

# FOOD

## SALADS

- GREEK SALAD** 336 Cal

Tomato, red onion, peppers, cucumber, olives, Feta cheese, oregano
- COBB SALAD** 567 Cal

Avocado, boiled egg, Turkey bacon, iceberg lettuce, blue cheese vinaigrette
- WATERMELON SALAD** 539 Cal

Aged balsamic, compressed watermelon, cucumber, rocket, Feta cheese
- CAESAR SALAD** 537 Cal

Classic Caesar, Parmesan cheese, croutons, Turkey bacon, Romaine lettuce, caesar dressing
- CAPRESE SALAD** 322 Cal

Mozzarella cheese, vine ripe tomato, salad leaves, honey balsamic dressing
- ORGANIC QUINOA SALAD** 605 Cal

Shaved fennel, pomegranate, mixed lettuce, avocado, cherry tomato, charred corn & peppers, citrus vinaigrette
- SALAD OF THE DAY**

## SANDWICHES & SNACKS

- TUNA SANDWICH** 953 Cal

Flaked tuna, mayonnaise, corn niblets, spring onion on panini bread, french fries
- TOMATO & FRESH MOZZARELLA PANINI** 909 Cal

Basil pesto, Mozzarella cheese, Roma tomatoes on fresh toasted panini, french fries
- WAGYU CHEESE BURGER** 1381 Cal

Chargrilled beef burger, horseradish mayonnaise, sliced tomato, onion, pickles, french fries
- LOADED NACHOS** 711 Cal

Cheese sauce, tomato salsa, sour cream, guacamole
- FISH N CHIPS** 1020 Cal

Battered white fish, french fries, tartar sauce

- CHICKEN STRIPS** 918 Cal

Breaded chicken tenders, french fries, ranch dip
- MEXICAN BEEF WRAP** 1526 Cal

Julienne beef, lettuce, onion, tomato, corn kernels, kidney beans, cheese & guacamole, wrapped in tortilla flour, french fries
- CHICKEN KHATI ROLL** 1559 Cal

Chicken tikka, onion, peppers, homemade tikka spread, Indian spices, mint yoghurt, refined flour flatbread, french fries
- MEDITERRANEAN LAMB PITA POCKET** 1179 Cal

Lamb kofta, hummus spread, tabbouleh, tahina yoghurt dip, french fries
- KOREAN CRISPY CHICKEN WRAP** 1243 Cal

Spicy crispy chicken, Korean chili mayonnaise dressing, pickle vegetables, shredded lettuce, french fries
- GAI PAD KRAPOW** 762 Cal

Thai style chicken mince cooked with chili, garlic, mushroom, Thai hot basil, long beans, baby corn in rich brown sauce, with fried egg & jasmine rice
- PASTA AS YOU LIKE** (Spaghetti or Penne) 494 Cal

Mushroom and cream sauce
- Classic Bolognese** 506 Cal

Tomato and basil
- Chicken, Pesto and olive oil** 372 Cal

## REFRESHING

- SEASONAL FRUIT PLATTER** 201 Cal
- HALF WATERMELON POT** 600 Cal

## KID'S FAVOURITES

- TURKEY HAM, TOMATO, SOFT BREAD** 750 Cal

Served with french fries
- CHICKEN POPCORN** 1348 Cal

Served with french fries
- CHEESE BURGER** 880 Cal

Mini burgers with Cheddar cheese and french fries
- SPAGHETTI BOLOGNESE** 488 Cal

