



*Waves Seafood Restaurant continues to serve Bahrain's finest seafood, and is open for lunch and dinner daily. It's a must for seafood lovers who can choose from our extensive a la carte menu or our market place selection of fresh fish which is delivered daily from local Bahraini fisherman.*



## **Bahrain's treasures brought to your plate**

### **Silous or Needle Fish**

*Long stick like fish found in the shallow waters not far from the coast often seen jumping out of the water. This dish is best served deep fried and eaten with your hands.*

### **Andak**

*White fish found swimming over corals which has a light texture and makes a lovely lunchtime dish grilled with olive oil and lemon juice*

### **Faskar**

*Easily identifiable by the yellow stripes and found quite easily up and down the Gulf, this is a white fish which can be enjoyed steamed with soya and ginger sauce*

### **White Bait**

*White bait is not always available depending on the season and is no bigger than your finger. It is served deep fried and eaten whole just like French fries.*

### **Sultan Ibrahim**

*Sultan Ibrahim or red mullet is another local delicacy and popular fish in these waters, best served grilled on the bone.*

### **Red Snapper or Hamrah**

*Hamrah is a delicious white fish that is enjoyed most of the year and is most enjoyed served in a seafood style broth sauce.*

### **Hammour**

*The most well known fish of the Gulf who all enjoy cooked in a variety of styles. Unfortunately over fishing and land reclamation has reduced the stocks and driven the price up.*

### **Parrot Fish**

*Easily identifiable by the colour, found in shallow reefs off the coast of Bahrain and best served steamed with a light sauce.*

### **Sham or Sea Bream**

*Available all year round locally or when not found, Sham can be purchased from the fish farms in nearby Saudi Arabia. Recommended to be served grilled with a Mediterranean style sauce.*

### **Chanad or King Fish**

*Chanad is caught swimming near artificial reefs and filling stations away from the coast and is best served cut into steaks and grilled.*

### **Sharry**

*Leaner than Hammour and growing in popularity due to reduced stock of Hammour, this is one of the secret fish of Bahrain. White fish best served off the bone with a strong flavoured Thai sauce or similar powerful sauce.*

### **Safi**

*Small silver fish, about the size of your hand that is available all year round and best enjoyed grilled.*

### **Squid**

*Squid is smaller than Calamari and light pink in colour and is best served deep fried with a sweet chilli sauce*

### **Crayfish or Sand Lobster**

*The Lobster of the Gulf is smaller and less recognisable than the traditional Lobster but contains plenty of flavour and when served in a Thermidor style (creamy, cheese and mushroom sauce) is delicious.*

### **Clams**

*Clams are found in shallow waters away from the coast and are available all year round in Bahrain. Enjoyed best with pasta and a vongole sauce.*

### **Crabs**

*Local Bahraini crab is another crustacean that is found almost all year round and is identified by its grey colour. Best served steamed!*

### **Shrimps**

*Bahraini shrimping season runs throughout the summer and then is stopped to let the stocks replenish during the winter. During winter fresh shrimp can be found off the coast of Saudi Arabia. Recommended cooking styles are wide and varied, shrimp is a very versatile seafood that goes with pretty much anything.*

## Cold Starters

### **Rocca Salad (V) 2.500**

Rocca leaves, cherry tomatoes, pomegranate, olive oil, capers berry

### **Selection of Mezzeh individual portions 1.600 each**

Hommus (V)(N), Moutabel (V)(N), Fattoush (V), Tabouleh(V)(G), Kibbeh (G),  
Vine leaves (V)(G), Muhammara (N), Baba ghanooch (V)

### **Waves Shrimp Salad (S) 3.500**

Green salad, shrimps, carrot, avocado, cherry tomatoes  
balsamic dressing

### **Shrimp Cocktail (S) 3.500**

Pomegranate seeds, cocktail dressing, pumpernickel bread

### **Crab Salad "Asinan" (S) 3.500**

Cucumber cabbage salad, mint, surimi, crab meat  
grilled shrimp and chili dressing

### **Fisherman's Salad (S) 4.950**

Crispy mix lettuce, cherry tomato, cucumbers, white onion  
and grilled mix seafood

## Hot Starters

### **Crispy Silous and Sultan Ibrahim (G) 3.250**

Deep fried fresh Silous and Sultan Ibrahim served with tomato  
onion salad and tartar sauce

