

A close-up photograph of a person's face and upper body. They are wearing a bright yellow sleeveless top. Their right hand is holding a white plastic fork, which is being used to eat a salad from a black rectangular takeout container. The salad contains various greens, sliced cucumbers, and cubes of white cheese. The background is blurred, showing what appears to be a kitchen or dining area.

# grab.

delicious.  
delectable.  
delivered.



**ROAST BEEF & ARUGULA**  
BHD 2.200



**TOMATO MOZZARELLA**  
BHD 1.500



**TUNA & SPRING ONION**  
BHD 1.500



**CHICKEN MORTADELLA**  
BHD 1.500



**SMOKED SALMON**  
BHD 2.500



#### TURKEY & CRANBERRY

Freshly baked ciabatta, smoked turkey, with a schmear of cranberry sauce complimented by locally sourced Tomatoes and Lolo Bindo.

*A perfect, quick meal on the go!*  
Contains: Gluten, Meat, Diary • Calories: 472

**BHD 1.800**

#### CHICKEN & GREEK YOGHURT

An ultra filling, creamy, healthy and protein rich sandwich with freshly baked Ciabatta, Grilled Chicken, Greek Yoghurt, Spring Onion, Tomato and Lollo Rosso for the crunch!

Contains: Gluten, Meat, Diary • Calories: 181

**BHD 1.800**





### BROWN CLUB SANDWICH

A super filling sandwich with layers of chicken, beef, egg, veggies, cheese and Lettuce. *A sandwich worth devouring at any time of the day!*  
*Contains:* Gluten, Meat, Egg, Diary • *Calories:* 370

**BHD 1.800**

### AVOCADO PICO DE GALLO

A heart-healthy, diet-friendly yet super delicious sandwich made with fresh chunky avocados, tomatoes jalapeños, onion, garlic, fresh herbs and lime. *Elegant yet delicious meal!*

*Contains:* Gluten, Garlic, Diary • *Calories:* 371

**BHD 2.500**



### HOMEMADE BURGER

A lean burger with freshly baked bun, juicy grilled all-meat patty, cranberry marmalade, sautéed onions and greens. *An absolute best meal.*

*Contains:* Gluten, Meat, Egg, Diary • *Calories:* 433

**Grilled Chicken: BHD 1.800**

**Crispy Chicken Fillet: BHD 1.800**

**Angus Beef: BHD 2.800**





### CHICKEN CAESAR SALAD

Feel yourself at home with this ever classic caesar salad with grilled chicken, romaine lettuce, an-chovy dressing and garlic croutons.

*Contains:* Gluten, Meat, Fish, Diary • *Calories:* 249

**BHD 2.500**



### RAINBOW SALAD

Our version of garden salad with a variety of greens like Lollo Rosso, Lollo Bindo together with fresh carrot, cranberry, crumbled feta and extra walnut for crunch.

*After all, eat the rainbow!*

*Contains:* Diary, Nuts • *Calories:* 292

**BHD 2.500**

### NICOISE SALAD

This extraordinary French salad is nothing but a masterpiece. This salad comes along with chunks of tuna, boiled egg, french beans, greens and herbs and is drizzled with the best vinaigrette!

*Contains:* Fish, Egg, Oil • *Calories:* 284

**BHD 2.500**

### INSALATA CAPRESE

A quintessential Italian summer salad with fresh sliced tomatoes, mozzarella drizzled with extra virgin olive oil and balsamic vinegar and garnished with fresh Italian basil.

*Light to taste, easy on your stomach!*

*Contains:* Diary • *Calories:* 253

**BHD 2.500**



**PARMESAN CHICKEN**

A juicy chicken breast encrusted with herbed crumb and smothered in parmesan sauce. *This incredibly piquant dish is served with steamed rice and grilled vegetables.*  
Contains: Gluten, Meat, Diary • Calories: 742

**BHD 2.800**

**CHICKEN TIKKA MASALA**

Tangy and rich slow cooked chicken bits in hand blended tikka masala, this hearty meal is packed with flavour! *Garnished with fresh cilantro and is served with a side of jeera rice.*  
Contains: Meat, Diary, Seeds, Nuts • Calories: 734

**BHD 2.800**

**CHICKEN BREAST SCALOPPINI**

Tender, crispy and juicy chicken and bell peppers in an ever comforting and velvety mushroom and rosemary sauce. Served with roasted potatoes.  
*A dish hard to resist!*  
Contains: Gluten, Meat, Diary • Calories: 723

**BHD 2.800**

**BUTTER CHICKEN**

Marinated chunks of chicken tenders slow cooked in most fragrant, creamy and generously spiced tomato-butter gravy. Served with a portion of peas pulao. *The most comforting Indian food you can dream of!*  
Contains: Meat, Diary, Nuts • Calories: 720

**BHD 2.800**



### CAJUN CHICKEN

Chicken seasoned and rubbed with cajun spice, perfectly baked with a smoky, flavourful crust of spice. Served with a side of jambalaya rice.

