



BAIT AL NAKHLA
بيت النخلة

SOUP

AED

LENTIL SOUP

Red lentil, vegetables, served with crispy bread, lemon wedges

39

VEGETABLE SOUP

Mixed vegetables, served with lemon wedges, salty almond

39

CHICKEN VERMICELLI SOUP

Small chicken cubes, vermicelli served with lemon wedges, roasted cashew nut

45

SALAD & MEZZA

TRADITIONAL FATOUSH SALAD

Fresh vegetable mixed with pomegranate sauce, topped with crispy brown bread

45

BROWN WHEAT TABBOULEH SALAD

Chopped parsley, onion, tomato, brown wheat, mixed with lemon sauce & pomegranate seed

45

LOCAL ROCCA SALAD

Local rocca, tomato, onion, mixed with lemon sauce & walnut

40

VEGETABLE TUNA SALAD

Tuna, fresh vegetables, oregano, topped with lemon pomegranate sauce

50

GRILLED CHICKEN SALAD

Grilled chicken cubes, cherry tomato, lettuce, parmesan cheese, topped with tahini sauce

50

HUMMUS PISTACHIO POWDER

Mashed chickpeas, salt, lemon salt, tahini, topped with olive oil & pistachio powder

40

EGGPLANT MUTABLE

Smoked eggplant, salt, lemon salt, labneh, tahini, topped with pomegranate seed & olive oil

40

LABNEH WITH MINT

Fresh turkish lebneh, fresh mint, olive oil

40

SPICY MOHAMARRA

Pine seed, walnut, chili paste, salt, tahini, tomato paste, topped with walnut & olive oil

44

S Spicy **P** Paleo **N** Nuts **WF** Wheat Free **GL** Gluten Free **VG** Vegan
H Healthy **O** Organic **D** Dairy **LC** Low-Carb **IH** Inspired by Her **V** Vegetarian

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HOT MEZZA

FRIED FALAFEL PLATTER

Fried chick peas, vegetables, served with pickle. Tahini sauce biwas salad

AED

45

LAMB CHARCOAL KIBBEH

Brown wheat stuffed with lamb minced, pine seed, onion, served with biwas salad. Yoghurt with mint

45

LAMB ARAYES

Slow cook bread stuffed with lamb minced, vegetables, served with biwas salad & pickles

50

GRILLED CHICKEN WINGS

Slow grilled marinated chicken wings served with biwas salad & pickles

52

GRILLED HALOUMI PLATTER

Grilled haloumi cheese served with biwas salad, pickles

42

CHICKEN LIVER WITH LEMON POMEGRANTE SAUCE

Slow cook chicken liver, onion, garlic, fresh coriander, pine seed, mixed with lemon pomegranate sauce

42

SANDWICHES

FALAFEL SANDIWCH

Fried falafel, vegetable, pickles, tahina sauce, wrapped in tortilla bread

42

LAMB KOFTA SANDIWCH

Grilled lamb, vegetable, pickles, tahini sauce, wrapped in tortilla bread

48

GRILLED SHAWARMA SANDWICH

grilled marinated slice chicken, pickles, fries. Garlic sauce, wraped in tortilla bread

48

SHISH TAWOOK SANDWICH

Grilled chicken cubes, vegetables, pickles, garlic cheese sauce, wrapped in tortilla bread

48

LAMB KABAB SANDWICH

Grilled lamb cubes, vegetables, pickles, garlic chili sauce, wrapped in tortilla bread

48

All kind of sandwiches served with biwas salad and French fries

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PIZZA

CHICKEN PIZZA

Baked chicken pizza served with olive & pickles

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60

VEGETABLE PIZZA

Baked vegetable pizza served with olive & pickles

50

TOMATO BASIL PIZZA

Baked tomato basil pizza served with olive & pickles

50

MUSHROOM PIZZA

Baked mushroom pizza served with olive & pickles

50

CHARCOAL & GRILLED

GRILLED SHISH KABAB

Slow cook marinated lamb cubes served with biwas salad, french fries

90

GRILLED LAMB KOFTA

Grilled lamb minced served with biwas salad & french fries

90

GRILLED SHISH TAOUK

Grilled marinated chicken cubes, fries, garlic sauce, served with biwas salad & french fries

