

MITTS  TRAYS

# MENU

SCROLL DOWN TO SEE FULL MENU



**BREAKFAST**

**APPETIZERS**

**SALADS & SOUPS**

**WHOLESOME CHOICE**

**SANDWICHES**

**MAINS**

**DESSERTS**

**SMOOTHIES & JUICES**

**SPECIALITY COFFEE & TEA**

PLEASE INFORM OUR STAFF IF YOU HAVE ANY ALLERGIES OR INTOLERANCE

WE CANNOT GURANTEE THAT EVERY DISH IS NUT FREE

THANK YOU FOR YOUR UNDERTANDING

**V** VEGETARIAN | **VG** VEGAN | **GF** GLUTEN- FREE | **N** CONTAIN NUTS | **S** CONTAIN SEA FOOD

# BREAKFAST

8AM TO 5PM

## ASSORTED BREAD BASKET w/ BUTTER

17

Choose one spread

Honey | seasonal Jam | keto peanut butter

## COCONUT CHIA PUDDING (VG)

39

Tropical maple sweetened organic chia pudding with crunchy coconut flakes

## HOME MADE GRANOLA

40

Milk (Soya, Almond, Coconut) OR Greek yogurt

## WHOLE MEAL OATS PORRIDGE

43

Organic gluten free oats porridge in almond milk topped with blueberry crush

## ACAI BOWL (VG, N, GF)

49

organic palm acai berry with choice of two toppings banana, strawberry, granola, peanut butter, mixed berries or chocolate brownie

## AVOCADO ON TOAST (V,N)

53

Freshly sliced avocado on marinated feta cheese, rustic sour dough, dukkha dusted, lime and drizzled with virgin olive oil

Add an organic poached egg +16

Calorie 500 | Proteins 18 | Fats 27 | Carbs 49

## BREAKFAST BOWL

59

Two organic poached eggs, zesty quinoa salad, sliced avocados, marinated feta cheese

Calorie 720 | Proteins 21 | Fats 62 | Carbs 18

## WESTERN OMELETTE

48

French style creamy ham, cheddar cheese, bell pepper rolled soft omelette, rustic garlic toast and inhouse salad

## M & T BENEDICT

52

Organic poached eggs, velvet hollandaise, grilled asparagus Homemade brioche Choice of smoked salmon or Turkey Bacon

Calories 290 | Proteins 10 | Fats 18 | Carbs 21

## SHAKSHOUKA

52

Two organic eggs in homemade beef tomatoes sauce and Thyme pita bread

Calories 460 | Proteins 25 | Fats 22 | Carbs 45

## MEXICAN BREAKFAST

59

Baked organic eggs, black beans, spinach, bell pepper, topped w/ sur cream, Guacamole and salsa

Calories 1430 | Proteins 55 | Fats 77 | Carbs 143

## TURKISH EGGS

46

Two organic eggs, infused creamy Greek yogurt, spicy Chili butter, rustic sourdough

Calories 380 | Proteins 23 | Fats 15 | Carbs 38

## MEDITRIAN BREAKFAST

65

Minted labneh, Mediterranean salad, Kalamata olives, organic zaatar crisp Grilled haloumi, organic boiled eggs

Calories 1020 | Proteins 30 | Fats 60 | Carbs 93

## ULTIMATE BREAKFAST

75

Organic eggs, smoked salmon, turkey bacon, Sautéed mushroom potato hash, consists beans and orange juice

Calories 1050 | Proteins 54 | Fats 63 | Carbs 74

## FRENCH TOAST

50

Mixed berries, caramelized banana, maple syrup

Calories 470 | Proteins 8 | Fats 23 | Carbs 58

## M&T FLUFFY PANCAKE

49

Vanilla flavoured fluffy pancake, honey yogurt cream, mix berries

Calories 620 | Proteins 15 | Fats | Carbs 125

## SOFT SCRAMBLED EGG

42

Soft fluffy scrambled egg served with feta cheese and freshly baked brioche bread

## SIDES

### MIXED BERRIES (V, GF)

26

With Greek yoghurt, infused honey

### GRILLED ASPARAGUS

28

Garlic parmesan roasted asparagus

Fried or poached egg 8 | Lamb sausage 6 | Beef bacon 16 | Smoked salmon 16 | Baked beans 8

