

# FOOD

## SALADS

**GREEK SALAD (V,D)** 336 Cal 95  
Tomato, Red Onion, Peppers, Cucumber, Olives, Feta Cheese and Oregano

**DYNAMITE SHRIMPS (SH,G,E,SE,S)** 745 Cal 95  
Siracha Mayonnaise, Pickled Cucumber, Sesame Seeds, Wasabi Mayo, Red Onions, Coriander Sprigs

**ROASTED SQUASH, SEMI DRIED TOMATOES, ROCKET SALAD (S,D)** 336 Cal 95  
Smoked Salmon, Pumpkin Seeds, Aged Balsamic and Parmesan Shavings

**CHICKEN CAESAR SALAD (D,G,E)** 709 Cal 95  
Classic Chicken Caesar, Parmesan Cheese, Croutons and Cesar Dressing

**CAPRESE SALAD (V,D)** 623 Cal 95  
Buffalo, Vine Ripe Tomatoes, Tossed Salad, Honey Balsamic Dressing

**ORGANIC QUINOA SALAD (Vegan)** 605 Cal 85  
Shaved Fennel, Pomegranate, Baby Spinach, Charred Corn & Peppers, Citrus Vinaigrette Dressing

## SANDWICHES & SNACKS

**CURRIED CAULIFLOWER AND RED PEPPER HUMMUS WRAP (Vegan,SE)** 835 Cal 95  
Curried Cauliflower, Red Pepper Hummus, Marinated Avocado, Mix Bell Pepper, Vegan Cheese Served with Mixed Leaves

**SALMON PASTRAMI SANDWICH (S,G,E)** 645 Cal 115  
Salmon Pastrami, Harissa Mayo, Rocket Leaves, Pickled Red Onions on Panini Bread

**TOMATO & FRESH MOZZARELLA PANINI (D,V,G)** 909 Cal 100  
Basil Pesto, Buffalo, Roma Tomatoes on Freshly Toasted Panini

**WAGYU CHEESE BURGER (D,E,G)** 1,632 Cal 125  
Chargrilled Beef Burger, Siracha Mayonnaise, Sliced Tomatoes, Cheese, Pickles and French Fries

**MAI CIABATTA CLUB (D,E,G)** 1,560 Cal 115  
Ciabatta Bread, Shredded Chicken, Mayo, Fried Egg, Veal Bacon or Turkey Bacon, Lettuce, Tomatoes, Mild Cheddar and French Fries

**LOADED NACHOS (D,V,G)** 712 Cal 95  
Cheese Sauce, Tomato Salsa, Sour Cream and Guacamole

**FISH & CHIPS (S,E,G)** 1,020 Cal 120  
Battered Seabass, French Fries, Tartar Sauce and Grilled Lemon

**CHICKEN STRIPS (E,G)** 918 Cal 110  
Breaded Chicken Tenders Served with French Fries and Ranch Dip

**HOT DOG (D,E,G)** 1,225 Cal 105  
Hot Dog Bun, Frankfurter Beef Sausage, Mustard, Sauerkraut, Cheese Sauce, French Fries

**MEDITERRANEAN FALAFEL SANDWICH (D,V,G,SE)** 1,950 Cal 105  
Markook Bread, Hummus, Mix Pickles, Parsley Salad, Tahina Yoghurt, French Fries

**KOREAN CRISPY CHICKEN WRAP (G,E)** 1,243 Cal 115  
Spicy Crispy Chicken, Korean Chili Dressing, Shredded Lettuce, French Fries

**CHICKEN SHAWARMA (E,G)** 1,020 Cal 100  
Classic Chicken Shawarma Served with Arabic Pickles, Crispy Fries and Garlic Sauce

**SPAGHETTI OR PENNE PASTA** 494 Cal 95  
Mushroom and Cream Sauce (D,V,G) 790 Cal 100  
Classic Bolognese (D,G) 506 Cal 100  
Tomato and Basil (D,V,G) 144 Cal 90  
Chicken, Pesto and Olive Oil (D,G) 372 Cal 100

**GAI PAD KRAPOW (G,E)** 762 Cal 110  
Thai Style Minced Chicken Cooked with Chili Garlic Mushroom, Thai Hot Basil, Long Beans, Baby Corn in Rich Brown Sauce, Fried Eggs and Jasmine Rice