90

GRILLED LAMB CHOP

Grilled marinated lamb chop served with biwas salad & french fries

109

GRILLED SALMON

Grilled marinated fresh salmon served with saffron rice

109

GRILLED SHRIMPS

Grilled tiger shrimps served with biwas salad & french fries

90

ARABIC MIXED GRILL

Traditional Arabic mix grilled served with biwas salad & french fries

112

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EMIRATE DISHES

CHICKEN MANDI

Slow cook chicken served with mandi rice & yoghurt & dakous sauce

AED

82

CHICKEN KABSSA

Slow cook chicken cubes served with kabssa rice & yoghurt & dakous sauce

82

LAMB MANDI

Slow roast lamb served with mandi rice & yoghurt & dakous sauce

89

LAMB KABSSA

Slow cook lamb served with kabssa rice & yoghurt & dakous sauce

89

SHRIMP MANDI

Slow cook tiger shrimps served with mandi rice & dakous sauce & yoghurt

89

SHRIMP KABSSA

Roast tiger shrimps served with kabssa rice & dakous sauce & yoghurt

89

BAIT ALNAKHLA SIGNATURE DISH

CAMEL MANDI

Slow roasted camel meat marinated with emirate spices accompanied by chef Special rice topped with nuts and raisin along with mint yoghurt & rocca salad

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DESSERT

SAFFRON CAKE

Saffron syrup infused milk cake topped with vanilla cream

AED

39

BLUEBERRY BAKED CHEESE CAKE

Slow baked cream cheese cake topped with blueberry compote

39

DARK CHOCOLATE MOLTEN SURPRISE

Dark chocolate lava cake with choice of ice cream

39

CHEESE KUNafa

Akawi cheese covered by baked vermicelli soaked in rosewater sugar syrup with pistachios and Arabic mastic ice cream

39

ASSORTED BAKLAVA PLATTER

Traditional Arabic filo pastry stuffed by mixed nuts

39

SEASONAL FRESH FRUIT PLATTER

Sliced melons and fruits with mix of berries

45

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BAIT AL NAHKLA HEALTHY LIST

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VITALITY DRINKS

Vitality drinks give you physical and mental strength with a feeling of vibrancy

RAINBOW (IH)

Carrot, ginger and pineapple

Carrots help the skin look fresh and provide magnesium and vitamin B and E. Ginger may lower blood sugars and improves heart disease risk factors. Pineapples contain high amounts of vitamin C and manganese | **189 Kcal**

Inspired by Naomi Campbell (Super Model) 🌸

SLIM DOWN

Fresh carrots, orange, beetroot, apple and celery

This vibrant detox juice is full of vitamin A and C and helps to remove toxins from the body, boost energy, reduce inflammation and promote weight loss. It also helps digestion, increases oxygen and is great for hair and nails | **116 Kcal**

A PUNCH OF POWER

Fresh carrots, kiwi, coriander and baby spinach leaves

This vitality drink provides a double dose of beta-carotene, potassium, extra magnesium and plenty of vitamin C. Spinach adds extra carotenoids and has cancer-fighting plant chemicals. Coriander has an effective antiseptic essential oil called linalool | **197 Kcal**

WHAT A PLUM!

