



## BEVERAGE MENU GOLF ACADEMY

## المشروبات BEVERAGES

### موكتيلات MOCKTAILS

الريال العُماني  
OMR

انتعاش التفاح والتوت البري  
Apple and Cranberry Cooler  
Cranberry, fresh green apple, strained over crushed ice,  
fresh lime juice 2.5

أناناس وزنجبيل  
Pineapple and Ginza  
Fresh pineapple juice, mint leaves, fresh ginger 2.5

انتعاش القهوة  
Cappuccino Cooler  
Freshly brewed coffee, chocolate ice cream and fresh cream 2.5

فيرجن ماري  
Virgin Mary  
Tomato cocktail, seasoned and spiced 2.0

موجيتو  
Mojito  
Lime wedges, mint leaves, granular sugar and a dash of soda 2.5

ديكويري  
Daiquiri  
Choice of fresh strawberry or pineapple, fruit juice and lime 2.0

باننشي الشوكولاتة والموز  
Chocolate Banana Banshee  
Chocolate syrup, fresh banana and ice cream 2.5

### شاي، قهوة وميلك شيك TEAS, COFFEES & MILKSHAKES

Twinnings Assorted Teas 1.4  
Tea Forté Assorted Teas 1.8  
Coffee 1.4  
Espresso 1.4  
Double Espresso 1.6  
Cappuccino 1.6  
Machiato 1.4  
Latte 1.6  
Ice Coffee 2.0  
Milkshakes 2.5  
Hot Chocolate 2.0

### مياه معلبة BOTTLED WATER & SOFT DRINKS

Small Still 1.0  
Large Still 1.6  
Small Sparkling 1.0  
Large Sparkling 1.6  
Soft Drinks 1.0  
Fresh Fruit Juice 3.0  
Ice Tea 1.2  
Gatorade Can 1.5  
Gatorade 500ml 2.4

## الحلويات DESSERTS

الريال العُماني  
OMR

تشيز كيك فاخرة  
Signature Cheesecake  
Baked cheesecake on a toffee biscuit, tangy lemon sorbet,  
choice of homemade topping 4

طبق الفاكهة  
Fruit Platter  
Assorted seasonal fresh fruits and berries, date and cinnamon  
ice cream 4

كريمبل التفاح والتمر  
Apple and Date Crumble  
Contrast of crunchy crumble and soft fruits, custard sauce 4

مهلبية مع الفراولة  
Muhallabi with Strawberries  
Fragrant rice pudding and fresh strawberries 4

التيراميسو الفاخر  
The Finest Tiramisu  
The famous Italian dessert served in our own unique way 4

تشكيلة من الآيس كريم  
للمغرفة الواحدة  
Selection Of Ice Creams  
per scoop 1  
Vanilla, chocolate, strawberry, white chocolate, date and  
cinnamon, mascarpone

تشكيلة من الشربات  
للمغرفة الواحدة  
Selection Of Sorbets  
per scoop 1  
Lemon, orange, green apple



## FOOD MENU GOLF ACADEMY

## من شروق الشمس FROM SUNRISE

	الريال العماني OMR
<b>توست الإفطار</b> Breakfast Toast Brown or white toast with a selection of preserves	2
<b>حبوب الإفطار</b> Cereal Choose from cornflakes, frosties or choco pops accompanied by hot or cold, full cream or low fat milk	3
<b>طبق الفاكهة الطازجة</b> Fresh Fruit Platter Assorted seasonal fresh fruits and natural yoghurt	3
<b>أطباق البيض</b> Egg Baps Beef bacon and fried egg	4
<b>البيض على طريقتك المفضلة</b> Eggs The Way You Like Fried, scrambled, poached or boiled eggs accompanied by hash brown potatoes, grilled tomato, toast and butter	3
<b>مشاوي كلوب هاوس</b> Club House Grill Two eggs any style, grilled beef bacon, beef sausage and tomato accompanied by button mushrooms, hash brown potatoes and baked beans	6
<b>أطباق الأومليت</b> Omelette Three egg omelette with choice of fillings: beef, mushroom, chilli, beef bacon, onion, cheese and hash brown potatoes	5
<b>فطور كونتيننتال</b> Continental Breakfast Your choice of fresh juice: orange, watermelon, mango or pineapple, The Wave's pastries with toast, preserves, honey and butter, freshly brewed coffee, tea, herbal infusion or hot chocolate with full cream or low fat milk	7
<b>فطور طوال اليوم</b> All Day Breakfast Two eggs to your style with beef bacon, beef sausage, hash brown potatoes, sautéed mushrooms and baked beans, your choice of fresh juice: orange, watermelon, mango or pineapple, white or brown toast with preserves, honey and butter, freshly brewed coffee, tea, herbal infusion or hot chocolate with full cream or low fat milk	9

الأطباق المشار إليها ب V هي أطباق نباتية  
Dishes indicated with V are vegetarian

