

MJs  
◆—◆ GOURMET —◆  
MENU

*turn the page :)*  


*MJ's Gourmet aims to inspire and excite the imagination of all food lovers that sources only the finest organic herbs and vegetables from our signature hand cared garden. Each ingredient is grown specifically for our menu which is based on seasonal fresh produce and excellent cuts of meat to compliment each dish. Our poultry comes from our very own farm which is acclaimed as the largest in Bahrain dominating itself for over three decades.*

*We believe that the greatest dishes begin with the simplest heirloom ingredients that reflect the Italian culture of people in a cuisine living life passionately. The open kitchen and café use natural ingredients to prepare an innovative menu and are dedicated to share their love of food with you.*

## — STARTERS —

### **Calamari Frito.....2.2 BD**

*Argentinian baby calamari, deep fried in a light butter coated in a sweet Asian BBQ sauce with fresh lime*

### **Burrata.....5.0 BD**

*Fresh Italian cheese served on a base of pesto sauce, cherry tomato, rocket leaves, balsamic reduction and garnished with sundried tomato.*

## — SOUP —

### **Zucca Mela....2.0 BD**

*Roasted butternut, crème fraiche, red apple, ginger soup with toasted pumpkin and sunflower seeds with parmesan encrusted ciabatta*

### **Chicken pot pie soup....2.0 BD**

*Classic spin on chicken pot pie, a soup with button mushrooms, carrots, garden peas, garlic and parmesan crusted ciabatta*

—— INSALATA ——

**Caesar.....3.0 BD**

*Romaine lettuce and bread crotons dressed with parmesan shaving and homemade Caesar dressing.*

**Waldorf.....3.5 BD**

*Crisp romaine hearts crispy beef bacon bits, warm grilled chicken, egg, parmesan shavings, red apple, toasted walnuts, and our homemade Waldorf dressing.*

**Caprese.....4.0 BD**

*Italian bocconcini mozzarella, plump cherry tomatoes, fresh basil and sweet balsamic glaze*

**Astatico.....4.0 BD**

*Warm grilled chicken, cinnamon honey roasted butternut, cherry tomato, Greek feta, egg, crunchy green beans, sliced avocado, toasted cashew nuts with honey balsamic & olive oil infusion dressing*

—— SANDWICHES ——

**House steak sandwich.....3.0 BD**

*Sliced fresh Irish beef served on a French baguette with a base of fresh rocket leaves, tomato and caramelized onion with mustard and mayonnaise and French fries on the side.*

—— BURGERS ——

**Angus beef burger.....3.0 BD**

*Fresh Angus beef patty, cheddar cheese, pickle, caramelized onion, bbq dressing with iceberg lettuce and fresh tomato with French fries on the side (Add bacon 0.5 BD).*

**Pollo Burger.....3.5 BD**

*Homemade 150g Cajun spiced fresh chicken breast fillet, wild rocket, bbq sauce, sliced avocado, caramelized onion, tomato served with our perinaise sauce and French fries on the side.*

**200g Pure Wagyu beef.....5.0 BD**

*Fresh Irish Wagyu beef patty, Cheddar cheese, pickle, caramelized onion, bbq sauce with mixed lettuce and fresh tomato and French fries on the side (Add bacon 0.5 BD)*

—— PASTA ——

*Linguini, Penne, Fettuccini*

**Arabiata.....2.5 BD**

*Fresh tomato sauce, chili, rocket leaves, olives, extra virgin olive oil and parmesan shaving.*

**Pollo pesto.....3.5 BD**

*Homemade basil pesto, grilled chicken breast, sundried tomato, mushrooms, and parmesan shaving*

**Alfredo.....3.5 BD**

*White sauce, fresh mushroom and parmesan shaving*

**Bolognese.....3.5 BD**

*Our 3 hour slow cooked tomato and beef meat sauce, basil, cream and parmesan shaving*

**Pollo al funghi.....4.0 BD**

*Chicken and mushroom with mixed sauce, truffle oil and parmesan shaving*

—— CARNE ——

**Pollo al Limone.....5.0 BD**

*Tender chicken breast infused with a buttery lemon sauce.*

**Pollo al funghi.....5.5 BD**

*Sliced tender chicken breast with a creamy mushroom sauce.*

**Fileto di Manzo (on the stone).....7.0 BD**

*180g pure Irish beef herb crusted, with choice of mushroom sauce or pepper corn.*

**Tagliata di Manzo.....7.0 BD**

*180g pure Irish beef tenderloin, cut in slices, with choice of mushroom sauce or pepper corn.*

—— CHOOSE YOUR OWN SIDE DISH ——

- 1.Sweet potato,
- 2.French fries,
- 3.Crispy onion rings,
- 4.Roasted Potato,
5. Seasonal vegetables,
- 6.Parmesan mash potato,
- 7.Sautéed spinach,
- 8.Creamy spinach.

