

All Soup served with Bread & Butter

Unsalted Butter.

**Pancakes** 

**Crunchy Granola (H)(N)** 

cold milk.

crunchy granola.

**English Breakfast(N)** 

Fresh 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.

h butter coffee or

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**50** 

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## Pizzeria Section

Pizza Vegetariana (V)  Chunky tomato sauce, Italian mozzarella cheese, Mushroom, onion,Bell Peppers, sliced black olive,sweet corn, fresh tomato, topped with Italian oregano.	
Beef Salami Chunky tomato sauce, Italian mozzarella cheese, Thinly sliced beef salami topped with oregano.	
Chicken Supreme  Chunky tomato sauce, Italian mozzarella cheese, marinated grilled chicken strips, sliced olives, bell peppers, onion, fresh Mushroom and oregano.	
"Quattro Formaggi" (V) Chunky tomato sauce, Italian mozzarella cheese, white cheddar cheese, Orange cheddar cheese, parmesan cheese, and Oregano.	
Pasta	
Choose your Pasta(Penne, Spaghetti or Fettuccini) (V) Tossed With your choice of Tomato, Pink, Bolognese or Alfredo sauce	
Spaghetti Alla Carbonara  "A super rich, silky and classic beef bacon and egg with melted cheese, garlic and freshened with parsley."	
Seafood Pasta in Cream sauce (S)  Shrimps, calamari and Fish Filled topped with seafood based cream sauce along with penne, italian herbs, fresh garlic and topped with parmesan cheese.	
All above pasta dishes are served with garlic bread (1 pcs) & parmesan Cheese	
Asian Corner	
Murgh Makhani(N)  Butter Chicken, this is a Punjabi preparation of boneless chicken tikka cooked in tomato sauce, cream sauce served with rice.	
Chana Masala(V) Chickpea, Garam masala, Chili, Onion, Ginger, Garlic, Gravy sauce, and fresh coriander served with steam rice.	
Paneer Tikka Masala(V)(N)  A delicious meal of Indian cuisine - North Indian cuisine prepared from fresh cheese cubes and cooked on a low heat with a rich onion gravy sauce rich in butter and Indian spices, served with Indian paratha.	
Daal Tadka(V)(H)  Spiced yellow lentils with garlic and cumin, served with steamed rice.	
Lamb Rogan Josh  Authentic Indian lamb curry made from fresh ingredients tomato and onion rich gravy, spice with garam masala served with white rice.  All above dishes are served with steamed Basmati rice, Cucumber raita and Papad.	
Choice Biriyani Classic  Famous dish in indian, basmati rice cooked in Indian spices, herbs and flavored with gravy and rose water.  Vegetable.(V)(N)  Lamb.(N)  Chicken.(N)  Shrimps. (S)(N)	
Choice of Chinese Style Fried Rice  Basmati Rice cooked with Garlic, Ginger, Soya sauce, Spring Onion, Coriander Eggs Fresh Vegetable(V)(N) Chicken(N)	
Chinese Hakka Noodles  Boiled Hakka Noodles which are then stir fried with fresh vegetables and Chinese sauces and cooked as per your liking with mix seasonal vegetables or chicken or seafood.  Vegetable(N) (V)  Chicken(N)  Shrimp(N) (S)	
Indian Breads  Laccha Paratha:	
Aloo Paratha: Whole wheat bread stuffed with masala potatoes and fresh coriander (2pc)	
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International Corner  International Corner  International Corner  International Corner  International Corner  Grilled Fish Fillet. (s)  'Grilled Fish Fillet. (s)  'Grilled Fish fillet topped with sautéed mushrooms in a rich home-made tomate sauce and served with vegetable fried rice.'  Fish & Chips(S)  Britain fraditional meal fish fillets. Marinated batter and breaded deep-fried, served with French fries and tartar sauce with delty salad on the saide.  Mix Grill Seafood Platter. (s)  Perfect for discerning diners who love grilled seafood treat, the seafood platter made up of generous portions of hand battered grilled salmon fillet. Calamani and shrimps and served with French fries and ternon butter sauce.  Grilled Salmon fillet with Steamed vegetables and Puree vegetables, sauteed green peas served with lemon butter sauce.  Grilled Shrimps(S)  Grilled Salmon fillet with Steamed vegetables and Puree vegetables, sauteed green peas served with lemon butter sauce.  Grilled Shrimps, fresh herb marinade, grilled to perfection and served with steamed vegetables, mashed potato and gartic sauce.  Tandoori Murg Tikka. (N)  Grilled Shrimps, fresh herb marinade with Arabic herbs and spices.  Served with Dally salad, gartic sauce and French fries.  Grilled Boneless Chicken.  "Boneless Chicken."  Poneless chicken marinated in gartic, slive oil and oregane, and then grilled to perfection. Served with mixed lettuce salad, gartic mayo sauce and fronch fries."  Chicken Florentine  Grilled Stuffed Chicken breast with mushrooms, spinach, mozzarella cheese, served with seatemed vegetables, French fries and mushroom cheese cream sauce.  Chicken Sweet & Sour  Sweet and chill sauce, fried crispy chicken cubes, pincapple and bell perpers, orion, ginger, gartic, served with white rice.  Grilled Lamb Chops.  Grilled beef shih, Shish tavook, Lamb chops, Koffa kebabs with Arabic harbs and spices. Served with gartic mayo sauce and grilled tomato, grilled tomato and orions with friench fries.  Grilled Beef Shih, Shish tavook, Lamb chops, Ko	
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International Corner  International meal fish fillets Marinated batter and breaded deep-field, served with French fries and tartar sauce with daily salad on the side.  MixGrill Seafood Platter. (s)  Perfect for discerning diners who love grilled seafood treat, the seafood platter and spice search and shrimps and served with French fries and lemon butter sauce.  Grilled Salmon(S)  Grilled Salmon(S)  Grilled Salmon (Illet with Steamed vegetables and Purses vegetables, sautéed green peas served with lemon butter sauce.  Grilled Shrimps(S)  Guif shrimps, frosh horb marinade, grilled to perfection and served with steamed vegetables, mashed potato and garlic sauce.  Tandoori Murg Tikka, (N)  Grilled Chicken brochettes marinated with Arabic herbs and spices.  Served with Daily salad, garlic sauce and French fries.  Grilled Boneless Chicken.  "Boneless Chicken.  "Boneless Chicken marinated in garlic, olive oil and oregand, and then grilled to perfection. Served with mixed lettuce salad, garlic mayo sauce and trench fries."  Chicken Florentine  Grilled Stuffed Chicken breast with mushrooms, spinach , mozzarella cheese, served with steamed vegetables, French fries and mushroom cheese cream sauce.  Chicken Sweet & Sour  Sweet and chill sauce, fried crispy chicken cubes, pincapple and boil peppers, onlon, ginger, garlic, served with white rice.  Grilled Lamb Chops.  Grilled Beef Inderion.  Grilled beef shish, Shish tawook, Lamb chops, Kotta kebats with Arabic herbs and spices. Served with garlic mayo sauce and grilled tomato, grilled toma	

