

# Restaurant Menu



## Breathtaking View

**With a stylish terrace overlooking the Arabian Gulf, guests can enjoy the soothing sea breeze in a relaxing atmosphere, whether savoring a fine meal, a refreshing drink, or a simple light snack.**

**Overlooking the sparkling waters of the Arabian Gulf, the location combines stunning views with a diverse selection of international cuisine. The serene ambiance and modern design create a refined dining experience, where global flavors meet the essence of Arabian hospitality. ✨ 🌐 🍴**

**Every detail has been carefully designed to provide comfort and elegance, from the warm hospitality to the exceptional flavors that bring people together. Whether visiting with family, friends, or colleagues, the setting offers a memorable dining experience by the sea, where every moment feels special. 🍷 🍷 🍷**



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# Restaurant Menu



## ⚠️ Ingredients Warning:

🥛 Dairy (D), 🌾 Gluten (G), 🥚 Eggs (E), 🌿 Vegetarian (V), 🐟 Fish (F), 🌰 Nuts (N), 🌱 Soybeans (S), 🌸 Sesame, 🥗 Healthy (H)

🔥 Adults need an average of 2000 calories per day, children aged 4 to 13 need an average of 1200-1500 calories per day, and individual calorie needs vary.

☕ An adult's caffeine consumption should not exceed 400mg per day.

🧂 Some items may contain more salt than the recommended daily intake. Salt intake should not exceed 5g per day (≈2000mg sodium).

🏃 Indicates the estimated time needed to burn the calories of this item.

📄 For any allergies and dietary requirements, please ask a member of the team for assistance.

📱 For full details, dietary information, and to view the Arabic menu, please scan the QR code below.



MENU

**All prices are VAT inclusive.**

# Restaurant Menu



 Breakfast is available daily from 7:00 AM to 11:00 AM

## Continental Breakfast

Choice of Fresh Juices (Orange Juice, Grapefruit Juice), Assorted Breakfast Pastries, Butter and Honey, Freshly Brewed Coffee or Tea

 460 Cal |  70.00 SR

## Fitness Breakfast

Orange Juice, Grapefruit Juice, Seasonal Fruit Platter, Low Fat Yogurt, Special K Cereal with Low Fat Milk, Egg White Omelet with Grilled Tomato, Whole Wheat Bread, Freshly Brewed Coffee or Tea

 330 Cal |  85.00 SR

## International Breakfast

Choice of Fresh Juices, Seasonal Fruit Platter, Two Eggs (Scrambled, Poached, Sunny-Side-Up, Over-Easy, or Boiled) Served with Bacon, Breakfast Sausage, Hash Brown, Grilled Tomato, Assorted Pastries with Butter and Honey, Freshly Brewed Coffee or Tea

 890 Cal |  105.00 SR

## Oriental Breakfast

Choice of Fresh Juices, Seasonal Fruit Platter, Two Eggs (Scrambled, Poached, Sunny-Side-Up, Over-Easy, or Boiled), Arabic Cheese Platter with Olives and Nuts, Foul Medames, Plain Yogurt, Assorted Arabic Bread, Freshly Brewed Coffee or Tea

 950 Cal |  110.00 SR

# Restaurant Menu



## Two Eggs

Scrambled, Poached, Sunny-Side-Up, Over-Easy, or Boiled Served with Bacon, Sausage, Hash Brown, and Grilled Tomato

 560 Cal |  46.00 SR

## Bacon

Served Crispy and Fresh

 200 Cal |  23.00 SR

## Sausage

Served with Fresh Garnish

 210 Cal |  23.00 SR

## Hash Brown

Golden and Crispy

 70 Cal |  23.00 SR

## Pancake

Served with Syrup, Honey and Fruit Compote

 182 Cal |  46.00 SR

# Restaurant Menu



## French Toast 🍞 🍯

Served with Syrup, Honey and Fruit Compote

🔥 317 Cal | 💰 46.00 SR

## Seasonal Fruit Platter 🍉 🍊

Freshly cut seasonal fruits

🔥 97 Cal | 💰 46.00 SR

## International Cheese Platter 🧀

Assorted Cheeses with Olives

🔥 390 Cal | 💰 46.00 SR

## Yogurt Smoothie of the Day 🥛 🍓

Different Choice Daily

🔥 237 Cal | 💰 25.00 SR

# Restaurant Menu



## Assorted Breakfast Pastry Basket 🍞🥞

Selection of fresh pastries and bread

🔥 371 Cal | 🇸🇩 30.00 SR

## Cereals 🥣

Choice of Corn Flakes, Rice Krispies, All Bran, Chocos, Special K - Served with Hot or Cold Milk and Honey