### **Shrimp and Squid Tempura (S) (G) 3.900**

Fried in tempura batter served with sweet chili dips and soya sauce

### **Fresh Seafood Spring Roll (S) (G) 3.250**

Home made spring roll served with cucumber-chili vinaigrette

### **Coconut Shrimp Salad (S) (G) 3.750**

Crispy breaded shrimp with coconut flakes, avocado  
mango and sweet chili dressing

### **Selection of Seafood "Dim Sum" (S) (G) 3.750**

1/2 dozen of fried and steamed served with sweet chili dips

## Soup

### **Clear Seafood Broth (S) (G) 2.950**

Saffron flavored fish soup with clams, shrimps, Hammour and garlic bread

### **Tom Yum Goong (S) 3.500**

Traditional Thai sour & spicy prawn and squid soup  
infused with lemon grass and lime leaf

### **"Classic" Lobster Bisque (S) (G) (D) 4.200**


Garnished with lobster pieces and tarragon  
with cognac 3.300

### **Mussel Chowder (S) (G) (D) 2.950**

Creamy soup with fresh mussels, herbs croutons

### **Seafood "Laksa" (Chef Signature dish) (S) (D) 3.500**

Fine selection of seafood in mild spicy coconut soup  
rice noodle, chili oil, vegetables

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"If you have any concerns regarding food allergies, please alert your server prior to ordering"  
All prices are subject to 10% service charge & 10% government levy

## From our fresh seafood display

At Waves we encourage you to select your catch of the day from our fish display. All the fresh fish and seafood is purchased on a daily basis in the mornings and afternoons to ensure that only the freshest fish is displayed for you.

Please select your fresh seafood from our display and our specialty chefs will cook it in your preferred style.

### Arabic Cooking Style

#### Harrah Beirutyeh (N)

Fish from display oven braised with fresh herbs served with peppers, coriander, onion, garlic, chili, tomato

#### Tajen (N)

Fish from the display oven braised with fresh herbs served with tahina lemon juice, garlic, onion garnished with pine nuts

#### Sayadyeh (N)

Fish from display oven braised with fresh herbs served with Sayadyeh rice, cumin rice, garnished with fried onions, roasted pine nuts


#### Marinated with Bahraini Spices

Fish from display oven braised with fresh selected local spices, lemon, garlic and olive oil

### South East Asia Cooking Style

#### Wok fried

Sweet & sour sauce

Thai green curry sauce 


Thai red curry sauce 

Ginger, garlic and coriander sauce (G)

Asian BBQ sauce

Spicy coconut curry sauce 

Spicy tamarind chili sauce 

Singaporean chili sauce 

#### Deep fried (G)

Tempura style served with chili dips

#### Steamed or grilled

Bill soniya (N)

Soya sauce, bean sprouts, sesame oil, mango (G)

Teriyaki sauce (G)

#### Simply grilled, steamed or fried

Served with Tartar sauce or Lemon garlic butter sauce

#### Vegetables from display

Stir fry with ginger and soy sauce

Steamed with butter

### Side Dishes

**Steamed fragrant jasmine rice 1.350**

**Vegetables fried rice (E) 2.200**

**Seafood fried rice (E) 2.950**

**Mixed garden salad 1.600**

**Boiled herbs potato 1.600**

**Potato harra (N) 1.600 **

**French fries 1.600**

**Sayadyah rice (N) 2.200**

**Safron rice 2.200**

**Plain biryani rice 2.500**

**Basmati rice 1.450**

**Naan Bread 1.300**

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## Our chef

*Chef Jaffar Al Asfoor, the restaurants' sous chef and a local of Bahrain will delight your taste buds as he brings the taste of the finest Arabic cuisine. His love for cooking was ignited when he worked in a 5 star Lebanese restaurant where he acquired an abundance of gastronomic skills and mastered the diverse and authentic taste of Arabic cuisine over the years.*

Enjoy!      Selamat Makan!      استمتع!