With Parmesan cheese
- GLUTEN FREE PASTA** 503 Cal

With fresh tomato sauce
- STEAMED SEABASS** 314 Cal

Served with tropical salsa and sauteed vegetables

### NUTRITIONAL GUIDE

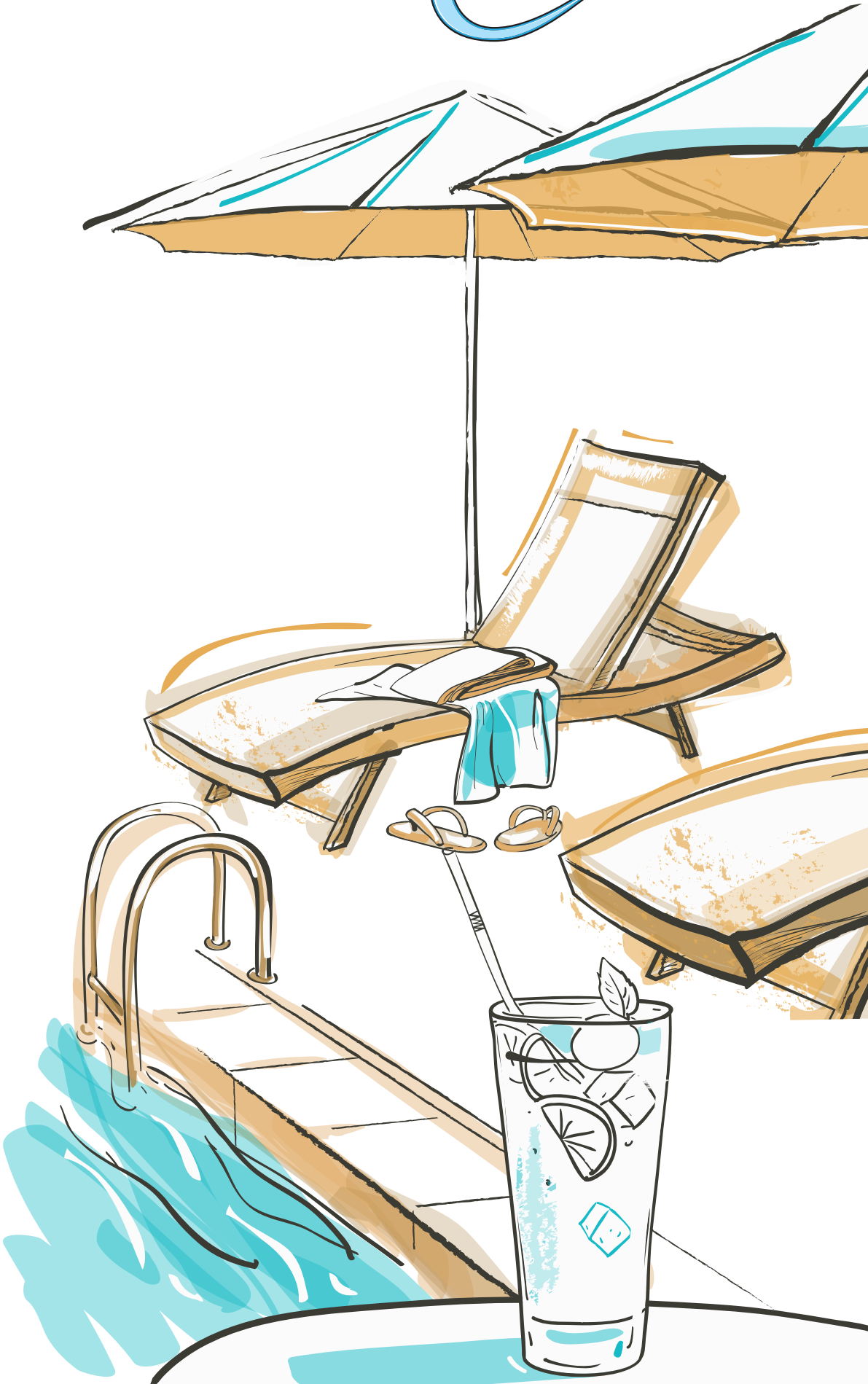
While we are committed to providing accurate nutrition information since our recipes are freshly prepared to order, there may be differences between the actual nutritional content of your order and the nutritional values provided. The values are derived from standardized recipes and serving sizes. While we will do our best to accommodate special requests to prepare your meal the way you like it; modifications may alter the nutritional values.

The estimated daily calorie needs are 2,000 calories a day for teenagers and adults (ages 13 and older) and 1,500 calories a day for children (ages 4 to 12), but individual needs vary from one person to another.