🔥 379 Cal | 🇸🇩 25.00 SR

## Hot Oatmeal Porridge 🥣🍪

Served with Honey, Dry Fruits, and Nuts

🔥 201 Cal | 🇸🇩 40.00 SR

## Your Choice of Eggs 🍳

Choose from: Fried Eggs, Boiled Eggs, Sunny-Side-Up, Shakshuka Eggs, Cheese Omelette, Vegetable Omelette

🔥 250-350 Cal | 🇸🇩 25.00 SR

# Restaurant Menu



## STARTERS

### • Cold Mezzeh Selection

Hummus , Moutabel , Tabouleh , Fattoush   
530 Cal  | 60.00 SR

### • Wild Roca Salad with Smoked Salmon

Sun dried tomato , Pecorino cheese , lemon olive oil    
120 Cal  | 50.00 SR


### • Classy Tuna Salad

Mix lettuce , fresh cherry tomato , sweet pepper , marinated tuna   
180 Cal  | 50.00 SR


### • Caprese Salad

Diced cucumber , fresh tomato , sliced olive , oriental cheese   
190 Cal  | 50.00 SR

### - Classic Caesar Salad

Romaine, parmesan, croutons, capers, Caesar dressing or chicken supreme  
 410 Cal | 55.00 SR

### - Oriental Feta Salad

Romaine, tomato, cucumber, onion, radish, olive oil, lemon juice  
 180 Cal | 55.00 SR

# Restaurant Menu



## Hot Appetizer

### - HOT MEZZEH SELECTION 🍷 🥙

FRIED KIBBEH 🥙, CHEESE SAMBOSA 🥙 🥙, CHICKEN SAMBOSA 🥙 🥙, FALAFEL, SPRING ROLL 🥙

🔥 210 CAL | 60.00 SR

### - FRIED CHICKEN LOLLIPOP 🍗

CRISPY CHICKEN LOLLIPOPS

🔥 265 CAL | 50.00 SR

### 🐟 SEAFOOD STARTERS

#### • Butter Fried Prawns 🍤

Served fries 🍟 🍌 (8 pcs in a portion)

125 Cal 🔥 | 70.00 SR

#### • Deep Fried Squid Rings 🍤 🍷

Garlic sauce 🍷, lime aioli 🍌 (8 pcs in a portion)

180 Cal 🔥 | 55.00 SR

#### • Dynamite Shrimp 🍤






























- 550 Cal 🔥 - 70 SR


(10 pcs, fried shrimp with spicy vinegar dynamite sauce)

# Restaurant Menu



## Side Dishes

- **French Fries**  - 110 Cal  - 23 SR
- **Steam Vegetables**  - 45 Cal  - 23 SR
  - **Garden Greens**  - 23 SR
- **White Rice**  - 220 Cal  - 23 SR
- **Red Rice**  - 220 Cal  - 23 SR
- **Fried Kebbeh**  - 123 Cal  - 23 SR
- **Cheese Sambosa**   - 80 Cal  - 23 SR
- **Chicken Sambosa**   - 212 Cal  - 23 SR
  - **Falafel**  - 270 Cal  - 23 SR
  - **Hummos**  - 166 Cal  - 23 SR
  - **Moutable**  - 218 Cal  - 23 SR
  - **Tabouleh**  - 136 Cal  - 23 SR
  - **Fattoush**  - 159 Cal  - 23 SR
  - **Vine Leaves**   225 Cal | 23 SR

