

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 GF	11
LEAN GREEN Broccoli, peas, spinach, avocado, pears, grain mustard Vegetarian / chicken / shrimps / salmon SLEEP DETOX GF SF	8/10/11/12
HUMBLE Asparagus, poached hens egg, hazelnuts, saffron mayonnaise CN V	7
PERSIAN LIME CHICKEN Red cabbage, apple coleslaw, roasted garlic, kohlrabi, lime glaze FITNESS GF	10
SWEET FETA Baked sweet potato, quinoa, kidney beans, soya reduction GF	11
DATE THE DUCK House smoked duck breast, date jam, glazed chicory, walnut dressing SLEEP CN	12
KALE GARDEN SALAD Roasted pumpkin, parmesan, pumpkin seeds, sautéed mushrooms Vegetarian / shrimps / salmon Chicken / braised lamb / beef strips	8/11/12 10/11/12

DF = dairy-free | GF = gluten-free | SF = sugar-free
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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

Wagyu beef, tomato, lettuce, brisket, egg, emmental, onion jam, horseradish

GRILLED CHICKEN BURGER 15

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

TARTINES

On grilled sourdough, garden salad

STEAK TARTARE 15

Grass fed beef tartar, shallots, sour cream, capers, hens 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 & SEEDS 12

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

CN

OUR HOUSE-MADE PASTAS

LINGUINE 16

Prawns, bisque, cherry tomato, Dibba farm basil

RIGATONI BOLOGNESE 15

Tender beef ragout, rigatoni, parmesan

TAGLIATELLE MUSHROOM 16

Wild mushroom, leek, ricotta, roasted pine nuts, truffle

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FRESH FROM THE GRILL

CATCH OF THE DAY	34
Local day boat fish, garden greens, celeriac, vanilla vierge FITNESS SLEEP	
JUMBO PRAWNS	18
Fennel textures, salsa verde SLEEP	
RACK OF LAMB	18
Carrots, french beans, garden mint sauce FITNESS	
OMANI LOBSTER	19
Farm vegetables, lime, lobster hollandaise FITNESS SLEEP	

SIDE DISHES

STEAMED GARDEN GREENS	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	
GARDEN SALAD	3
V DF GF	

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Summer House Dinner Menu

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Starters

SMOKED TUNA	12
Homemade 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, quail egg, mustard croutons	
SCALLOPS	12
Butternut squash, coconut, pomegranate caramel SLEEP FITNESS GF	
BURRATA	8
Caramelized peach, pine nut crumb, balsamic sauce CN GF	
QUINOA AND RASPBERRY	10
Mango, roasted broccoli, raspberry FITNESS DF GF VG	
ROOT VEGETABLE GARDEN	9
Celeriac, pumpkin, carrot, turnip, mixed seeds FITNESS DÉTOX GF	
CHICKEN AND QUAIL TERRINE	10
Garden pickles, date jam, pistachios, soda bread	

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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	

The Main Event

RED SNAPPER	18
Poached, parsley, warm baby gem and radish	
SLEEP FITNESS GF	
SEABASS	16
Chives crème fraiche, garden peas, fresh mint	
GF	
FISH OF THE DAY	16
Asparagus, jerusalem artichoke,crispy bread, zucchini sauce	
CONFIT DUCK	19
Warm frisée and couscous, apricot, plum sauce	
CN GF	
LAMB RUMP	23
Parsley crust, garden fennel puree, creamy pea and turkey bacon fricassee	
CONFIT CHICKEN	16
Asparagus, pickled carrot, tarragon and parsley sauce	
FITNESS GF	
250G FILET MIGNON	27
Mushroom ragout, broccolini and red peppercorn sauce	
FITNESS GF SF	
300G RIB EYE	26
Leek purée, scallions and roasted garlic sauce	
GF	

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Pasta and Risotto

SHELLFISH RISOTTO	18
Shrimps, lobster, crab, squid, CN	
TORTELLINI	16
Braised oxtail, dark chocolate, pine nuts, roastingjus CN	

SIDES

HONEY BABY CARROT - HAZELNUT	3
CN GF V	
BROCCOLINI	3
DETOX SLEEP FITNESS GF SF V	
ROASTED ARTICHOKE - CELERIAC	4
DETOX SLEEP FITNESS GF SF V DF	
SEAWEED BRUSSEL SPROUTS - GARLIC	4
DETOX SLEEP FITNESS GF SF	
GRILLED ASPARAGUS	4
DETOX SLEEP FITNESS GF SF V DF	
SAUTÉED SHIITAKE - SOUR CREAM	4
DETOX SLEEP FITNESS GF SF V	
FARMHOUSE FRIES	3
V	
MASHED POTATOES	3
SF V GF	

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