



## LUNCH



### Salads

#### Togarashi tuna tartar (C, S)

Fresh tuna | gherkins | onion | spring onion | crispy slice bread | lemon juice

#### Greek salad (D, GF, V)

Iceberg lettuce | tomato | cucumber | bell pepper | onion | olives | feta cheese | vinaigrette dressing

#### Raw green salad (V)

Mixed lettuce | beetroot | carrot | radish | tomato | cucumber | soya-ginger dressing

#### Quinoa salad (GF, V)

Mixed lettuce | pomegranate | cucumber | raspberry dressing | sweet corn | avocado

#### Caesar salad (D, S)6

Romaine lettuce | Caesar dressing | anchovies | croutons | crispy beef bacon | parmesan cheese

with chicken (D)

with prawns (D, S)

#### Iceberg lettuce and prawn salad (S)

Cocktail dressing | avocado | hardboiled egg | onion

#### Caprese salad (D, GF, N, V)

Tomato | buffalo mozzarella | fresh basil | pesto

### Soups and hot starters

#### Gazpacho (V)

Tomato | cucumber | pepper | red onion | tabasco | fresh herbs

#### Traditional Omani paplo soup (S)

Fish based stock | assorted vegetables | lemon

#### Gambas al ajillo \* (D, S)

Shrimps | onion | garlic | herbs | garlic bread

### Shared appetisers

#### Le bruschette (D)

Guacamole | tomato mozzarella | veal prosciutto

#### Cold mezze (D, N, V)

Hummus | vine leaves | babaganoush | moutabel | fattoush salad | muhammara

#### Crispy fried calamari \* (C, S)

Cajun spice | chilli mayonnaise | lemon

**Menu Designations:** C – Chilli D – Dairy GF – Gluten Free N – Nut S – Seafood V – Vegetarian  
If you have any concerns regarding food allergies, please alert your server prior to ordering

LIFE IS A JOURNEY.



**AL MINA**

**Side dishes**

Fries (V)

Salad (GF, V)

Rice (V)

Mashed potatoes (D, GF, V)

Grilled / steamed Vegetables (GF, V)

**Pizza** (All our pizzas have a base of tomato sauce and mozzarella cheese)

**Margherita** (D, V)

Basil leaves

**Aromatic** (D, N, V)

Mushroom | roasted nuts | leeks | olives | artichoke

**Blue cheese** (D, N, V)

Buffalo mozzarella | Rocca leaves | basil | extra virgin olive oil | balsamic vinegar

**Diavola** (C, D)

Beef pepperoni | oregano | mushrooms | black olives

**Don Pollo** (D)

Grilled chicken | beef bacon | mushroom | bbq sauce

**Gluten-free pizza** (D)

Your choice of pizza on our gluten-free crust

**Burgers and rolls**

**Crispy falafel roll** (V)

Tortilla | fried falafel | tahini sauce | lettuce | tomato | pickles | fries

**Chicken slider**

Brioche bun | bbq mayonnaise | coleslaw | lettuce | pickles | tomato | chicken schnitzel | sweet chilli sauce | fries

**Jumbo chicken shawarma** (D)

Tortilla | marinated chicken | lettuce | tomato | pickles | garlic sauce | fries

**Angus beef burger** (D)

Brioche bun | bbq mayonnaise | beef bacon | lettuce | tomato | onion | pickles | white cheddar cheese | fries



منتجع البليد - صلاحة  
**AL BALEED RESORT**  
**SALALAH**  
BY ANANTARA

**Menu Designations:** C – Chilli D – Dairy GF – Gluten Free N – Nut S – Seafood V – Vegetarian  
If you have any concerns regarding food allergies, please alert your server prior to ordering

**LIFE IS A JOURNEY.**

Al Baleed Resort Salalah by Anantara  
P.O. Box 360, P.C. 214, Al Mansurah Street, Al Baleed, Salalah, Sultanate of Oman  
T +968 2322 8222 F +968 2322 8111 E albaleedsalalah@anantara.com  
[anantara.com](http://anantara.com)



## LUNCH



### Pasta

#### Potato gnocchi (D)

Roasted pumpkin puree | feta cheese | olive | tomato salsa

#### Whole wheat and prawn pasta (C, D, S)

Pesto | broccoli | chilli | garlic

#### Grilled chicken penne (D)

Mushroom | onion | cream sauce

#### Spaghetti carbonara (D)

Veal ham | parmesan | cream sauce | onion

#### Spaghetti bolognese

Minced beef | root vegetables

#### Seafood linguine (C, D, S)

Mussels | calamari | prawns | fresh fish | tomato sauce | chilli | garlic

### Fish, seafood and meat

#### Fresh caught grilled sardines (D, S)

Mixed lettuce salads | lemon butter sauce

#### Roasted half chicken (D)

Mixed lettuce | ranch dressing | fries

#### Crispy local fish and chips

Soda batter | tartar sauce | lemon | mushy peas | fries

#### Omani seabass papillote (D)

Carrots | lemon | garlic | herbs | butter | tomato

#### Pan seared salmon fillet (D, S)

Avocado puree | potato chips | cucumber salad

#### Arabic mixed grill

Lamb kofta | beef kebab | chicken shish tawook | grilled tomato | onion salad | saffron rice

#### Seafood platter \* (D, S)

Lobster | scallops | prawns | local fish | calamari | buttered vegetables | roasted potato | lemon butter sauce

#### Angus beef selection (D, GF)

With choice of one side and sauce: Peppercorn | Béarnaise | Mushroom | Chanterelle Roquefort

#### 200g Tenderloin \*

#### 325g Ribeye

**Menu Designations:** C – Chilli D – Dairy GF – Gluten Free N – Nut S – Seafood V – Vegetarian  
If you have any concerns regarding food allergies, please alert your server prior to ordering

LIFE IS A JOURNEY.