Menu Designations: Alcohol, Celery, Crustaceans, Eggs, Fish, Gluten, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame Seeds, Soybeans, Sulphur Dioxide, Vegetarian, Healthy Option

If you have any concerns regarding food allergies, please alert your server prior to ordering.  
All prices are in United Arab Emirates Dirhams and inclusive of Municipality fee, service charge and VAT.  
Food and beverages purchased outside of the resort restaurants may not be consumed around the beach, pool and lagoon area.

mai bar



# NON-ALCOHOLIC BEVERAGES

## FRESH FRUIT JUICE 35

Orange 123 Cal - Watermelon 105 Cal  
Pineapple 158 Cal - Carrot 123 Cal

## FRESH KING COCONUT 190 Cal 55

## CARBONATED 26

Coke 126 Cal - Diet Coke 3 Cal - Coke Zero  
Sprite 141 Cal - Diet Sprite 4 Cal - Fanta 174 Cal  
Tonic Water 78 Cal - Soda Water

## FRESH ICED TEAS 30

## MAI BOOST 50

Red Bull Energy Drink 115 Cal  
Red Bull Sugar Free Energy Drink 48 Cal

## H2O IMPORTED 25

Still Small 25  
Still Large 40  
Sparkling Small 25  
Sparkling Large 40

## LOCAL 16/25

Small / Large

## ICED FRAPPÉ 35

Cappuccino 356 Cal - Mango 289 Cal  
Strawberry 311 Cal - Banana 356 Cal  
Passion fruit 289 Cal - Colada 246 Cal

## FRESH FRUIT MOCKTAIL 65

Coco Cooler 383 Cal  
The Pineapple Pot 408 Cal

## SIGNATURE DETOX 40

## HOT BEVERAGES 25

Single Espresso 1 Cal  
Double Espresso 2 Cal  
American 1 Cal  
Cappuccino 69 Cal  
Café Latte 78 Cal  
Tea 25



**DAILY  
HAPPY HOURS**  
2 for 1 on selected  
beverages  
3.00pm - 5.00pm

## HOPS

Chang	40	Becks	40
Singha	40	Draught	60
Corona	40	Bulmers Cider	60
Heineken	40	Non Alcoholic Beer	26

## GRAPES

### CHAMPAGNE

Marquis De Joncry Brut, Grand Reserve, France	Glass (150ml)	Bottle
	145	690

### SPARKLING GRAPE

Prosecco di Valdo, Millesimato Treviso, Brut, NV, Italy	85	420
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### WHITE GRAPE

Sauvignon Blanc, Argentio, Mendoza, Argentina	60	225
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Allegrini, Corte Giara, Pinot Grigio, Veneto, Italy	65	305
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Petit Chablis, La Chablisienne, Chablis, France	90	455
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### RED GRAPE

Cabernet Sauvignon/Merlot, The Riddle, Hardy's, Australia	60	270
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Pinot Noir, Matua Valley, Marlborough, New Zealand	85	410
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Cabernet Sauvignon, Gran Coronas, Torres, Spain	80	400
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### ROSÉ GRAPE

Rosé d'Anjou, Sauvion & Fils, Anjou-Saumur, France	65	270
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## SPIRITS

### BARLEY

Chivas Regal 12 Years Old 3 cl	60
Johnnie Walker Black Label 12 Years Old 3 cl	60

### CORN

Jack Daniel's 3 cl	60
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### WHEAT

Absolut Blue Label 3 cl	55
Grey Goose 3 cl	70

### BOTANICAL

Bombay Sapphire 3 cl	55
Tanqueray No10 3 cl	65

### BLUE AGAVE

Patron Silver 3 cl	65
Patron Reposado 3 cl	70
Patron XO Café 3 cl	65

### MOLASSES

Havana Club Anejo 3 Anos 3 cl	55
Captain Morgan Spiced 3 cl	55
Havana Club Especial 3 cl	60

## SIGNATURE COCKTAILS

### GINSMASH 70

Gin shaken with fresh lemon, pineapple and grapefruit with a splash of soda

### PHAKCHI COOLER 70

Gin shaken with kiwi puree, lime, sugar and a touch of cilantro for a citrus twist