Stuffed grape leaves with rice & herbs 


# Restaurant Menu



## SOUPS


### - Lentil Soup

Middle Eastern style lentil soup

 90 Cal | 46.00 SR

### - Harira Soup

Moroccan soup with chickpeas, lentils, tomatoes

 100 Cal | 50.00 SR

### - Chicken & Mushroom Soup

Creamy chicken soup with mushrooms

 80 Cal | 50.00 SR

### - Clear Vegetable Soup

Light clear soup with vegetables





 135 Cal | 50.00 SR

### • Sweet Corn Soup

Sweet corn  with chicken , soy sauce 

50 Cal  | 46.00 SR

### • Arabian Gulf Seafood Cream Soup

Sea scallops , prawns , green lip mussels  with spring vegetables 

170 Cal  | 60.00SR

### • Oats Soup

Wheat oats , tomato sauce  with a touch of cream 

250 Cal  | 46.00 SR

# Restaurant Menu



## PIZZA

### - Vegetable Pizza

Capsicum, onion, olives, mozzarella

 497 Cal | 60.00 SR


### - Pizza Margherita

Fresh tomato & mozzarella

 560 Cal | 60.00 SR


### - Chicken Pizza

Grilled chicken, tomato sauce, mozzarella

 490 Cal | 60.00 SR

### - Pepperoni Pizza

Pepperoni slices with tomato sauce, mozzarella

 603 Cal | 60.00 SR


# Restaurant Menu



## Sandwiches & Burgers


### - **Chicken Quesadillas**

Cheddar, sour cream, salsa

 500 Cal | 60.00 SR


### - **Tuna Wraps**

Tuna mousse with dill, fries, salad

 220 Cal | 50.00 SR

### - **Royal Club Sandwich**

Mortadella, egg, beef bacon, tomato, lettuce, mayo, fries, salad

 600 Cal | 57.50 SR

### - **Chicken Grill Sandwich**

Minced chicken, garlic cream, fries, lettuce

 350 Cal | 50.00 SR

### - **Prime Beef Burger**

Beef, cheddar, salad, fries

 280 Cal | 60.00 SR

### - **Chicken Burger**

Minced chicken, tomato, cheddar, fries

 270 Cal | 55.00 SR

### - **Crispy Chicken Burger**

Fried chicken fillet, tomato, lettuce, cheddar, fries

 510 Cal | 55.00 SR

### - **Halloumi Sandwich**

Grilled halloumi, tomato, lettuce

 290 Cal | 50.00 SR

### - **Shawarma Sandwich**

Chicken breast, onion, pickles, tomato, garlic sauce, fries

 343 Cal | 50.00 SR

### - **Shrimp Fried Sandwich**

Shrimp, tomato, lettuce, bell pepper, dip sauce, fries

 285 Cal | 60.00 SR

# Restaurant Menu



## 🍴 MAIN COURSES

### • Filet of Grilled Hamour 🐟

Herb rice 🌿🍚 & lemon butter sauce 🍋

250 Cal 🔥 | 115.00 SR

### • Grilled Salmon Filet With Asparagus 🐟

Parsley potato 🥔 & leek compote 🌿

310 Cal 🔥 | 135.00 SR

### • Samaka Harra 🐟

Oven baked white fish fillet 🐟 with spices 🌶️, rice 🍚, tomato 🍅, coriander 🌿, pine nuts 🥜

280 Cal 🔥 | 90.00 SR

### • Grilled Jumbo Prawns 🦐

Fresh jumbo prawns 🦐 (3 pcs), parsley rice 🌿🍚, lemon butter 🍋

370 Cal 🔥 | 160.00 SR

### • Lobster Thermidor 🦞

Potato wedge 🥔, asparagus 🌿, broccoli 🥦, mushroom 🍄, cheese 🧀, cream 🥛

152 Cal 🔥 | 160.00 SR

### • Fried Fish Hamour 🐟

Marinated with spices 🌶️, with rice 🍚 and tahini sauce 🥄

350 Cal 🔥 | 95.00 SR

# Restaurant Menu



## • Chicken Biryani 🍗

Traditional biryani 🍛 served in pot, with raita 🥗, pickle 🥒, papadoms  
310 Cal 🔥 | 90.00 SR

## • Prawn Biryani 🍤

Traditional biryani 🍛 served in pot, with raita 🥗, pickle 🥒, papadoms  
305 Cal 🔥 | 110.00 SR