**CHEF'S SPECIAL OF THE DAY** 145  
Set Menu

## SWEET TREATS

**SEASONAL FRUIT PLATTER (V)** 201 Cal 65

**HALF WATERMELON POT (V)** 600 Cal 95


**CHOCOLATE MOUSSE CAKE (D,G,E,N)** 624 Cal 70  
With Fresh Raspberries

## NUTRITIONAL GUIDE

While we are committed to providing accurate nutrition information since our recipes are freshly prepared to order, there may be differences between the actual nutritional content of your order and the nutritional values provided. The values are derived from standardized recipes and serving sizes. While we will do our best to accommodate special requests to prepare your meal the way you like it, modifications may alter the nutritional values.

The estimated daily calorie needs are 2,000 calories a day for teenagers and adults (ages 13 and older) and 1,500 calories a day for children (ages 4 to 12), but individual needs vary from one person to another.

Menu Designations: Alcohol (A), Eggs (E), Seafood (S), Shellfish (SH), Gluten (G), Dairy (D), Nuts (N), Sesame Seeds (SE), Vegetarian (V)

 MSC Certified Seafood – Sustainably Caught Seafood

If you have any concerns regarding food allergies, please alert your server prior to ordering.

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# mai bar

## KID'S FAVOURITES

**PEANUT BUTTER SANDWICH (N,D,G)** 620 Cal 50  
Toasted White Bread, Peanut Spread, Marshmallows & Nutella

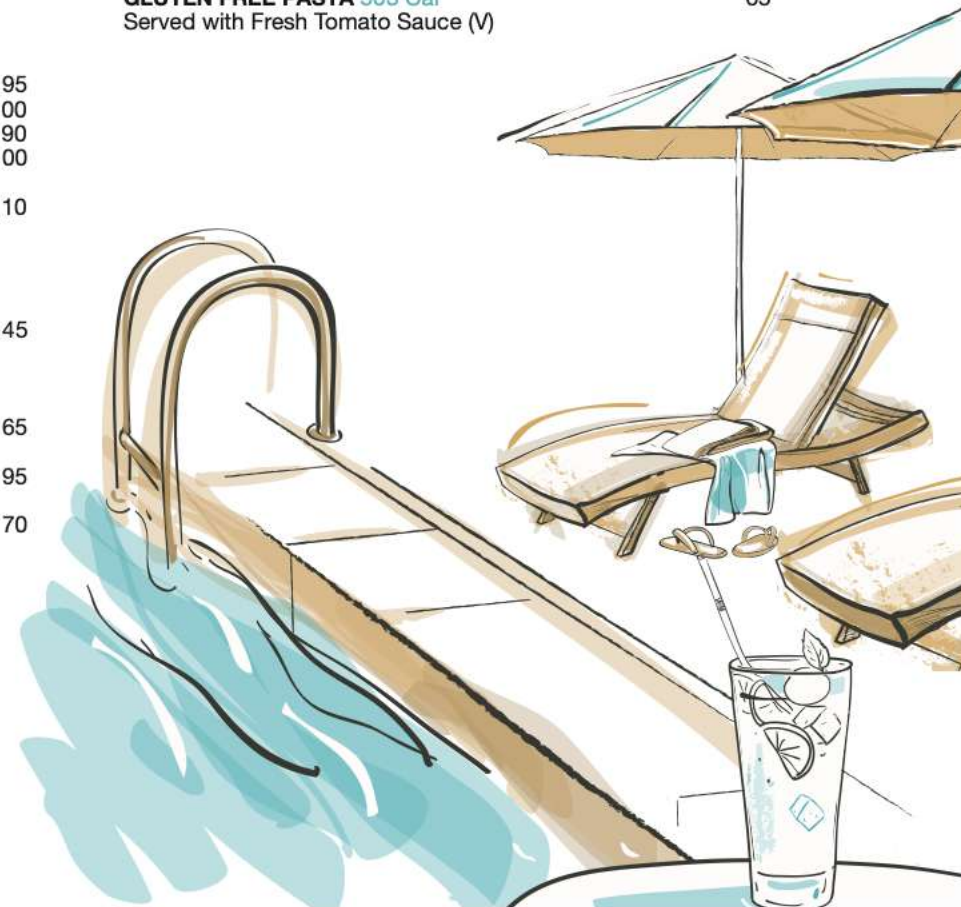
**CHICKEN POPCORN (E,G)** 1,348 Cal 65  
Served with French Fries