—— PIZZA ——

*Hand rolled, artisan styled thin crust base*

*(Mjs uses fresh buffalo mozzarella flown in weekly from Italy, alongside premium homemade ingredients and garnishings of wild rocket in all of our signature pizza)*

**Margarita.....3.5 BD**

*Fresh buffalo mozzarella, basil and oregano*

**Salsiccia.....4.0 BD**

*Spiced beef sausage, roasted red pepper, garlic chips, red chili, caramelized onion*

**Morituri.....5.0 BD**

*Tomato base, buffalo mozzarella, Danish Feta, grilled chicken, crispy beef bacon, roasted red pepper and sliced avocado*

**Gabriella.....5.0 BD**

*Tomato base, Fior di late mozzarella, fresh basil, cherry tomato, truffle oil*

**Al funghi.....6.0 BD**

*Tomato base, mozzarella, fresh mushroom, garlic, parmesan shaving and truffle oil.*

—— DOLCI ——

**Snow Flake.....2.0 BD**

*Kind of «sorbet» serve always fresh with wiping cream on top, with your choice of flavors of chocolate, strawberry or mix fruit.  
(only in MJ's)*

**Crème Brule.....2.0 BD**

*Vanilla infused cream, crisp sugar coating*

**Malva Pudding.....2.0 BD**

*Warm sticky toffee and apricot baked sponge cake with a scoop of vanilla ice cream.*

**Tiramisu.....2.5 BD**

*Mascarpone cheese, espresso, Italian biscuit and fresh cream*

**Volcano.....3.0 BD**

*Homemade molten chocolate fondant and vanilla ice cream on the side (20 min preparation time).*

— **DETOX** —

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**Sunrise.....2.5, 3.0 BD**

*Carrots, orange and ginger*

**Hydra Heaven.....2.5, 3.0 BD**

*Beetroot, red apple and cucumber*

**Signature Green.....2.5, 3.0 BD**

*Cucumber, green apple, and kale and a dash of lemon juice*

— **MOCKTAILS** —

**Shirley Temple.....1.5 BD**

**Ice Tea (Lemon/Peach).....1.5 BD**

**Summer Berries.....2.0 BD**

**Virgin Mojito.....2.0 BD**

**Mint Fury.....2.0 BD**

**Summer Breeze.....2.0 BD**

— **COFFEE** —

*(Musetti premium roasted coffee beans)*

**Espresso.....1.2 BD**

**Macchiato.....1.3 BD**

**Double espresso.....1.5 BD**

**Cappuccino.....1.5 BD**

**Flat white.....1.5 BD**

**Americano.....1.5 BD**

**Café mocha.....1.5 BD**

**Cafe late.....1.5 BD**

— **TEAS** —

**English breakfast.....1.5 BD**

*A black tea blend usually described as full bodied, and robust.*

**Redbush (Rooibos).....1.5 BD**

*Colloquially known as ‘Red Tea’, a naturally caffeine-free herbal plant that grows only in South Africa.*

**Earl Grey.....1.5 BD**

*A black tea base flavored with oil from the rind of bergamot orange, a citrus fruit.*

**Jasmine Green.....1.5 BD**

*Scented with aroma from jasmine blossoms; has green tea as the base, however white tea and black tea are also used.*

**Chamomile.....1.5 BD**

*A daisy-like herb renowned in folk and traditional medicine for its health, cosmetic and nutritional benefits.*

— SHAKES —

- Mars bar and Nutella.....2.2 BD
- Peanut butter and banana.....2.2 BD
- Strawberry.....2.2 BD
- Raspberry.....2.2 BD
- Mocha Java.....2.2 BD
- Mango.....2.2 BD
- Coffee.....2.2 BD
- Red Velvet.....2.5 BD

— FRESH JUICE —

- Lemon mint.....1.5 BD
- Orange.....2.0 BD
- Carrot.....2.0 BD
- Red apple.....2.0 BD
- Pineapple.....2.0 BD
- Green apple.....2.0 BD

— SODAS —

- Coca cola.....0.5 BD
- Coce light.....0.5 BD
- Sprite.....0.5 BD
- Sprite light.....0.5 BD

— WATERS —

- Highlands 0,33l.....0.5 BD
- Highlands 1L.....1.0 BD
- Evian 0.33l.....0.8 BD
- Evian 1L.....1.8 BD

Thank You!