



cascades

A LA CARTE BREAKFAST

Served from 6:30 AM to 11:30 PM

Wellness Breakfast 75

Egg white omelet or poached egg with roasted vine tomato, homemade breakfast potato, baked beans and asparagus

Vegan Acai Bowl 45

Coconut base natural yoghurt with blueberries, banana and toasted almonds

Free Range Egg Omelets 55

Three whole egg or Egg white only mixed peppers / mushroom / onions / vine tomatoes/ chili / cheddar cheese /turkey ham

Egg Benedict 65

Poached free-range eggs on an English muffin topped with hollandaise sauce with turkey bacon

Royale- with Norway smoke salmon

Florentine –with sautéed baby spinach

Buttermilk Pancake 45

Pure canadian maple syrup and seasonal berries

Waffles 45

Served with whipped vanilla cream, berries and pure maple syrup

-Vegetarian -Peanuts -Tree Nuts -Celery -Mustard -Eggs -Milk -Gluten
-Sesame -Vegan -Fish -Crustaceans -Molluscs -Soya -Sulphites -Lupin

For those with special dietary requirements or allergies, who may wish to know about food ingredients used, please ask the server.

Consuming undercooked beef burgers may pose a risk of foodborne illness.

All prices are in Dirhams and includes 7% municipality fees, 10% service charge and 5% VAT



cascades

ALL DAY DINING

Served from 1:00 PM to 10:30 PM

SOUP

Cream of Forest Mushroom 40

Truffle oil infused with fresh local mushrooms

Traditional Lentil Soup 35

Mildly spiced with cumin, lemon wedges and flat bread croutons

Tom Yum Soup 40

Fresh shrimps, tom yum paste, fish sauce, lemon grass, kaffir lime

SALAD

Vegan Caesar Salad 55

Crisp hearts of baby gem lettuce, vegan caesar dressing, parmesan crisps, herbed croutons

Add on crispy tofu 15

Add on grilled chicken 15

Add on grilled prawns 20

Vegan Greek Salad 55

Cherry tomatoes, onions, kalamata olives, peppers, cappers, vegan feta cheese

Miso Glazed Salmon Salad 80

Local baby potatoes, green beans, sustainably sourced miso glazed salmon, baby spinach, snow peas, kale and pickled carrots

Selection of Three Cold Mezze 80

Served with arabic breads

Hummus - chickpeas, garlic, tahini and olive oil 30

Moutable - eggplant with homemade tahini, olive oil, and garlic 35

Fattoush - lettuce, tomatoes, cucumbers, radishes and flat bread croutons 30

Tabbouleh - fresh parsley, fresh mint, green onion, cucumber and tomato, olive oil, lemon juice and garlic 35

-Vegetarian -Peanuts -Tree Nuts -Celery -Mustard -Eggs -Milk -Gluten
 -Sesame -Vegan -Fish -Crustaceans -Molluscs -Soya -Sulphites -Lupin

For those with special dietary requirements or allergies, who may wish to know about food ingredients used, please ask the server.

Consuming undercooked beef burgers may pose a risk of foodborne illness.

All prices are in Dirhams and includes 7% municipality fees, 10% service charge and 5% VAT



cascades

NIBBLES

Mini Punjabi Samosa with Tamarind Sauce 55

Potato, chat masala, coriander

Vegetable Spring Rolls 50

Pastry sheet filled with vegetables

Dynamite Shrimp 55

Crispy deep fried prawns, wasabi emulsion, mango salsa

Korean Chicken Wings 60

Crisp fried chicken wings, homemade korean bbq sauce

Selection of Three Hot Mezze 80

Cheese rolls

Meat fatayer

Fried kibbeh

Spinach Fatayer

-Vegetarian -Peanuts -Tree Nuts -Celery -Mustard -Eggs -Milk -Gluten
-Sesame -Vegan -Fish -Crustaceans -Molluscs -Soya -Sulphites -Lupin

For those with special dietary requirements or allergies, who may wish to know about food ingredients used, please ask the server.

Consuming undercooked beef burgers may pose a risk of foodborne illness.