*This meal just makes everything so better!*  
Contains: Spices, Meat • Calories: 724

BHD 2.800



### CHICKEN THAI CURRY

A healthy yet hearty Thai red chicken curry layered with rich and smooth flavours, smothered in fresh thick coconut milk. Served with a side of fluffy jasmine rice.

*The ultimate comfort food!*  
Contains: Meat, Seafood, Gluten • Calories: 616

BHD 2.500



### GRILLED CHICKEN BREAST

Chicken breast in a flavourful marinade, pan seared and served with our special five spice glaze and a side of stir fried noodles.

Contains: Meat, Soy, Diary, Gluten • Calories: 679

BHD 2.800

### JAMAICAN JERK CHICKEN

Chicken rubbed with all spices and marinated overnight and char grilled to perfection, this dish is a perfect balance of heat and sweetness. Served with Caribbean rice and fresh pineapple. *An array of flavours in a spoonful.*

Contains: Spices, Meat, Pineapple, Gluten • Calories: 680

BHD 2.800





#### SHEPHERD'S PIE

A traditional Irish pie layered with mild lamb ragout, topped with mashed creamy pota-toes and cheese and baked till golden. *A cozy yet classic dish everyone loves!*  
Contains: Gluten, Meat, Egg • Calories: 654

BHD 3.200



#### BEEF STROGANOFF

Tender strips of beef pan seared and cooked in an indulgent and creamy stroganoff mushroom sauce, served with buttered rice. *An absolute treat for your taste buds!*  
Contains: Gluten, Meat, Diary • Calories: 843

BHD 3.200

#### BEEF RENDANG

A Malaysian delicacy with meltingly tender beef chunks, slow cooked in rich and aromatic spiced coconut based gravy. Served with steamed jasmine rice.  
Contains: Meat, Spicy • Calories: 680

BHD 3.200



#### HUNGARIAN GOULASH

A tomato based Hungarian beef stew prepared with chunks of beef and a generous amount of paprika. This aromatic and rich stew is served along a bed of steamed rice.  
Contains: Meat, Gluten • Calories: 837

BHD 3.200





### PENNE PRIMAVERA

Penne pasta cooked al dente and packed with a variety of veggies, this pasta dish is a healthy lunch option. Loaded with fresh broccoli, peppers, mushrooms and garlic, primavera is versatile and satisfying.

*Contains:* Gluten, Diary • *Calories:* 462

**BHD 2.800**



### SPAGHETTI BOLOGNESE

Needs no introduction... Italian dish minced meat with tomato sauce and served with spaghetti.

*Contains:* Gluten, Meat • *Calories:* 607

**BHD 2.800**



### CHICKEN MAC n CHEESE

An ultimate comfort food made with silky cheesy cheddar sauce, chicken and macaroni. *One pot dish and so much flavour!*

*Contains:* Gluten, Meat, Diary • *Calories:* 665

**BHD 2.800**

### LASAGNA AL FORNO

A perfectly balanced pasta layered with pasta sheets, spinach, ricotta, tomato concasse and cheddar.

*This dish will definitely not disappoint you!*

*Contains:* Gluten, Diary • *Calories:* 463

**BHD 2.800**





### CREPES AU LEGUMES

A combination of soft crepes and freshly blanched vegetables with a drizzle of cheesy mornay sauce. *An ideal small, light meal and our favourite way of eating vegetables!*

Contains: Gluten, Diary • Calories: 496

**BHD 2.800**



### RISOTTO AL FUNGI

A rich and creamy Italian risotto made with arborio rice, flavoured with fresh forest mushroom and mushroom oil and well seasoned with Parmesan cheese. *A great meatless meal!*

Contains: Mushroom, Diary • Calories: 439

**BHD 2.800**



### CRUSTED MINI STEAKS

Herb crusted tenderloin of beef slow chargrilled, served with roast potato, along side steamed veggies. *A power packed and protein rich meal option for you!*

Contains: Gluten, Meat, Dairy • Calories: 645

**BHD 3.900**

### OSSOBUCCO

An Italian classic dish of fall of the bone lamb shank slow cooked for hours in a flavourful velvety stock. Served with creamy risotto.