## • Chicken Shashlik 🍗

Spicy chicken 🍗 with tomato salsa 🍅, red rice 🍚  
365 Cal 🔥 | 70.00 SR

## • Grilled Middle Eastern Chicken 🍗

Syrian marinated chicken 🍗, green salad 🥗, garlic cream 🥗, pickles 🥒, fries 🍟  
290 Cal 🔥 | 90.00 SR

## • Mix Grilled 🍖

Shish taouk 🍗, lamb kebab 🍖, kofta 🍖, lamb chops 🍖 with kabsa rice 🍚  
450 Cal 🔥 | 110.00 SR

## • Chicken Scallops 🍗

Tender chicken 🍗, tomato 🍅, cheese 🧀, served with red rice 🍚  
450 Cal 🔥 | 70.00 SR

## • Chicken Tikka 🍗

Spiced chicken fillet 🍗 with mint yoghurt sauce 🥗  
250 Cal 🔥 | 60.00 SR

## • Manchurian Chicken 🍗

Chinese style chicken 🍗 with sauce 🥗, bell pepper 🥒  
330 Cal 🔥 | 70.00 SR

# Restaurant Menu



## • Kabab Halabi 🍖

Lamb kebab 🍖 with fries 🍟, greens 🥗, garlic cream 🍷  
380 Cal 🔥 | 70.00 SR

## • Beef Taouk 🍖

Beef 🍖 with rice 🍚, lettuce 🥬, roasted lemon 🍋  
320 Cal 🔥 | 90.00 SR

## • Grilled Lamb Chops 🍖

Lamb chops 🍖 with spices 🌶️, mint sauce 🌿, potato 🍟, broccoli 🥦  
420 Cal 🔥 | 110.00 SR

## • Beef Tenderloin 🍖

Beef 🍖 with mash potato 🍟, green beans 🥬, mushroom cream sauce 🍄  
295 Cal 🔥 | 160.00 SR

## • Assorted Meat Platter (for 2 persons) 🍖

Lamb kebab 🍖, shish taouk 🍖, lamb chop 🍖, beef filet 🍖, chicken breast 🍗, rice 🍚, salad 🥗  
980 Cal 🔥 | 260.00 SR

## • Assorted Meat Platter (for 4 persons) 🍖

Lamb kebab 🍖, shish taouk 🍖, lamb chop 🍖, beef filet 🍖, chicken breast 🍗, rice 🍚, salad 🥗  
1870 Cal 🔥 | 365.00 SR

## • Mixed Seafood Platter (for 2 persons) 🦞

Lobster 🦞, prawns 🍤, fish 🐟, salmon 🐟, scallop 🍤, calamari 🦑, mussels 🍤, rice 🍚, salad 🥗  
700 Cal 🔥 | 299.00 SR

# Restaurant Menu



## • MIXED SEAFOOD PLATTER (FOR 4 PERSONS) 🦞

LOBSTER 🦞, PRAWNS 🍤, FISH 🐟, SALMON 🐟, SCALLOP 🍤, CALAMARI 🦑, MUSSELS 🍤,  
RICE 🍚, SALAD 🥗

1300 Cal 🔥 | 414.00 SR

## 🍝 PASTA

### • Fettuccini 🍝

Fettuccini pasta 🍝 with creamy sauce 🥛

280 Cal 🔥 | 70.00 SR

### • Penne 🍝

Penne pasta 🍝 served with pink sauce 🍅

270 Cal 🔥 | 70.00 SR

### • Spaghetti 🍝

Spaghetti 🍝 served with tomato sauce 🍅

280 Cal 🔥 | 70.00 SR

**Your Choice of Sauces:** 🌶️ Arrabiata, 🧀 Cream Cheese,

🥩 Beef Carbonara, 🍅 Mama Rosa, 🥒🧄🍅 Chilli Garlic Olive Oil, 🍄🌿 Mushroom Vegetable