tomato sauce and served with vegetable fried rice."	
Fish & Chips(S)  Britain's traditional meal ,fish fillets Marinated batter and breaded	
deep-fried, served with French fries and tartar sauce with daily salad the side.	d on
Mix Grill Seafood Platter. (S)	
Perfect for discerning diners who love grilled seafood treat, the seafold platter made up of generous portions of hand battered grilled salmo	
fillet, calamari and shrimps and served with French fries and lemon be sauce.	outter
Grilled Salmon(S)	
Grilled salmon fillet with Steamed vegetables and Puree vegetables, sautéed green peas served with lemon butter sauce.	
Grilled Shrimps(S)	
Gulf shrimps, fresh herb marinade, grilled to perfection and served vegetables, mashed potato and garlic sauce.	with
Tandoori Murg Tikka. (N)	
Grilled chicken brochettes marinated with Arabic herbs and spices. Served with Daily salad, garlic sauce and French fries.	
Grilled Boneless Chicken.	
"Boneless chicken marinated in garlic, olive oil and oregano, and the	
grilled to perfection. Served with mixed lettuce salad, garlic mayo sa and french fries."	auce
Chicken Florentine	
Grilled Stuffed Chicken breast with mushrooms, spinach, mozzarella cheese, served with steamed vegetables, French fries and mushrooms cheese cream sauce.	
Chicken Sweet & Sour  Sweet and chili sauce, fried crispy chicken cubes, pineapple and be	
peppers, onion, ginger, garlic, served with white rice.	
Grilled Lamb Chops.  Grilled lamb chops marinated with herbs and spices. Served with gr	rilled
tomato and onions with french fries.	
Oriental Mix Grill.	
Grilled beef shish, Shish tawook, Lamb chops, Kofta kebabs with Ar herbs and spices. Served with garlic mayo sauce and grilled tomatogrilled onion and French fries.	
Grilled Beef Tenderloin.	
Grilled beef tenderloin. Cooked to your liking served with sauteed Vegetable herbed Mashed potato and Mushroom sauce.	
Vegetable herbed Mashed potato and Mushroom sauce.	d Rice.
Vegetable herbed Mashed potato and Mushroom sauce .  Add Choose of one side orders. (V)  Sautéed Spinach / Mashed Potatoes / Stir Fried Vegetable / Steame	d Rice.
Vegetable herbed Mashed potato and Mushroom sauce.  Add Choose of one side orders. (V)	d Rice.
Vegetable herbed Mashed potato and Mushroom sauce .  Add Choose of one side orders. (V)  Sautéed Spinach / Mashed Potatoes / Stir Fried Vegetable / Steame  Dessert  Umm Ali(N)	
Vegetable herbed Mashed potato and Mushroom sauce .  Add Choose of one side orders. (V)  Sautéed Spinach / Mashed Potatoes / Stir Fried Vegetable / Steame  Dessert  Umm Ali(N)  Traditional local warm dessert made of fluffy puff pastry, nuts, raisins	
Add Choose of one side orders. (V)  Sautéed Spinach / Mashed Potatoes / Stir Fried Vegetable / Steame  Dessert  Umm Ali(N)  Traditional local warm dessert made of fluffy puff pastry, nuts, raisins soaked in warm sweetened milk and baked.	
Add Choose of one side orders. (V)  Sautéed Spinach / Mashed Potatoes / Stir Fried Vegetable / Steame  Dessert  Umm Ali(N)  Traditional local warm dessert made of fluffy puff pastry, nuts, raisins soaked in warm sweetened milk and baked.  Ice-Cream(D)  Choice your ice-cream flavours: Chocolate, Mango, Vanilla or Strawley	and
Add Choose of one side orders. (V)  Sautéed Spinach / Mashed Potatoes / Stir Fried Vegetable / Steame  Dessert  Umm Ali(N)  Traditional local warm dessert made of fluffy puff pastry, nuts, raisins soaked in warm sweetened milk and baked.  Ice-Cream(D)  Choice your ice-cream flavours: Chocolate, Mango, Vanilla or Strawl 3 scoops.	and