**BEEF SLIDERS (D,G,E)** 880 Cal 65  
Mini Burgers with Cheddar and French Fries

**STEAMED SEABASS (S)** 314 Cal 75  
Served with Tropical Salsa and Sautéed Vegetables

**SPAGHETTI OR PENNE PASTA** 488 Cal 60  
Choice of Sauce Bolognese (G,D), Cream (G,D,V) and Tomato (V,G,D)  
Served with Parmesan Cheese (D)

**GLUTEN FREE PASTA** 503 Cal 65  
Served with Fresh Tomato Sauce (V)





# NON-ALCOHOLIC BEVERAGES

<b>FRESH FRUIT JUICE</b>	35
Orange 123 Cal   Watermelon 105 Cal Pineapple 158 Cal   Carrot 123 Cal   Mango   108 Cal	
<b>FRESH COCONUT</b> 190 Cal	55
<b>CARBONATED</b>	29
Pepsi 126 Cal   Diet Pepsi 1 Cal   Pepsi Zero 0 Cal 7UP 131 Cal   7UP Free 5 Cal   Mirinda 159 Cal Ginger Ale 114 Cal   Tonic 78 Cal   Soda 0 Cal	
<b>FRESH ICED TEAS</b>	35
<b>RED BULL</b>	50
Regular 115 Cal   Watermelon 115 Cal Sugar Free 48 Cal	
<b>H2O IMPORTED</b>	Small   Large
Still	28   40
Sparkling	28   40
<b>H2O LOCAL</b>	16   25
Still	
<b>MAI SLUSH</b>	32
Wake Up Coffee   Crazy Mango   Piña Coco Tropical Banana   Strawberry Yummy Blue Palm	
<b>SMOOTHIES &amp; MILKSHAKES</b> (Signature Selection)	45
<b>FRESH FRUIT MOCKTAILS</b>	68
Coco Cooler 383 Cal The Pineapple Pot 408 Cal	
<b>SIGNATURE DETOX</b>	50
<b>ZERO ALCOHOL COCKTAILS</b>	
<b>Bellini Zero</b>	55
Peach, Vintense Prestige	
<b>Americano Zero</b>	55
Italian Orange, Aperitif Rosso, Tonic	
<b>Negroni Zero</b>	55
London Dry, Italian Orange, Aperitif Rosso	
<b>Italian Spritz</b>	55
Italian Spritz, Vintense Prestige	
<b>HOT BEVERAGES</b>	
Single Espresso 1 Cal	26
Double Espresso 2 Cal	30
American 1 Cal	28
Cappuccino 69 Cal	32
Café Latte 78 Cal	32
Tea	27



# HOPS

<b>Draught Pint</b>	60
<b>Bottle</b>	
Chang	45
Singha	45
Corona	45
Heineken	45
Becks	45
Bulmers Cider	55
Corona ZERO (Alcohol Free)	38

**DAILY HAPPY HOURS**  
30% OFF  
ALL BEVERAGES\*  
3.00pm - 5.00pm

# GRAPES

	Glass (150ml)	Bottle (750ml)
<b>CHAMPAGNE</b>		
Taittinger Brut Réserve, NV, Reims, France	170	850
<b>SPARKLING GRAPE</b>		
Prosecco Valdo Millesimato, Treviso, Brut, NV, Italy	80	390
<b>WHITE GRAPE</b>		
Sauvignon Blanc, Argento, Mendoza, Argentina	55	265
Pinot Grigio, Gabbiano, Veneto, Italy	65	310
Petit Chablis, La Chablisienne, Chablis, France	75	360
<b>RED GRAPE</b>		
Cabernet Sauvignon I Merlot, Hardy's, Australia	55	265
Cabernet Sauvignon, Gran Coronas, Torres, Spain	65	310
Pinot Noir, Matua, Marlborough, New Zealand	75	360
<b>ROSÉ GRAPE</b>		
Rosé d'Anjou, Sauvion & Fils, Anjou-Saumur, France	65	310
Château Minuty 'M de Minuty', Côtes de Provence, France	75	360
Château Minuty 'M de Minuty', Côtes de Provence, France 1,5 LTR		710
<b>REFRESHING SANGRIA</b>	Glass	Jar
White   Rosé   Red	70	240