### • Seafood Pasta 🍝

Pasta 🍝 with prawns 🍤, squid 🦑, mussels 🍤, fish 🐟, tomato sauce 🍅, olive oil 🫒

350 Cal 🔥 | 90 SR

### 🍲 Bamiya Salona

Served with rice

🔥 280 Cal | 60.00 SR

### • Oriental Vegetable Salona 🥗

Traditional vegetable salona 🥕🌿 served with rice 🍚

65 Cal 🔥 | 60.00 SR

# Restaurant Menu



## KIDS MENU

### • Angel Hair

Spaghetti  with bolognese sauce  and Parmesan cheese   
190 Cal  | 46.00 SR

### • Fish and Chips

Fried fish  with fries  and tartar sauce   
145 Cal  | 46.00 SR

### • Chicken In The Basket

Crispy chicken  (4 pcs) with fries   
210 Cal  | 46.00 SR

### • Chicken Nuggets

Chicken nuggets  (6 pcs) with fries   
270 Cal  | 46.00 SR

# Restaurant Menu





## Desserts

### • Seasonal Fresh Fruit Slices

Fresh fruits    with mint 

97 Cal  | 46.00 SR

### • Dates Cake

Dates cake  with rich flavor 

420 Cal  | 46.00 SR

### • Cheesecake

Cheesecake  with strawberry sauce 

431 Cal  | 46.00 SR

### • Galaxy Chocolate Cake

Chocolate cake  with caramel sauce 

390 Cal  | 46.00 SR

### • Traditional Umm Ali

Arabic dessert  with dates , walnut , pistachio , almonds 

390 Cal  | 50.00 SR




### • Arabic Sweet Platter - 410 Cal - 57.5 SR

### • Oreo Cake - 481 Cal - 46 SR

### • Brownie Cake - 466 Cal - 55.00 SR (served with ice cream: vanilla, chocolate, or strawberry)

### Carrot Cake Caramel Sauce 620 Cal 46 SR

### - Ice Cream

Vanilla 129 Cal , Chocolate 128 Cal , Strawberry 86 Cal   
(per scoop) 20,00 SR

# Restaurant Menu



## Still Water

- **Aqua Panna**

(250 ml)  - 14.00 SR

- **Aqua Panna**

(750 ml)  - 30.00 SR

- **Voss small**

(330 ml)  - 20.00 SR

- **Voss large**

(800 ml)  - 30.00 SR

- **Nova**

(330 ml)  - 14 SR

- **Nestle**

(330 ml)  - 6.00 SR

- **Evian**

(330 ml)  - 14.00 SR

- **Evian**

(750 ml)  - 30.00 SR

# Restaurant Menu





## Sparkling Water

• **Perrier Sparkling**  
(330 ml)  - 20.00 SR

• **Perrier Sparkling**  
(750 ml)  - 30.00 SR

## Soft & Energy Drinks

• **Red Vinola (750 ml)**  - 142.5 Cal  - 115 SR

• **Red Bull (250 ml)**  - 112.5 Cal  - 25.00 SR



• **Power Horse (330 ml)**  - 158 Cal  - 25.00 SR



• **Barbican (330 ml)**  - 169 Cal  - 25.00 SR















• **Holsten (330 ml)**  108.90 Cal  - 25.00SR

• **Moussy (330 ml)**  132 Cal  - 25.00 SR

## Mocktails

• **Mojito Red Bull**  104 Cal  - 30.00 SR (contains caffeine-73.60 g)

• **Mojito 7**  100 Cal  - 25.00 SR (choice of flavor syrup)


 Peach Flavor (20ml Syrup -  68 Cal),  Grenadine Flavor (20ml Syrup -  69 Cal),   
Peach Tea Flavor (20ml Syrup -  60 Cal),  Blue Lagoon Flavor (20ml Syrup -  66 Cal),  
 Strawberry Flavor (20ml Syrup -  69 Cal),  Vanilla Flavor (20ml Syrup -  68 Cal),   
Coconut Flavor (20ml Syrup -  67 Cal)