All prices are in Dirhams and includes 7% municipality fees, 10% service charge and 5% VAT



cascades

MAINS

Pasta Corner



75

Select your pasta and choice of sauce

Penne / Spaghetti / Fettuccini / Gluten Free

Classic Pesto - Bolognese - Arrabiata - Alfredo

Grilled Beef Rib Eye



195

Chunky chips, choice of sauce (black pepper/ mushroom/blue cheese)

Thyme Marinated Locally Farmed Chicken Breast



110

Truffle mush potatoes, creamy mushroom sauce

Shish Tawook



110

Marinated chicken breast served with french fries, garlic sauce, and biwaz salad

Paneer Makhani



90

Fresh soft cottage cheese cooked in a rich tomato, cashew and fenugreek gravy served with basmati rice or butter naan

Dal Makhani



75

Whole black lentil simmered for 6 hours with tomato gravy served with basmati rice or butter naan

Choice of Biryani

*Basmati rice with saffron and biryani spices, slow cooked served with raita, papadam, pickle*

Vegetable 85

Chicken 95

Prawns 110

Grilled Lamb Chops



180

Marinated lamb chops served with french fries, biwaz salad

Jumbo Shrimps Marinated with Garlic and Chili



180

Grilled marinated jumbo prawn's, eggplant caponata, salsa Verde

Grilled Salmon Pave



110

Sustainably sourced salmon, local baby potatoes, sautéed greens, and caramelized lemon.

Nasi Goreng



75

Indonesian fried rice, chicken satay, sunny side up egg, prawn crackers, pickled vegetable

-Vegetarian

-Peanuts

-Tree Nuts

-Celery

-Mustard

-Eggs

-Milk

-Gluten

-Sesame

-Vegan

-Fish

-Crustaceans

-Molluscs

-Soya

-Sulphites

-Lupin

*For those with special dietary requirements or allergies, who may wish to know about food ingredients used, please ask the server.**Consuming undercooked beef burgers may pose a risk of foodborne illness.**All prices are in Dirhams and includes 7% municipality fees, 10% service charge and 5% VAT*



cascades

Dessert

Berry Cheesecake	● 🍞 🍩	50
<i>Philadelphia cheesecake, graham cracker base, seasonal berries</i>		
Umm Ali	● 🍞 🍫	45
<i>Traditional bread pudding infused rose water with mixed nuts, raisins and sweet cream</i>		
Pistachio Milk Cake	● 🍞 🍩 🍩 🍫	60
<i>Moist pistachio milk cake, pistachio sauce, streusel</i>		
Potted Chocolate Mousse	● 🍞 🍩 🍩 🍫	60
<i>Trio of dark milk and white chocolate mousse with hazelnut feuilletine crunch</i>		
Fresh Fruit Platter	●	40
<i>Fresh cut fruits</i>		

-Vegetarian -Peanuts -Tree Nuts -Celery -Mustard -Eggs -Milk -Gluten
-Sesame -Vegan -Fish -Crustaceans -Molluscs -Soya -Sulphites -Lupin

For those with special dietary requirements or allergies, who may wish to know about food ingredients used, please ask the server.

Consuming undercooked beef burgers may pose a risk of foodborne illness.

All prices are in Dirhams and includes 7% municipality fees, 10% service charge and 5% VAT



cascades

KIDS CORNER

Served from 6:30 AM to 11:30 AM

Fresh Fruit Juice	45
Glass of Milk or Chocolate Milk	35
Shakey Shake Milk Shake	35
Super-Duper Strawberry Yogurt	35
Oatmeal with Brown Sugar & Raisins	35
One Egg Any Style with Breakfast Potato and Chicken Sausage	55
Morning Fruit Plater	45
Toast With Butter, Preserves Or Peanut Butter	40

Served from 1:00 PM to 10:30 PM

Grilled Salmon with Spinach, Steamed Broccoli, Lemon Butter	90
Mini Fish & Chips, Tartar Sauce, French Fries	55
Fresh Pesto Pasta with Parmesan Cheese	50
Mini Heritage Cheeseburger with French Fries	65
Chicken Strips & Fries	45

NAUGHTY CORNER

Nutella Chocolate Brownie	40
Vanilla Ice Cream	30
Ice Cream & Marshmallows	30

-Vegetarian -Peanuts -Tree Nuts -Celery -Mustard -Eggs -Milk -Gluten
 -Sesame -Vegan -Fish -Crustaceans -Molluscs -Soya -Sulphites -Lupin

For those with special dietary requirements or allergies, who may wish to know about food ingredients used, please ask the server.

Consuming undercooked beef burgers may pose a risk of foodborne illness.

All prices are in Dirhams and includes 7% municipality fees, 10% service charge and 5% VAT