### ELDERFLOWER PUNCH 70

Elderflower liqueur with white wine, soda and a selection of fruit

### TAHITIAN PEARL 70

A blend of rum with fresh lime and guava juice, sweetened with honey

### SAMUI COLADA 70

A duo of rum blended with mango, passion fruit and coconut

### CUBAN MULE 70

Rum built with orange, lime and ginger ale

### MAI BREEZE 70

Vodka shaken with fresh lime and mango, with a whisp of orange and cranberry juice



### MAWPAW PUNCH 70

A blend of rum with mixed berries, coconut, apple and a touch of fruit liqueurs

### GINGER RICKY 70

Whisky served with ginger ale and fresh lime, topped up with soda water

### KOKOS LAGOON 70

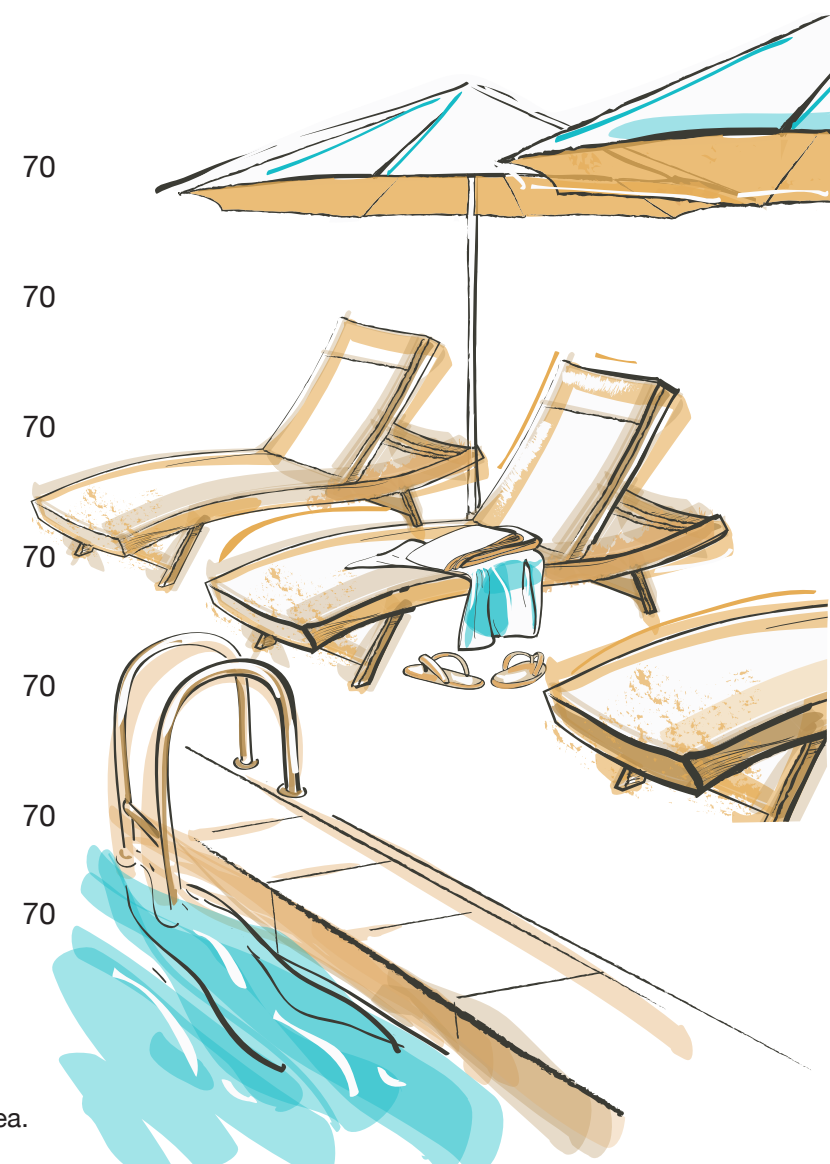
Malibu, Midori melon, Blue Curacao, mango juice, orange juice and coconut cream

### COCONUT COCKTAILS 90

Fresh Coconut served with selection of Vodka, Rum, Gin, Whiskey or Beer

### FRESH FRUIT COCKTAIL 95

Tipsy Pineapple 95  
Melon cooler 95



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