Add Choose of one side orders. (V)  Sautéed Spinach / Mashed Potatoes / Stir Fried Vegetable / Steame  Dessert  Umm Ali(N)  Traditional local warm dessert made of fluffy puff pastry, nuts, raisins soaked in warm sweetened milk and baked.  Ice-Cream(D)  Choice your ice-cream flavours: Chocolate, Mango, Vanilla or Strawl 3 scoops .  Brownies with Vanilla Ice cream	and
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Add Choose of one side orders. (V)  Sautéed Spinach / Mashed Potatoes / Stir Fried Vegetable / Steame  Dessert  Umm Ali(N)  Traditional local warm dessert made of fluffy puff pastry, nuts, raisins soaked in warm sweetened milk and baked.  Ice-Cream(D)  Choice your ice-cream flavours: Chocolate, Mango, Vanilla or Strawl 3 scoops .  Brownies with Vanilla Ice cream  Cheese Cake  Dessert of the day - Display	and
Vegetable herbed Mashed potato and Mushroom sauce .  Add Choose of one side orders. (V)  Sautéed Spinach / Mashed Potatoes / Stir Fried Vegetable / Steame	and
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Add Choose of one side orders. (V)  Sautéed Spinach / Mashed Potatoes / Stir Fried Vegetable / Steame  Dessert  Umm Ali(N)  Traditional local warm dessert made of fluffy puff pastry, nuts, raisins soaked in warm sweetened milk and baked.  Ice-Cream(D)  Choice your ice-cream flavours: Chocolate, Mango, Vanilla or Strawl 3 scoops .  Brownies with Vanilla Ice cream  Cheese Cake  Dessert of the day - Display Ask your waiter for the dessert of the day.  Kids Corner  Baked Pasta	and berry.
Add Choose of one side orders. (V)  Sautéed Spinach / Mashed Potatoes / Stir Fried Vegetable / Steame  Dessert  Umm Ali(N)  Traditional local warm dessert made of fluffy puff pastry, nuts, raisins soaked in warm sweetened milk and baked.  Ice-Cream(D)  Choice your ice-cream flavours: Chocolate, Mango, Vanilla or Strawl 3 scoops .  Brownies with Vanilla Ice cream  Cheese Cake  Dessert of the day - Display  Ask your waiter for the dessert of the day.	and berry.
Add Choose of one side orders. (V)  Sautéed Spinach / Mashed Potatoes / Stir Fried Vegetable / Steame  Dessert  Dessert  Umm Ali(N)  Traditional local warm dessert made of fluffy puff pastry, nuts, raisins soaked in warm sweetened milk and baked.  Ice-Cream(D)  Choice your ice-cream flavours: Chocolate, Mango, Vanilla or Strawl 3 scoops.  Brownies with Vanilla Ice cream  Cheese Cake  Dessert of the day - Display Ask your waiter for the dessert of the day.  Kids Corner  Baked Pasta  Penne Pasta baked with creamy cheese sauce served with refreshinguice  Crispy Chicken Tender	and berry.
Add Choose of one side orders. (V)  Sautéed Spinach / Mashed Potatoes / Stir Fried Vegetable / Steame  Dessert  Umm Ali(N)  Traditional local warm dessert made of fluffy puff pastry, nuts, raisins soaked in warm sweetened milk and baked.  Ice-Cream(D)  Choice your ice-cream flavours: Chocolate, Mango, Vanilla or Strawl 3 scoops .  Brownies with Vanilla Ice cream  Cheese Cake  Dessert of the day - Display Ask your waiter for the dessert of the day.  Kids Corner  Baked Pasta	and berry.

Grilled Homemade beef patty, tomato slices, lettuce, cheddar cheese, mayo, ketchup Served with refreshing kids juice

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**Mini Beef Burger** 

All prices are in UAE Dirhams and inclusive of 7% Municipality fees, 10% Service Charge and 5% Value Added Tax (V.A.T). If you have any concerns regarding food allergies, please alert your server prior to ordering. (H) Healthy, (V) Vegetarian, (D) Dairy, (S) Seafood, (N) Nuts