## المقبلات TO START

	الريال العماني OMR
<b>وجبات خفيفة</b> SNACKS الوجبات الخفيفة Golfer's Bowl To Share Medley of deep-fried bites, jalapeno peppers, Mozzarella sticks, onion rings and spring rolls with dipping sauces	10
<b>أجنحة الدجاج المشوية</b> BBQ Chicken Wings Coated in crispy savory crust, sweet chilli dip with a side salad	6
<b>الخبز بالثوم</b> Garlic Bread Fresh and warm straight out of the oven	2
<b>البطاطا المقلية او قطع البطاطا</b> French Fries or Potato Wedges <b>الشورية</b> SOUP شورية اليوم Soup Of The Day Daily Chef's special soup, assorted bread rolls and butter	3
<b>السلطة</b> SALAD المزة العربية الباردة Cold Arabic Mezze Mezze platter includes hummus, moutable, tabouleh, olives, fattoush salad and pita bread	6
<b>سلطة اللحم البقري</b> Beef Salad Fresh asparagus, avocado and cherry tomatoes placed on a bed of crisp lettuce topped with tender pan fried fillet of beef	6
<b>سلطة سيزر</b> Caesar Salad Classic Caesar salad, anchovy fillets and fresh Parmesan shavings Add: Cajun spiced chicken or Cajun spiced prawn	5 1

كافة الأسعار المبيّنة أعلاه شاملة رسوم الخدمة  
All prices are inclusive of taxes and service charge

## الأطباق الخفيفة LIGHTER BITES

	الريال العماني OMR
<b>السندويشات</b> SANDWICHES سندويش راب الدجاج بالخبز العربي Chicken And Pita Wrap Pita bread filled with chicken shawarma, lettuce, gherkin, french fries and pickled Arabic vegetables	6
<b>سلمون مدخن على الخبز الأسمر</b> Smoked Salmon In Spelt Bread Mediterranean sandwich on a crisp Austrian country loaf, smoked salmon, feta cheese, mixed bell pepper, olives, red onion, tomato and green leaves with potato chips	7
<b>سندويش ستيك الدقيقة الواحدة مع البصل البلسمي</b> Minute Steak Sandwich With Balsamic Onions Char grilled minute steak, crisp iceberg lettuce, tomato and béarnaise sauce on ciabatta bread with french fries and side salad	6
<b>كلوب سندويش</b> Club Sandwich Toasted triple layered sandwich, roast chicken, beef bacon, sliced Cheddar cheese, fried egg, lettuce, french fries and homemade coleslaw	6
<b>بانيني إيطالية ن</b> Italian Panini V Italian Mozzarella cheese, juicy plum tomatoes and fresh basil on toasted panini bread with seasonal side salad and french fries Add: Cajun spiced chicken	6 1
<b>ركن البيتزا</b> PIZZA CORNER مارغريتا ن Margherita V Tomato base, Mozzarella cheese and basil	6
<b>فيجيتيريانا ن</b> Vegetariana V Mozzarella, bell peppers mushrooms and red onion	6
<b>هاوايان تويست</b> Hawaiian Twist Chicken, pineapple, Mozzarella cheese and basil	7
<b>شاورمizza</b> Shawarmizza Chicken shawarma, zatar, tomato and Mozzarella	7
<b>مكسيكانا</b> Mexicana Tomato base, Mozzarella, green capsicum, beef salami and hot chilli	7
<b>ركن الباستا</b> PASTA CORNER Spaghetti, Linguini Or Penne Pasta With your choice from the following sauces:	7
Bolognese	7
Carbonara	7
Arrabiata V	7
Wild mushroom and spinach V	7
Seafood marinara	8

## الأطباق الرئيسية MAIN COURSES

	الريال العماني OMR
<b>من الأرض</b> FROM THE LAND فيليه بقري Fillet Of Beef Prime beef fillet, sautéed mushroom, grilled tomato, creamy peppercorn or mushroom sauce, with a choice of french fries or potato wedges	13
<b>ريش الضاني المشوية</b> Grilled Lamb Chops Grilled marinated lamb chops, mashed potato, seasonal vegetables and tarragon sauce	11
<b>مجبوس دجاج</b> Chicken Maqbous Fried chicken, long grain rice and dakkous (tomato sauce)	8
<b>ماسالا دجاج الزبدة</b> Butter Chicken Masala Tender chicken cubes cooked in Indian spiced tomato gravy, steamed rice, vegetables, mango chutney and papadoms	8
<b>برغر ويفز</b> Wave Burger 100% pure grilled ground beef, topped with a choice of • Cheddar or blue cheese melt • Grilled onions, fried egg and beef bacon bits • Beef bacon and Cheddar cheese served with french fries, homemade coleslaw and guacamole	7
<b>من البحر</b> FROM THE SEA سمك وبطاطا Fish & Chips Local hammour fillet fried golden brown, french fries and tartar sauce	7
<b>طبق المأكولات البحرية</b> Seafood Platter Local hammour, salmon, sea bass and local prawns, jasmine rice, baby shrimps and fish cream sauce	13
<b>سلمون مشوي</b> Grilled Salmon Marinated grilled salmon sprinkled with toasted sesame seeds, pesto mashed potato, seasonal vegetables and teriyaki sauce	10
<b>على الجانب</b> ON THE SIDE Grilled portabello mushrooms Creamed spinach Provençal tomatoes Onion rings French fries Mesclun salad Side salad Button mushrooms Mixed vegetables Sautéed potato Baked potato Mashed potato	3