

Summer House Lunch Menu

“Our passion is food – the belief that great food can be coupled with healthy experiences using the freshest and highest quality sourced ingredients.” Integrated wellness is an important cornerstone of Six Senses Zighy Bay’s culinary philosophy. Working closely with wellness pioneers and nutrition professionals, we have integrated key elements from our Spa and well-being programs into your dining experience. Sleep, Detox and Fitness are programs that are designed to target specific focus areas to assist you on your wellness journey.

Starters

TUNA CLASSIC Vine tomato, baby potato, quail egg, anchovy, green beans DF	12
ZIGHY CEVICHE Local fish, pomegranate, pickled cucumber, citrus dressing DETOX DF	11
LEAN GREEN Broccoli, peas, spinach, avocado, pears, grain mustard Vegetarian / chicken / shrimps / salmon SLEEP DETOX GF SF	8/10/11/12
PERSIAN LIME CHICKEN Red cabbage, apple coleslaw, roasted garlic, kohlrabi, lime glaze FITNESS GF SF	10
SWEET FETA Baked sweet potato, quinoa, kidney beans, soya reduction GF	11
KALE GARDEN SALAD Roasted pumpkin, parmesan, pumpkin seeds, okra, sautéed mushrooms Vegetarian / shrimps / salmon Chicken / beef strips SF	8/11/12 10/12

DF = dairy-free | GF = gluten-free | SF = sugar-free
V = vegetarian | VG = vegan | CN = contains nuts

Please do let us know if you have any special dietary requirements or allergies.
All prices are in Omani Rials and subject to 9 percent government tax and 8.4 percent service charge

The Burgers

Hand cut steak fries, garden salad

CHEF'S SIGNATURE BURGER 18

Australian beef, tomato, lettuce, egg, cheddar, onion jam, horseradish

GRILLED CHICKEN BURGER 15

Marinated thigh, avocado, chili jam, lettuce, pickles, Ziggy dressing

Tartines

On grilled sourdough, garden salad

STEAK TARTARE 15

Grass fed beef tartar, shallots, sour cream, capers, hen's egg

BULL or HEN? 15/13

Grass fed beef or chicken strips, cheddar fondue, red onion compote, mustard mayo

LOBSTER COCKTAIL 14

Lettuce, artichoke, avocado, lemon, chives

FITNESS | SLEEP

BEETS AND SEEDS 12

Beetroot, kale pesto, button mushrooms, mixed seeds, goats cheese

CN

Our house-made pastas

LINGUINE 16

Prawns, bisque, cherry tomato, Dibba farm basil

SPAGHETTI BOLOGNESE 15

Tender beef ragout, spaghetti, parmigiano reggiano

TAGLIATELLE MUSHROOM 16

Wild mushroom, leek, roasted pine nuts, truffle

CN

DF = dairy-free | GF = gluten-free | SF = sugar-free
V = vegetarian | VG = vegan | CN = contains nuts

Please do let us know if you have any special dietary requirements or allergies.
All prices are in Omani Rials and subject to 9 percent government tax and 8.4 percent service charge

Fresh from the grill

CATCH OF THE DAY	34
Local dayboat fish, garden greens, sauce vierge FITNESS SLEEP	
JUMBO PRAWNS	18
Fennel textures, salsa verde SLEEP	
RACK OF LAMB	18
French beans, yoghurt, mint, cucumber, pumpkin FITNESS	
OMANI LOBSTER	19
Farm vegetables, lime, hollandaise FITNESS SLEEP	

Sides

STEAMED GARDEN VEGETABLES	4
V GF	
NEW POTATOES	3
V GF	
TOMATO AND SHALLOT SALAD	3
V DF GF	
BUTTERED ASPARAGUS	4
V GF	
ROASTED SWEET POTATO	3
V DF GF	

DF = dairy-free | GF = gluten-free | SF = sugar-free
V = vegetarian | VG = vegan | CN = contains nuts

Please do let us know if you have any special dietary requirements or allergies.
All prices are in Omani Rials and subject to 9 percent government tax and 8.4 percent service charge

Summer House Dinner Menu

“Our passion is food – the belief that great food can be coupled with healthy experiences using the freshest and highest quality sourced ingredients.” Integrated wellness is an important cornerstone of Six Senses Zighy Bay’s culinary philosophy. Working closely with wellness pioneers and nutrition professionals, we have integrated key elements from our Spa and well-being programs into your dining experience. Sleep, Detox and Fitness are programs that are designed to target specific focus areas to assist you on your wellness journey.

