

P E R I D O T

bayside dining



A green gemstone found in the serpentinite rock-forms around Oman. A bright green jewel associated with meditation and the sun, like a diamond it is formed from the volcanic activity that once shaped the coastline of Muscat and gave us this iconic bay.

BREAKFAST

MUSCAT BAY - 14

Freshly Squeezed Juice Fruit, Vegetable or Daily Detox (GF, VG)
Seasonal Sliced Fruit Platter (GF, VG)

Bakery Basket

French Baguette, Corn, Wheat, Rye and Arabic Bread (N, D, E)
Butter, Jam, Honey, Marmalade

Labneh

Lebanese Dried Yoghurt (V, GF, D)

Oriental Favourite

Eggs Shakshouka, Fūl Medames, Balaleet, Falafel, Potato & Chickpeas (SE, E)

Freshly Brewed Coffee, Fine Tea, Fresh, Skimmed or Almond Milk

ENGLISH - 14

Freshly Squeezed Juice Fruit, Vegetable or Daily Detox (GF, VG)
Seasonal Sliced Fruit Platter (GF, VG)

Bakery Basket

White & Brown Toast, French Baguette, Corn, Wheat & Rye Bread (N, D, E)
Butter, Jam, Honey, Marmalade

Choice of Cereal | Milk | Yogurt (N, D)

All Bran, Cornflakes, Coco Pops or Rice Krispies
Fresh, Skimmed, Almond or Soy Milk
Natural or Fruit Yogurt

Two Eggs Any Style (E)

Chicken or Beef Sausage
Hash brown, Grilled Tomato, Mushrooms, Baked Beans, Crispy Beef Bacon

Freshly Brewed Coffee, Decaffeinated Coffee or Fine Tea

(A) ALCOHOL | (V) VEGETARIAN | (N) CONTAINS NUTS | (GF) GLUTEN FREE
(SE) CONTAINS SESAME | (SF) CONTAINS SHELLFISH | (D) CONTAINS DAIRY | (E) CONTAINS EGG
(S) CONTAINS SOY | (VG) VEGAN | (R) RAW FOOD

All charges are in OMR and subject to Service Charge and Taxes
(Service Charge 8%, Municipality Fees 5%, Tourism Fees 4% and VAT 5%)

CONTINENTAL - 10

Freshly Squeezed Juice Fruit, Vegetable or Daily Detox (GF, VG)

Seasonal Sliced Fruit Platter (GF, VG)

Bakery Basket

White & Brown Toast, Croissant, Danish, Cinnamon Rolls, Mini Muffins (N, D, E)

Butter, Jam, Honey, Marmalade

Choice of Cereal | Milk | Yogurt (N, D)

All Bran, Cornflakes, Coco Pops or Rice Krispies

Fresh, Skimmed, Almond or Soy Milk

Natural or Fruit Yogurt

Freshly Brewed Coffee, Decaffeinated Coffee or Fine Tea

HEALTHY - 14

Freshly Squeezed Juice Fruit, Vegetable or Daily Detox (GF, VG)

Seasonal Sliced Fruit Platter (GF, VG)

Bakery Basket

White & Brown Toast, French Baguette, Corn, Wheat & Rye Bread (N, D, E)

Butter, Jam, Honey, Marmalade

Egg White Omelette (E)

Asparagus, Grilled Tomato (V, GF)

Or

Grilled Vegetable Platter

Assorted Greens, Roasted Cherry Tomato, Balsamic Dressing (GF, VG)

Hot Organic Oatmeal

Brown Sugar, Banana, Raisins (VG)

Or

Chia Seed Pudding

Cranberries, Almonds, Coconut Shaving (V, N, D)

Freshly Brewed Coffee, Decaffeinated Coffee or Fine Tea

A LA CARTE BREAKFAST

Bakery Basket - 4

White & Brown Toast, Croissant, Danish, Cinnamon Rolls, Mini Muffins (N, D, E)
Butter, Jam, Honey, Marmalade

Seasonal Sliced Fruit Platter (GF, VG) - 4

Healthy Bowl - 4

Greek Low-fat Honey Yogurt, Mango, Avocado, Berries, Passion Fruit,
Flax Seeds, Granola, Cinnamon (V, N, D)

Chia Seed Pudding - 4

Cranberries, Almonds, Coconut Shaving (N, D)

Hot Organic Oatmeal - 4

Brown Sugar, Banana, Raisins (VG)

Choice of Cereal & Milk (N, D) - 3

All Bran, Cornflakes, Coco Pops or Rice Krispies
Fresh, Skimmed, Almond or Soy Milk

Saffron French Toast - 4.5

Saffron & Cardamom infused Toast, Mixed Berries (V, D, E)

Golden Waffles - 4.5

Whipped Cream, Maple Syrup, Mix Berries (V, D, E)

Buttermilk Pancakes - 4.5

Whipped Cream, Maple Syrup, Mix Berries (V, D, E)

Eggs Benedict - 5

English Muffin, Smoked Salmon or Turkey Ham, Spinach, Hollandaise Sauce (D, E)

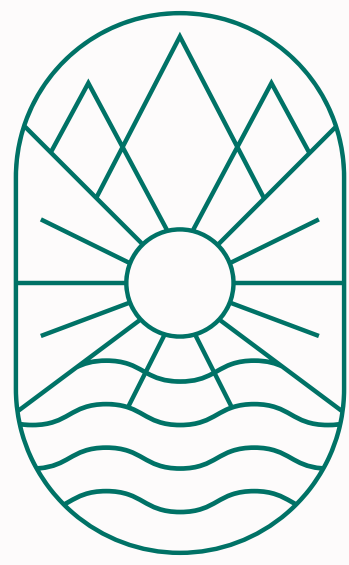
Shakshouka - 5

Two Eggs, Tomato, Arabic Bread (E)

Two Eggs Any Style (E) - 5

Chicken or Beef Sausages

Hash brown, Grilled Tomato, Mushrooms, Baked Beans, Crispy Beef Bacon



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