Contains: Gluten, Meat, Diary • Calories: 637

**BHD 4.500**





#### **GRILLED DUCK BREAST**

A juicy, tender on the inside grilled duck breast served along with hoisin sauce stir fried greens and noodles. *This dish is a must try!*  
Contains: Gluten, Meat, Soy • Calories: 852

**BHD 4.500**

#### **RACK OF LAMB**

Classic rack of lamb coated with garlic, paprika and herbs perfectly cooked and served with shallot demi and mashed potato. *A hard to be missed, elegant meal!*  
Contains: Meat, Gluten • Calories: 664

**BHD 4.900**





### SALMON COULIBIAC

A delightfully delicious Russian dish with salmon, mushroom and risotto baked inside a pastry shell and served with lemon butter sauce.  
*Contains:* Gluten, Fish, Diary, Egg • *Calories:* 591

**BHD 5.900**



### GRILLED SALMON STEAK

Salmon steak grilled with spices and herbs, drizzled with citrus beurre blanc and served with sides of steamed veggies and mashed potato.  
*Contains:* Seafood, Diary • *Calories:* 706

**BHD 5.900**

### PEPPER STEAK

Choicest cut of pepper steak, char grilled is served with mashed potato and vegetables.  
*Contains:* Gluten, Meat, Dairy • *Calories:* 662

**BHD 5.900**





### RIBEYE STEAK

Choicest cut of ribeye steak, char grilled is served with mashed potato and vegetables.

*Contains:* Gluten,Dairy, Meat • *Calories:* 619

**BHD 9.900**



### BAKED RASMALAI

Soft and pillowy cheese dumpling in creamy milk reduction served with whipping cream and saffron strands.  
*A majestic, royal melt in your mouth Indian dessert.*  
Contains: Diary • Calories: 440

BHD 1.800

### GRANDMA'S CINNAMON APPLE PIE

Grandma's secret flaky Pie crust along with caramelized apples, cinnamon and served with velvety custard sauce - just the right balance of sweetness and tart.  
*A house speciality and everyone's favourite!*  
Contains: Gluten, Egg, Diary • Calories: 376

BHD 1.800



### EXOTIC FRUIT PLATTER

Seasonal premium cut fresh fruits for your daily dose. *A rich source of antioxidants!*

BHD 1.800

### EXOTIC CHEESECAKE

A dense and luscious cheesecake with airy mascarpone cheese, biscuit crumb and topped with exotic fruits.  
*We've got that cheesecake of your dreams!*  
Contains: Gluten, Egg, Diary • Calories: 451

BHD 1.800



# **beverages**

## **hot**

Espresso	0.800
Double Espresso	1.200
Americano	0.900
Hot Mocha	1.100
Cappuccino	1.100
Chococcino	1.100
Macchiato	1.100
Caramel Macchiato	1.100
Flat White	1.200
Cafe Latte	1.100
Hot Chocolate	1.000

## **cold**

Pistachio Latte	1.500
Saudi Latte	1.200
Mocha Latte	1.200
Iced Latte	1.200
Spanish Latte	1.200
Iced Mocha	1.500
Iced Cappuccino	1.200
Iced Caramel Macchiato	1.200
Iced Saffron Latte	1.500
Iced Salted Caramel	1.200
Frosted Coffee	1.200

## **Mojitos**

Absolut Blue	2.000
Classic	1.500
Passion Fruit	2.000
Mint Lime	1.500
Code Red	2.000

## **Milkshakes**

Strawberry Cheesecake	1.500
Frosted Lemonade	1.500
Rob Rumman Smoothie	1.500

## **Juices**

Orange	1.000
Pineapple	1.000
Pomegranate	1.000



# grab.

From Italian pasta to Hungarian goulash, Grab brings you a menu with curated flavors from around the world. Carefully selected fresh and high-quality ingredients, prepared with care and uncompromising flavor, delivered to you. Go Grab!

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