# SPIRITS

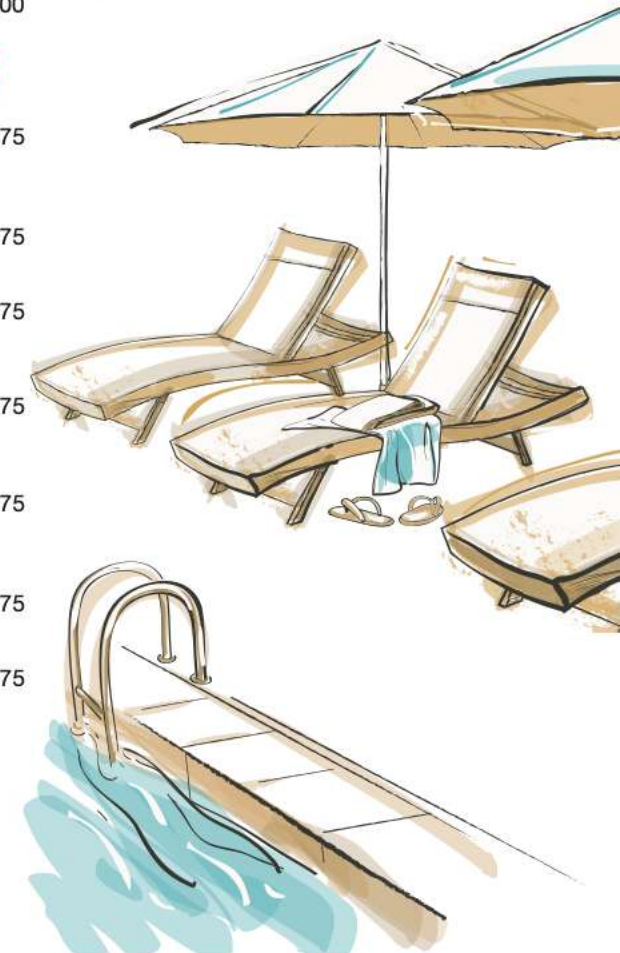
	30ml	Bottle
<b>BARLEY</b>		
Chivas Regal 12 YO	60	1200
JW Black Label 12 YO	60	1200
<b>CORN</b>		
Jack Daniel's	60	1200
Maker's Mark	60	1200
<b>WHEAT</b>		
Stolichnaya Premium	50	870
Absolut Blue Label	55	1000
Grey Goose	60	1200
<b>BOTANICAL</b>		
Bombay Sapphire	50	870
Hendrick's	60	1200
Tanqueray No10	60	1200
<b>BLUE AGAVE</b>		
Patron Silver	60	1200
Patron Reposado	65	1300
<b>MOLASSES</b>		
Captain Morgan White   Spiced   Black	50	870
Bacardi Superior	55	1000
Havana Club Especial	55	1000

# SIGNATURE COCKTAILS

<b>GINSMASH</b>	75
Gin shaken with fresh lemon, pineapple and grapefruit with a splash of soda	
<b>JUNIPER TWIST</b>	75
Gin, black raspberry liqueur, lemon juice, and tonic	
<b>ELDERFLOWER PUNCH</b>	75
Elderflower liqueur with white wine, soda and a selection of fruit	
<b>PALM BORA</b>	75
Vodka, Blue Curaçao, litchi, apple and lemon juice	
<b>SAMUI COLADA</b>	75
A duo of rum blended with mango, passion fruit and coconut	
<b>RED MELON</b>	75
Gin, watermelon juice, watermelon Red Bull	
<b>MAI BREEZE</b>	75
Vodka shaken with fresh lime and mango, with a whisp of orange and cranberry juice	



<b>MAWPAW PUNCH</b>	75
A blend of rum with mixed berries, coconut, apple and a touch of fruit liqueurs	
<b>JOHN ON THE BEACH</b>	75
Whisky, elderflower, lemon and ginger ale	
<b>KOKOS LAGOON</b>	79
Malibu, melon liqueur, Blue Curaçao, mango juice, orange juice and coconut cream	
<b>FRESH FRUIT COCKTAILS</b>	
Tipsy Pineapple	89
Melon Cooler	89
Tipsy Coconut	89



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T&C Apply.