# Restaurant Menu




## JUICES


### - Watermelon Juice

Fresh watermelon juice  
 120 Cal | 25.00.00 SR


### - Melon Juice

Fresh melon juice  
 130 Cal | 25.00 SR


### - Pineapple Juice

Fresh pineapple juice  
 133 Cal | 25.00 SR


### - Fresh Orange Juice

Freshly squeezed orange juice  
 110 Cal | | 25.00 SR

### - Lemon Mint Juice

Lemon with mint  
 140 Cal | 25.00 SR



### - Piña Colada




Pineapple & coconut mocktail  
 245 Cal | 25.00.00 SR

# Restaurant Menu




## Soft Drinks

- **Pepsi**  151 Cal |  11 mg caffeine

**Cola**   136 Cal |  11 mg caffeine


Assorted sodas

- **Diet Pepsi**  0 Cal |  12 mg caffeine

- **Zero Cola** 0 Cal |  9.5 mg caffeine

- **Light Cola**  0 Cal |  12 mg caffeine

Sugar-free sodas


 1 Cal |  34 mg caffeine

- **Zero 7Up / Diet 7Up** 

Sugar-free lemon soda




 7.2 Cal |  0 mg caffeine

- **Mirinda Orange**  191 Cal |  0 mg caffeine

- **7Up**   157 Cal |  0 mg caffeine

Citrus sodas

 150 Cal |  0 mg caffeine

- **Milaf Cola**  93.6 Cal |  13.6 mg caffeine 

Cola drink

 150 Cal |  34 mg caffeine

- **Mirinda Citrus** 

Citrus soda

 173 Cal |  14 mg caffeine

**All Soft Drinks price 14,00 SR**

# Restaurant Menu



## ☕ Coffee & Hot Drinks

### - Café Latte ☕

Steamed milk with espresso

🔥 190 Cal | ⚡ 65 mg caffeine | 25.30.00 SR

### - Cappuccino ☕

Espresso with foamed milk

🔥 120 Cal | ⚡ 130 mg caffeine | 25.00.00 SR

### - Espresso (Single) ☕

Aromatic espresso shot

🔥 5 Cal | ⚡ 65 mg caffeine | 20.00.00 SR

### - Double Espresso ☕

Double shot espresso

🔥 10 Cal | ⚡ 126 mg caffeine | 25.00.00 SR

### - Americano Coffee ☕

Espresso with hot water

🔥 15 Cal | ⚡ 95 mg caffeine | 20.00.00 SR

• **Macchiato** ☕ 🔥 0 4 Cal | ⚡ - 65mg caffeine - 20.7 SR

• **Hot Chocolate** 🔥 151 Cal | 🍫 - 25.00 SR

• **Hot Mocha** ☕ 🍫 🔥 140 Cal | - 70mg caffeine - 25.00 SR

☕ **Saudi Coffee** 🔥 12.7 Cal (per 50ml cup) | 🔥 127 Cal (500ml) 26.58mg (per 50ml) 46 SR-

### English Breakfast Tea 🍵

Classic black tea

🔥 2 Cal | ⚡ 47 mg caffeine | 20.00.00 SR

### - Green Tea 🍵

Herbal infusion

🔥 2 Cal | ⚡ 20 mg caffeine | 20.00.00 SR



# Restaurant Menu



## COLD DRINKS



### - Iced Latte

Cold latte with espresso and milk

 190 Cal |  65 mg caffeine | 25.00.00 SR

### - Iced Americano

Cold Americano coffee

 15 Cal |  95 mg caffeine | 25.00.00 SR

### Iced Mocha

 207 Cal  70mg Caffeine 25.00 SR

### - Iced Tea



Refreshing chilled tea

 80 Cal |  25 mg caffeine | 20.00.00 SR

## Milkshakes



### - Strawberry Milkshake

Strawberry milkshake

 212 Cal |  0 mg caffeine | 30.05.00 SR



### - Vanilla Milkshake

Vanilla milkshake

 220 Cal |  0 mg caffeine | 30.00 SR

### - Chocolate Milkshake

Chocolate milkshake

 224 Cal |  5 mg caffeine | 30.00 SR

**All prices are inclusive of VAT.**

**Together for a Greener Future** 

In support of our sustainability initiatives at

**Move On Beach Resort**

we are committed to reducing single-use plastic  
and replacing it with eco-friendly alternatives.

Your participation makes a real difference.

Thank you for supporting sustainability.



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