## Chefs Culinary Delights

### **Waves Fisherman's Platter (S) (G) 10.500**

*Grilled prawn, hammour filet, sultan ibrahim, fried silous served with garlic-lemon butter and herbs baby potato*

### **Thai Combo (S) (G) 8.750**

*Selection of fresh seafood, vegetables, coriander in mild spicy Thai green or red curry sauce served with steamed rice*

### **Lobster Thermidor (S) 20.950**

*Gratinated lobster with creamy parmesan sauce and Steamed vegetables*

### **Fresh Seafood Pasta (S) (G) (E) 7.950**

*Linguini style pasta with fresh shrimps, mussels, crab, Hammour clams in garlic, creamy spicy tomato sauce*

### **Singaporean Fried Noodles (E) (N) 7.250**

*Choice of egg yellow or rice noodles flavored with fresh seafood chili, vegetables and crushed peanuts*

### **Seared Sea Bream Filet 6.250**

*Seared sea bream filet with grilled garlic, tomato, zucchini, eggplant and herbs butter sauce*

### **Robian Bel Fekhara (S) (N) 8.500**


*Shrimps sautéed in garlic, Butter olive oil, coriander, lemon juice & pine nuts with basmati rice*

### **Harra Beirutyeh (N) 8.750**

*Pan-fried hammour filet served with chili tomato sauce with basmati rice*

### **Sayadyeh (N) 8.650**

*Braised hammour with herbs served with cumin rice, fried onions and pine nuts*

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## ***Business Lunch Offer***

### ***Starters***

***Deep fried calamari with rocket salad and avocado  
or  
Seafood soup with vegetables and chili oil (G)***

### ***Main Dishes***

***Pan seared Hammour filet with roasted potato,  
grilled eggplant and herbs butter sauce  
or  
Grilled Sharry filet with vegetables in Thai green  
coconut curry served with jasmine rice (G) 🌶️***

### ***Dessert***

***Fresh sliced seasonal fruits plate  
or  
Ginger cardamom crème brulee with orange zest (E)***

***BD 6.950***

### ***Set menu to share for two***

***Selection of mixed seafood tempura with chili dips (G)***

***Grilled seafood platter with Silous, Sharry filet,  
prawn, Sultan Ibrahim served with sautéed  
vegetables, boiled potato, lemon butter sauce and  
mixed salad (S)***

***Fresh sliced seasonal fruits platter***

***BD 18.450 for two***

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## Desserts

**Cheese cake (E) (G) 2.300**

**Crème brulee with orange zest (E) (G) 2.300**

**Fresh sliced seasonal fruits platter 2.600**

**Chocolate mud cake 2.300**

**Tiramisu (E) 2.300**

**Ice cream and sorbet per scoop 1.500**

*Lemon sorbet, mango, vanilla, Belgium chocolate, strawberry*



## Espresso Drinks

**Americano 1.600**

*Espresso combined with hot water creating a gourmet-brewed coffee*

**Espresso Single 1.600 Double 2.000**

*A straight shot of Espresso*

**Latte 1.700**

*Espresso combined with steamed milk topped with a velvety milk foam*

**Espresso con panna 1.700**

*A straight shot of espresso topped with whipped cream*

**Cappuccino 1.700**


*Espresso combined with velvety milk foam*

**Mocha 1.700**

*A latte with the addition of gourmet chocolate, topped with whipped cream and chocolate sprinkles*

**Traditional Irish coffee 3.000**

*Irish whisky and coffee topped with whipped cream*

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## Brewed Coffee

**Fresh  coffee 1.600**

*Special blend of gourmet brewed coffee*

**French press coffee 1.600**

*Coffee brewed fresh to order in a French plunger*

**Turkish 1.600**

*Roasted and finely ground coffee beans boiled and served in a traditional copper pot*

## Flavoured Coffee

**Hazelnut, almond, caramel, vanilla 1.800**

**Hot chocolate 1.800**



## Tea Selection

**Earl grey tea 1.600**

*Balanced by the sweet, floral bergamot flavor*

**English breakfast tea 1.600**

*Deep and reddish brown, an ideal accompaniment to strong tasting food*

**Lemon tea 1.600**

*Delicately scented with lemon flavor*

**Fresh mint tea 1.600**

*Refreshing tea with the sharpness and invigorating aroma of mint*

**Peppermint tea 1.600**

*Relaxing herbal infusion, full of freshness with natural menthol*

**Green tea 1.600**

*Classic green tea notes with delicate taste*

**Jasmine tea 1.600**

*An uplifting after-meal green tea with jasmine flavoring*

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