# SAVOURY BITE MENU

**HUMMUS (G,V,SE) 774 Cal** 75  
Hummus with toasted sumac pita bread  
and cucumber & carrot crudites

**BBQ MARINATED CHICKEN SKEWERS  
(G,E,D,SE) 1,113 Cal** 95  
Honey BBQ dressing, sesame seeds,  
spring onion

**SEMOLINA DUSTED BABY SQUID  
(G,D,SE,S,E)  740 Cal** 90  
Served with Tartar sauce, lemon, sesame  
seeds

**VEGETABLE SPRING ROLL,  
SWEET CHILI SAUCE (G,E) 894 Cal** 65  
Vegetable stuffed in crispy wonton sheet

*Gluten (G), Seafood (S), Egg (E), Dairy (D), Sesame Seeds (SE)*



*MSC Certified Seafood – Sustainably Caught Seafood*

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**ANANTARA**  
THE PALM · DUBAI  
RESORT







AED  
**45**

# SMOOTHIES



8.000 000  
0.000 000



FRUIT BLEND



HEALTH



LACTOSE



## PASH N SHOOT

Passion Fruit, Mango,  
Pineapple



## BIG 5

Strawberry, Mango, Kiwi,  
Pineapple



## TROPICAL COLADA

Coconut, Pineapple,  
Banana



## MELON REFRESHER

Strawberry, Mango,  
Melon



## BLUEBERRY THRILL

Blueberry, Raspberry,  
Banana, Flaxseed



## BRAZILIAN AÇAÍ

Strawberry, Blueberry,  
Açaí Berry, Mango



## AVO GO GO

Mango, Spinach, Broccoli,  
Avocado, Coconut, Lime, Ginger

# MILKSHAKES



## VANILLA MILKSHAKE



## STRAWBERRY MILKSHAKE

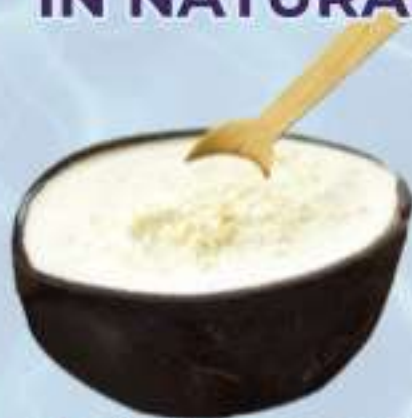


## CHOCOLATE MILKSHAKE

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*mai bar*

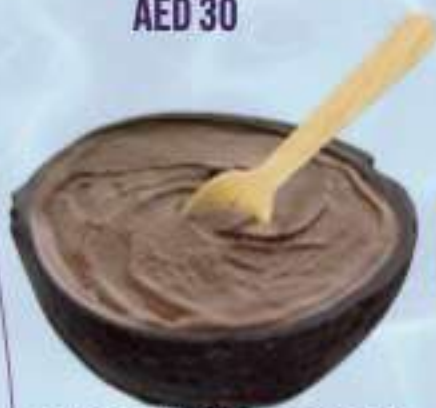
## SORBET ICE CREAMS IN NATURAL FRUIT SHELLS



**HEAVENLY COCONUT**  
AED 30



**SWEET PINEAPPLE**  
AED 30



**CHOCOLATE COCONUT**  
AED 30



**RUBY RED BERRY**  
AED 30



**ZESTY LEMON**  
AED 20



**MANGO ORANGE/  
PASSION MANGO**  
AED 20

**100%  
All Natural**  
طبيعي

*Island Way*

حافة الأسعار بالبحر مع الإمارات التي وتشمل رسوم البلدية،  
رسوم الخدمة والضريبة على القيمة المضافة.