Garlic mushroom 14 | Grilled halloumi 12 | Spinach 8 Sautéed mushroom 14 | Toasted sourdough 8

# APPETIZERS

## KOREAN CAULIFLOWER

38

Fried cauliflower toasted in Korean spiced gochujang honey sauce

## CALAMARI

43

Paprika dusted calamari served w/ saffron infused tartar sauce and lime

Calories 950 | Proteins 43 | Fats 18 | Carbs 134

## BORSIN CHICKEN KATSU

43

Crispy tender chicken cutlets and creamy borsin cheese on fluffy bread

## M&T BATATABRAVAS

42

Potato drizzled with hot demi - glazed, cheese sauce and sour cream

Calories 1000 | Proteins 31 | Fats 62 | Carbs 82

## WAGYU QUESADILLA

42

Wagyu beef tossed with sweet corn, black beans and wrapped with mini tortilla bread

## WAGYU SIZZLER

79

Wagyu Sizzler Lava grilled lollipops on a bed of potato puree

Calories 580 | Proteins 28 | Fats 41 | Carbs 25

# SALADS & SOUP

## CLASSIC CAESAR SALAD

48

Local romaine lettuce, home-made Caesar dressing, parmesan cheese, Tomato caviars

Calories 770 | Proteins 26 | Fats 56 | Carbs 43

## WATERMELON & FETA SALAD

60

Watermelon cubes, marinated feta, sumac olives, Rocca leaves

## KALE AND WALNUT SALAD

62

Baby kale, arugula, maple candied walnuts, dried Cranberries, crumbled feta cheese

Calories 820 | Proteins 12 | Fats 71 | Carbs 39

## SUMMER APPLE AND KLE SALAD

48

Local romaine lettuce, home-made Caesar dressing, parmesan cheese, Tomato caviars

Calories 770 | Proteins 26 | Fats 56 | Carbs 43

## BURRATA

60

Watermelon cubes, marinated feta, sumac olives, Rocca leaves

Calories 220 | Proteins 12 | Fats 51 | Carbs 19

## HOMESTYLE TOMATO SOUP

36

Slow stewed local tomato with herbs, cheesy pesto sourdough bread

Calories 90 | Proteins 1 Fats 81 Carbs 5

## SOUP OF THE DAY

36

Our chef special of the day

# WHOLESOME CHOICE

## SALMON BOWL

58

Glazed salmon on spinach & Rocca salad  
w/ Spanish dressing, avocado, charred corn &  
mixed quinoa salad

## MEDITERRANEAN SALMON CAULIFLOWER

65

Seared salmon on cauliflower dill rice, almond  
dusted asparagus, creamy lemon grass butter

## JERK CHICKEN BOWL

52

Grilled jerk chicken breast on masculine salad with  
sliced avocado, marinated heirloom  
cherry tomatoes & mixed quinoa salad

# PASTAS

## PENNE YOUR WAY

59

Choice of home-made fresh sauce:  
Alfredo | Pomodoro Creamy Pesto | Arabita Pink sauce

Calories 1250 | Proteins 29 | Fats 91 | Carbs 83

Choice of Ingredients:

Chicken 13 | Prawns 23 | Broccoli 9 | Mushroom 9

## TAGLIATELLE ALLA BOLOGNESE

72

Tagliatelle pasta tossed with rich meaty tomato ragu.

Calories 1390 | Proteins 70 | Fats 57 | Carbs 145

# MAINS

## GRILLED CHICKEN

65

Char grilled chicken breast with roasted herby potatoes and wild mushrooms

Calories 570 | Proteins 59 | Fats 22 Carbs 33

## BUTTER CHICKEN MASALA

76

Mildly spiced boneless butter chicken masala, pilaf rice, vegetable raita Sweet pickle, flat bread

Calories 1470 | Proteins 59 | Fats 92 | Carbs 122

## GRILLED OCTOPUS

86

Grilled octopus, paprika crumbles, tahini yogurt, watercress salad

Calories 910 | Proteins 61 | Fats 55 | Carbs 48

## SINGARI SEABASS

85

Seared seabass fillet on corn puree, lentil and burgle mix, greens salad In-house singari sauce and candied fennel

