



*Beat the Heat*

# Beat the Heat

## MOCKTAILS

<b>Pineapple Cooler</b>	145
Pineapple Juice, Ginger, Honey & Lime Juice	
<b>Sparkling Kafirlime</b>	145
Fresh Ginger, Kafirlime, Lime Juice & Top Up With Lemonade	
<b>Lemon Grass Mojito</b>	145
Lemon Grass, Mint And Lemon & Top Up With Soda	
<b>Amaretto Iced Coffee</b>	145
Freshly Brewed Coffee With Amaretto Flavour	

## SOUPS

● <b>Mango &amp; Arugula</b>	225
● <b>Roasted Pineapple &amp; Yoghurt</b>	225
● <b>Carrot &amp; Cilantro</b>	225

## STARTERS & SALADS

● <b>Minced Chicken, Stuffed Prune Jam, Mango &amp; Celery Salsa</b>	545
● <b>Sesame &amp; Sumac Fish, Raw Mango &amp; Onion Seed Sauce</b>	695
● <b>Baby Pork Spare Ribs, Sticky Mango Leather Glaze</b>	515
● <b>Smoked Chicken, Mango &amp; Lettuce, Orange &amp; Basil Dressing</b>	525
● <b>Sweet Banana Chili &amp; Walnut Stuffed Tofu, Avocado Salsa</b>	465
● <b>Assorted Lettuce, Green Apple &amp; Pumpkin Seeds, Lemon &amp; Brown Sugar Dressing</b>	445
● <b>Fresh Mango, Lettuce &amp; Cream Cheese Salad, Balsamic Glaze</b>	445
● <b>Tangerine, Muskmelon, Olives &amp; Asparagus Salad</b>	445
● <b>Caramelized Watermelon with Arugula, Olives &amp; Feta Cheese Salsa</b>	445

● Vegetarian

● Non-Vegetarian

● Egg

## MAIN COURSE

- **Steamed Halibut Fillet, Green Lentil Salsa, Zesty Sour Cream** 945  
Steamed Fish, Lentil Salsa
- **Sesame Chilli Marinated Lamb Chops, Rich Nutty Barley** 1145  
Roasted Lamb Chops, Barley, Traditional Jus
- **Fennel and Rose Petal Crusted Grilled Salmon** 945  
Grilled Salmon, Fresh Pineapple Salsa & Quinoa
- **Raw Mango Marinated Chicken, Quinoa & Edamame, Celery Flavored Jus** 695  
Grilled Chicken, Tossed Quinoa
- **Cajun Spiced Grilled Cottage Cheese** 535  
Cauliflower Rice, Chilli Rose Petal Jam
- **Grilled Tofu, Cannellini Beans, Zaatar Hummus** 535  
Grilled Tofu, Vegetable Stew
- **Grilled Summer Vegetables, Sweet Paprika & Chilli Glaze** 525  
Seasonal Vegetables, Buttered Gluten Free Bread

## DESSERTS

- **Bitter Chocolate Mousse, Peanut Praline, Lemon Cream Cheese** 365
- **Honey Walnut Tart, Almond Ice Cream** 325
- **Med's Summer Ice Cream**
- **Alphonso Mango Ice Cream** 125
- **Homemade Rose Petal Ice Cream** 125
- **Bitter Chocolate Ice Cream** 125

Some food items may contain traces of nuts, dairy or gluten. Please ask your server for details & let us know of any allergies.

Government taxes extra, as applicable. 6% service charge, at member's discretion.

med