# KAYAK BAR MENU

## COCKTAILS

Piña Colada	65
Mojito	65
Strawberry Mojito	70
Mango Mojito	70
Aperol Spritz	75
Jumbo Mojito	90
Jumbo Piña Colada	90

## BEER

Heineken	45
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## RED BULL ENERGY DRINK 50

Original | Red Edition

## FRESH COCONUT JUICE 55

## SOFT DRINKS 29

Pepsi | Diet Pepsi | Pepsi Zero  
7UP | 7UP Free | Mirinda | Ginger Ale  
Tonic Water | Soda Water

## MOCKTAILS

Virgin Piña Colada	40
Virgin Mojito	40
Virgin Strawberry Mojito	42
Virgin Mango Mojito	42
Jumbo Virgin Mojito	60
Jumbo Virgin Piña Colada	60

## FRESH JUICES 35

Orange | Pineapple | Watermelon  
Mango | Carrot

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# WINE

## CHAMPAGNE

Taittinger Brut Réserve, NV, Reims, France

**Glass**

**170**

## SPARKLING WINE

Prosecco Valdo Millesimato, Treviso, Brut, NV, Italy

**80**

## WHITE WINE

Pinot Grigio, Gabbiano, Veneto, Italy

**65**

## ROSE WINE

Château Minuty 'M de Minuty', Côtes de Provence, France

**75**

## RED WINE

Pinot Noir, Matua, Marlborough, New Zealand

**75**

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## CHAMPAGNE MENU

### CHAMPAGNE BRUT

- Taittinger Réserve, NV, Reims, France
- Moët & Chandon, Imperial, NV, Épernay
- Veuve Clicquot, Yellow Label, NV, Reims
- Boillinger Special Cuvée, NV, Ay
- Moët & Chandon, Imperial, NV, Epernay **1.5 LTR**
- Dom Pérignon, Vintage, Epernay

### Bottle

- 850
- 1100
- 1160
- 1250
- 1700
- 3950

### CHAMPAGNE ROSE

- Moët & Chandon, Impérial, Brut Rosé, NV, Épernay
- Veuve Clicquot, Yellow Label, Brut Rosé, NV, Reims
- Laurent-Perrier, Brut Rosé, NV, Reims

- 1150
- 1280
- 1900



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# WINE MENU

## ROSÉ WINE

**Bottle**

Domaine Ott, By.Ott, Côtes du Provence, France	520
Château D'Esclans, Whispering Angel Rosé, Côtes de Provence, France	470
Rosé d'Anjou, Sauvion & Fils, d'Anjou-Saumur, France	310
Château Minuty 'M de Minuty', Côtes de Provence, France	360
Château Minuty 'M de Minuty', Côtes de Provence, France <b>1.5 LTR</b>	710

## WHITE WINE

Gavi DOCG, Beni di Batasiolo, Piedmont, Italy	380
Chablis, Moreau & Fils, Burgundy, France	550
Chardonnay, Kendall-Jackson, Vintner's Reserve, California, USA	560
Pouilly-Fumé, Château Favray, Loire Valley, France	575
Sancerre, Sauvion, Les Fondettes, Loire Valley, France	650
Sauvignon Blanc, Cloudy Bay, Marlborough, New Zealand	690
Sancerre, Henri Borgeois, Loire Valley, France <b>1.5 LTR</b>	1800

## RED WINE

Paul Jaboulet Aîné, Parallèle 45, Côtes du Rhône, France	380
Pinot Noir, Tyrrell's, Old Winery, Australia	420
Malbec, Kaiken Ultra, Montes, Mendoza, Argentina	460
Merlot, Montes Alpha, Casablanca Valley, Chile	495
'Buissonnier' Bourgogne Pinot Noir, Vignerous de Buxy, France	520
Merlot   Syrah   Sangiovese, Gaja, Ca'Marcanda, Promis, Tuscany, Italy	810
Penfolds, Shiraz, Bin 28, South Australia	860
Pinot Noir, Pommard, Bouchard Pere & Fils, Burgundy, France	1260
Gaja, Sito Moresco, Langhe, Italy <b>1.5 LTR</b>	3200