## OUZI POUCH

89

Braised lamb with spiced aromatic basmati rice, wrapped in a flaky pastry pouch Served with pickle, cucumber yogurt

## RISOTTO ALLA MILANESE

80

Saffron perfume cheesy risotto rice served with parmesan crisp

Calories 1550 | Proteins 18 | Fats 140 | Carbs 65

## CHIMCHURI LAMB CHOPS

92

Herby chimichurri grilled lamb chops, roasted herby potatoes and wild mushrooms, topped with fried shallots

Calories 390 | Proteins 37 | Fats 19 | Carbs 19

## BASIL SALMON

92

Seared salmon, yuzu tossed quinoa salad, avocado basil mash, Candied orange strips

Calories 630 | Proteins 47 | Fats 39 | Carbs 25

## BRAISED SHORT RIBS

135

M&Ts signature slow cooked dark braised short ribs, creamy mashed Potatoes, in-house salad

Calories 1120 | Proteins 39 | Fats 70 | Carbs 85

## CHEESY RIB-EYE STEAK

245

Grilled Wagyu rib-eye steak, with cheesy chimichurri and toasted sourdough bread

## WAGYU RIB-EYE STEAK

245

Grilled Wagyu rib-eye steak, skin on fries, veal reduction

Calories 760 | Proteins 32 | Fats 58 | Carbs 36

# SANDWICHES

## WILD MUSHROOM ROLL

48

Brioche roll filled with wild mushrooms, parmesan cheese, paprika sweet fries  
Calories 1310 | Proteins 18 | Fats 103 | Carbs 85

## CHICKEN AVOCADO PANINI

52

Pulled chicken, smashed avocado, sriracha mayo, in-house salad  
Calories 520 | Proteins 17 | Fats 38 | Carbs 29

## WAGYU BEEF SLIDER

66

Wagyu beef patty, melted cheddar cheese, gem lettuce, gherkins, Chef special sauce, skin on fries  
Calories 1010 | Proteins 38 | Fats 65 | Carbs 66

## M&T CHICKEN SLIDERS

66

Southern style chicken sliders, chipotles mayo, skin on fries  
Calories 460 | Proteins 20 | Fats 12 | Carbs 70

## SIDES

### M&T GREEN SALAD

17

### HOMEMADE ONION RINGS

22

### STEAMED PILAFF RICE

22

### SKINNY ON FRIES w/TRUFFLE OILD & PARMESAN

25

### PAPRIKA SWEET POTATO FRIES

32

## JUNIOR

### BAKED MAC N CHEESE

32

Elbow macaroni tossed in creamy cheese bechamel

### RED & WHITE PIZZA

32

Mini pizza with buffalo mozzarella on homemade tomato sauce

### CHICKEN TENDERS & FRIES

32

Four pieces of breaded chicken fingers with skin on fries

### SPAGHETTI BOLOGNESE

32

Homemade hearty Bolognese sauce on spaghetti with parmesan

### TOASTED CHEESE BURGER

32

Mess-free burger served with skin on fries

# DESSERTS

## AMNA'S SPECIALTY PATISSERIE

Selection of pastries and cakes on display

### M&T TRES LECHES

Choice of our specialty milk flavors

Saffron 46 | Pistachio 44 | Rose Falooda 35

### BAKED CHEESE CAKE

32

Rich creamy cheesecake with soft crumbles  
and strawberry reduction

### TIRAMISU

34

Coffee infused ladies finger with mascarpone custard

### BAKED YOGURT

34

Rich Greek yogurt baked, in-house granola, mix berries

### MOLTEN CHOCOLATE CAKE

40

Warm melting chocolate sponge cake,  
hazelnut sauce, in-house ice cream

### KUNAFI CROQUEMBOUCHE

40

An Arabian flavoured semolina coated with  
string pastry with chocolate smelts

### ICE CREAM

20

Choice of vanilla or pistachio

1 scoop 12 | 2 scoops 22

# DRINKS

MOCKTAILS | SMOOTHIES | MILKSHAKES

## MOCKTAILS

### MOJITO

30

Refreshing drink with your choice  
Classic | Passion | Fruits Strawberry

### LEMONADE AND MINT

24

Freshly squeezed lemon with garden

### MANGO AND ORANGE COOLER

28

A special blend of mango and orange  
with citrus segments

### PASSION FRUITS MINT AND GINGER ALE

30

Combination of passion fruits and  
orange mixed with sparkling ginger ale

### STRAWBERRY AND GINGER REFRESH

32

Strawberry, fresh ginger, mix berries  
blended with honey and crush ice.