Starters

SMOKED TUNA	12
House- smoked tuna, celery, passion fruit dressing DF GF	
PAN FRIED OCTOPUS	13
French beans, bulgur wheat, basil pesto CN	
BEEF TARTARE	13/22
Shallots, capers, horseradish, hen’s egg, mustard croutons	
SCALLOPS	12
Butternut squash, coconut, pomegranate caramel SLEEP FITNESS GF	
BURRATA	8
Fava beans, caramelized peach, pine nut crumb, balsamic sauce CN GF	
ROOT VEGETABLE GARDEN	9
Celeriac, parsnip, pumpkin, carrot, turnip, mixed seeds FITNESS DETOX GF	

Soups

ZIGHY BOULLABAISE	10
Mussels, squid, saffron, rouille emulsion	
ROASTED CAULIFLOWER	8
Beignets, cream, truffle oil	
ROASTED CHICKEN CONSOMME	9
Pearl onion, pickled carrots, mushrooms FITNESS SLEEP DETOX DF GF SF	

DF = dairy-free | GF = gluten-free | SF = sugar-free
V = vegetarian | VG = vegan | CN = contains nuts

Please do let us know if you have any special dietary requirements or allergies.
All prices are in Omani Rials and subject to 9 percent government tax and 8.4 percent service charge

The Main Event

RED SNAPPER	18
Grilled, parsley, warm baby gem and radish salad SLEEP FITNESS GF	
SEA BASS	16
Chives crème fraiche, garden peas, fresh mint GF	
SPECIAL OF THE DAY	16
Please ask our hosts for the special of the day	
CONFIT DUCK	19
Frisée and couscous, apricot, plum sauce CN GF	
200G LAMB LOIN	23
Parsley crust, garden fennel puree, creamy pea and turkey bacon fricassee	
CORN FED CHICKEN	16
Carrot puree, fennel puree, asparagus, rocket leaves FITNESS GF	
250G BEEF TENDERLOIN	27
Mushroom ragout, broccolini and red peppercorn sauce FITNESS GF SF	
300G RIB EYE	26
Leek purée, charred scallions, leek tempura GF	

Pasta and Risotto

SHELLFISH RISOTTO	18
Shrimps, lobster, crab, squid, dill, lemon oil	
CARBONARA	16
Crab, garden peas, parmesan	
TAGLIATELLE	16
Roasted cherry tomato sauce, garden basil, garlic	

Sides

HAZELNUT AND HONEY BABY CARROT	3
CN GF V	

DF = dairy-free | GF = gluten-free | SF = sugar-free
V = vegetarian | VG = vegan | CN = contains nuts

Please do let us know if you have any special dietary requirements or allergies.
All prices are in Omani Rials and subject to 9 percent government tax and 8.4 percent service charge

SAUTEED MUSHROOM- PARSLEY DETOX SLEEP FITNESS GF SF V	4
SAUTEED GREEN BEANS WITH ALMOND DETOX SLEEP FITNESS GF SF V DF	4
GRILLED ASPARAGUS DETOX SLEEP FITNESS GF SF V DF	4
FARMHOUSE FRIES V	3
MASHED POTATOES SF V GF	3

DF = dairy-free | GF = gluten-free | SF = sugar-free
V = vegetarian | VG = vegan | CN = contains nuts

Please do let us know if you have any special dietary requirements or allergies.
All prices are in Omani Rials and subject to 9 percent government tax and 8.4 percent service charge