Fresh carrots, tomatoes, celery stick, basil leaves, lemon juice and freshly ground pepper

Apart from the obvious beta-carotene in the tomatoes and carrots, this drink provides potassium, lots of vitamin C and E, folic acid and magnesium. Tomatoes also provide a massive boost of collagen. Celery helps get rid of excessive fluid, while basil is one of the best calming, mood-enhancing culinary herbs

MINT COOLER

Mangoes, cantaloupe melon and fresh mint

This drink contains high beta-carotene, which converts into vitamin A and helps in individual cell protection. Carotenoids are valuable against ageing, heart disease and many forms of cancer | **103 Kcal**

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BLUEBERRY AND RASPBERRY CRUSH

Fresh blueberries and raspberries

This drink contains high beta-carotene, which converts into vitamin A and helps in individual cell protection. Carotenoids are valuable against ageing, heart disease and many forms of cancer **| 150 Kcal**

GREEN TEA WITH APPLES

Green tea with fresh apple and lemon juice

Green tea contains immune-boosting antioxidants. Apples supply cholesterol and help digestion, and the potassium in it keeps blood pressure down

WILD FOREST

Chickoo, fresh vanilla and almond milk

Chickoo is a storehouse of nutrients, vitamins, minerals, glucose and calories. Almond milk is great for maintaining weight **| 90 Kcal**

KARKADEH / HOT OR COLD

Karkadeh helps in reducing high cholesterol levels. It has stress-releasing and relaxing effects

SMOOTHIES

AED

39

Smoothies are cool and healthy blended beverages, made from yoghurt, ice cream, raw honey and a wide variety of fresh fruits

SPINACH SMOOTHIE

Spinach, banana, rice milk and almond

Spinach has abilities to restore energy, increase vitality and improve the quality of the blood. Banana is loaded with essential vitamins and minerals such as potassium, calcium and manganese. Rice milk is a good source of vitamin B, promotes cardiovascular health and has lots of antioxidants **| 123 Kcal**

Inspired by Jennifer Lopez (Singer and Actress) 🌸

BLUEBERRY SUNSHINE

Blueberries

Blueberries protect from heart disease. The fibre helps to lower cholesterol in the blood and decreases the risk of heart disease **| 269 Kcal**

PARADISE FREEZE

Fresh banana, strawberries and mango

This smoothie contains several essential nutrients and has benefits for digestion, heart health and weight loss **| 233 Kcal**

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LOST HORIZON

Fresh mango and cinnamon

Mango is rich in pre-biotic dietary fibre, vitamins, minerals and antioxidant compounds. This fruit prevents cancers, and cinnamon lower blood sugar levels and reduces heart disease **I 146 Kcal**

DESSERT DELIGHT

Date, almond and ginger powder

Dates promote heart, brain and digestive health. Almonds help in lowering blood sugar levels, blood pressure and cholesterol levels **I 679 Kcal**

PINK PASSION

Pineapple juice, coconut milk and raw honey

Pineapple is an excellent source of vitamin C and manganese. Coconuts are highly nutritious and rich in fibre, vitamins and minerals **I 341**

GLOWING SKIN

Spinach, avocado and pineapple

Spinach is high in vitamin B3, zinc, protein, fibre and vitamin A, C, E and K. Avocado is a naturally nutrient-dense food and contains nearly 20 vitamins and minerals **I 285 Kcal**

WHEATGRASS GARDEN

Pineapple, wheatgrass and coconut water

Wheatgrass has twice the amount of vitamin A as carrots and is higher in vitamin C. Pineapples decrease the risk of obesity, overall mortality, diabetes and heart disease. Coconut water contains easily digested carbohydrates in the form of sugar and electrolyte **I 184 Kcal**

LEMONGRASS BANANA

Banana, lemongrass, coconut milk and raw honey

Bananas help weight-loss, keep bowels healthy, provide nutrients and have vitamin compounds. Lemongrass is used for treating stomach ache, high blood pressure, the common cold and fatigue. It is also used as a mild astringent. Coconut milk is highly nutritious, rich in fibres, vitamins and minerals **I 458 Kcal**

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HERITAGE DRINKS

AED

40

Tea is a flavourful way of getting enough fluid into your body. It protects teeth and heart and aids preventing cancer

CHAI (IH)

Chai is a mix of aromatic spices and milk. It is usually prepared with strong black tea, ginger, cloves, sugar and other spices added to it. Milk makes this a rich and satisfying drink