### GREEN MANGO

32

Fresh mango, baby spinach, walnut blended  
with fresh milk

### RESPBERRY REFERSHER

32

Special blend with raspberry, strawberry, mango  
and orange juice

## BOBA DRINKS

ORGANIC GREEN TEA BOBA 30

ORGANIC STRAWBERRY TEA BOBA 30

COFFEE BOBA 30

## SMOOTHIES

### ACAI KICK

29

Blend of banana, mango, acai berry, blueberry

### GREEN MACHINE

29

Blend of spinach, celery, broccoli, mango, banana,

### MANGO PARADISE

29

Blend of mango, passion fruit, pineapple

### STRAWBERRY SPLIT

29

Blend of strawberry, banana, papaya, cherry

## MILKSHAKES

### FRENCH VANILLA MILKSHAKE

32

### CHOCOLATE CHIP MILKSHAKE

32

## COLD DRINKS

### DOLOMIA WATER STILL | SPARKLING

Small 19 | Large 28

### LOCAL WATER

Small 17 | Large 26

### JUICES

Orange 25 | Watermelon 30 | Green apple 27

### ICED TEA

Peach ice tea 27 | Classic iced tea 27

### SODA

17

Coke | Diet Coke | Sprite | Ginger ale

# SPECIALTY COFFEE &

Our house blend of Arabica from Indonesia  
dark roasted to suit the coffee lovers

Replace with

Almond milk +5 | Coconut milk +5 | Oat milk +5

## HOUSE BLEND

SINGLE ESPRESSO 16

DOUBLE ESPRESSO 19

LONG BLACK (AMERICANO) 20

CAPPUCCINO 24

CAFÉ LATTE (OR ICED) 24

FLAT WHITE 24

PICCOLO 21

CORTADO 22

MOCHA 27

SPANISH LATTE (OR ICED) 28

## SINGLE ORIGIN

V60 POUR OVER 36

CHEMEX 36

SYPHON 36

COLD BREW 26

MOCHA POT 32

COLD RIP 26

## SPECIALITY DRINKS

MATCHA LATTE 27

TURMERIC LATTE 27

HOT CHOCOLATE 27

ESPRESSO AFFOGATTO 30

## ARABIC & TURKISH COFFEE

TURKISH COFFEE 22

EMIRATI COFFEE 34

SAUDI COFFEE 34

## ICED COFFEE

DOLGONA LATTE 24

ICED LATTE 24

ICED AMERICANO 27

ICED MOCHA 27

M&T FRAPPE 27

## TEA SELECTION

### ORGANIC ENGLISH BREAKFAST 22

Robust body with elegant tannins and  
soft in the mouth

### ORGANIC GREEN TEA 24

This refreshing team has a strong aroma with an  
underlying sweetness, and can be enjoyed  
throughout the day

### ORGANIC WHITE ROSE 22

A playful combination of soft floral roses married  
perfectly with subtle fruity sweetness

### HOMEMADE GINGER TEA 22

Freshly made ginger tea mixed with lemon and  
a hint of honey

### ORGANIC HARRINGTON ESTATE EARL GREY 22

A lovely balance between a refreshing and  
bright keemun tea, citrus notes and oil bergamot

### ORGANIC TROPICAL ACAI & MANGO TEA 22

Apple bit, hibiscus blossoms, candied mango bits,  
candied papaya, rose hips peels, fig bits, acai bits

### ORGANIC CHAMOMILE TEA 24

Floral chamomile sweetness and creamy long finish

### HOMEMADE MOROCCAN TEA

Small 25 | Large 30

### M&T SAFFRON KARAK TEA

20

**MITTS**  **TRAYS**