

## STARTERS

### Cold Appetisers

- Seven Sands Cold  
Mezzeh Selection 🍷 48
- Moutabal 🍷 27
- Hommous 🍷 27
- Tabbouleh 🍷 27

### Hot Appetisers

- Shark Sambousa 32  
Fried pastry stuffed with minced shark and  
infused with bezar spice
- Crispy Fried Halloumi 37  
Cheese with olive paste
- Kibbeh Al Bezar 🍷 42  
Minced lamb and beef, baked with almonds

### Soups

- Shorbat Harees 32
- Shorbat Addas 🍷 32

### Salads

- Green Mango Salad 🍷 37
- Seven Sands Signature Salad 🍷 37
- Quinoa Avocado Salad 🍷 37
- Fattoush 🍷 37  
Emirati style fattoush with regag bread

### Manakish

- Minced Meat 32
- Cheese 32
- Zataar 🍷 27
- Fakharah 🍷 42

## MAIN COURSES

### Chargrill

- Lamb Kofta 74
- Chicken Kebab with Saffron 74
- Camel Kofta 74
- Chicken Kofta 74
- Mixed Chargrill 111  
A choice of 3 skewers

### Fouga

Emirati rice dish with flavoured Basmati and spices

- Fish Fouga 74
- Shrimp Fouga 🍷 100
- Chicken Fouga 🍷 74

### Thereed

A traditional Bedouin stew finished with rigag bread

- Lamb Thereed 84
- Vegetarian Thereed 🍷 74
- Chicken Thereed 74

### Emirati Specialities

- Aishu Lahem 🍷 90  
Lamb shank cooked in traditional style  
and served with biryani rice and yoghurt
- Royal lamb for 2 🍷 270
- Whole Ouzi 1575  
The traditional Emirati feast prepared  
with a whole baby lamb  
*We welcome your order 24 hours in advance.*

### Seafood

- Arabian Gulf Native Fried Fish Platter 110

## SIGNATURE DISHES

- King Fish (Kanad) Majboos 74
- Bedouin Salouna 🍷 54

- Seven Sands Jisheed/with Prawns 🍷 58/74
- Baby Chicken Mashwai 🍷 95

- Braised Beef Back Ribs 🍷 150
- Camel Burger 73

- Camel Biryani 🍷 105

## SIDE ORDERS

- White Rice 🍷 25
- French Fries/Bezar Salt Fries 🍷 32

- Mashed Potatoes 🍷 32
- Biryani Rice 🍷 32

- Assorted Sautéed Vegetables 🍷 32
- Harees 48  
Abu Dhabi wheat and fresh veal, blended and served with ghee

## DESSERTS

### Cold Desserts

- Cheese Kunafa 🍷 37
- Layali Dubai 🍷 37  
Cooked flavoured semoulina with  
nuts and cream, served with honey
- Arabic Mohalabia 🍷 🍷 32
- Camel Milk Ice Cream (2 scoops) 37  
Date & Honey  
Hibiscus and Yoghurt  
Laban Lime and Pink Pepperberry  
Cinnamon & Pomegranate  
Vanilla

### Hot Emirati Sweets

- Aseeda Bobar 🍷 27
- Khabeesa 🍷 32  
Oven roasted flour with sugar, ghee, cardamom,  
rose water and saffron
- Seven Sands Date Pudding 🍷 🍷 32
- Um Ali 🍷 🍷 27
- Legemat 🍷 🍷 27  
Fried dough balls with date syrup,  
white sesame seeds and pistachios

All prices are in UAE Dirham and inclusive of 5% VAT.

Please let your server know of any specific dietary requirements or allergies.



A gastronomic pleasure inspired by the rich culture and history of the Emirates.  
The United Arab Emirates is made up of seven regions, each with a variation in culture, tradition and cuisine.  
Seven Sands is a celebration of all the seven Emirates and the rich heritage and values that unite this nation as a whole.

The Beach, Jumeirah Beach Residence, Dubai | Etihad Museum, Dubai

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#sevensands   