Inspired by Oprah Winfrey (Talk Show Host) 🌸

SAFFRON TEA

The benefits and medicinal properties of saffron makes a valuable culinary ingredient worldwide. It can be used as a mood enhancer and regulates internal imbalances. It is also an excellent source of minerals

MOROCCAN TEA WITH MINT

The antioxidants in this tea helps boost endurance and protects against heart disease and certain cancers. Mint is a great appetiser, promotes digestion and soothes the stomach in case of indigestion or inflammation

FENNEL SEED TEA

This tea has aromatic and digestive proprieties and is excellent for treating bloating and stomach cramps

TURMERIC TEA WITH / WITHOUT MILK

Turmeric has anti-inflammatory properties that help in treating health problems like bone-disorders and ulcers

ROOIBOS TEA

This tea is used as a cure for nagging headaches, insomnia, asthma, skin irritations, bone weakness, hypertension, allergies and premature aging

MATCHA GREEN TEA

This miracle mixture has been consumed for over a millennium in the Far East for its health benefits. The tea is high in antioxidants, boosts memory and concentration, burns calories and detoxifies the body

GINGER TEA

Ginger is used in various forms of traditional/alternative medicine. It is used to help digestion, reduce nausea and fight the flu and the common cold

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CINNAMON TEA

The smell of cinnamon boosts your alertness, memory and concentration. This fabulous tea is perfect for curing arthritis and aching bones and joints

THYME TEA

Thyme is a culinary, medical and ornamental herb. Its flower, leaves and oil can be used to treat bedwetting, stomach ache, arthritis, sore throat, cough and to increase urination

CUMIN TEA

Cumin is known as a natural detoxifier. It helps digestion, improve immunity, insomnia, respiratory disorders, anaemia, skin disorders and cancer

BLACK SEED TEA

Black seed tea protects against diabetes. It is viewed as a healing wonder and can be helpful in fighting illnesses of all kinds



FRESH GROUND AND BREWED



AED

42

SAHARA CAPPUCCINO WITH CAMEL MILK

Camel milk helps prevent diabetes, improves the immune system, stimulate circulation, lessen allergic reactions, promote growth and development, and boost the immune system and heart health

TURKISH COFFEE WITH CARDAMOM

Cardamom is used to counteract digestive problems and helps to eliminate waste from the body. It can combat acidity, bloating, heartburn, loss of appetite and constipation

CINNAMON LATTE

Cinnamon is one of the most delicious and healthiest spices. It can lower blood sugar level, reduces the risk of heart disease and has a variety of other health benefits

SAFFRON CAPPUCCINO

Saffron is a valuable culinary ingredient worldwide. Saffron can be used as a mood enhancer and regulates internal imbalances. It is an excellent source of minerals like copper, potassium, calcium, manganese, iron, zinc and magnesium

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REGULAR DRINKS

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FRESH SQUEEZED JUICES

35

Orange
Mango
Watermelon
Pineapple
Apple
Strawberry
Sugarcane

SOFT DRINKS

24

Pepsi
Diet Pepsi
7up
Diet 7up
Mirinda

FLAVOURED WATER

24

Raspberry Lime
Blackberry Sage
Pineapple Mint
Watermelon Rosemary
Lemon Mint Cucumber
Cucumber Lavender

WATER

S/L

Mineral Water
Acqua Panna
Sparkling Water
San Pellegrino

21/21

27/37

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COFFEE SELECTION

	AED
DECAFFEINATED COFFEE	27
ESPRESSO	27
DOUBLE ESPRESSO	32
MACCHIATO	27
MOCHA	32
AMERICANO	27
CAPPUCCINO	32
LATTE	32
ICED COFFEE	32
TURKISH COFFEE	
<i>With Almond Milk</i>	ADD 6
<i>Coconut Milk</i>	ADD 6

TEA AND INFUSION SELECTION

	35
EARL GREY	
LIME AND LEMONGRASS	
VERY BERRY	
ICED TEA	

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