

*Tichinos*



FOOD + VALUE

CORPORATE SOCIAL RESPONSIBILITY

**SHARE YOUR PLATE!**

2% of proceeds, from items marked by  
an asterisk, will be donated to charity.

**IN SEARCH  
OF THAT PERFECT MEAL?**

ASK OUR CHEF ABOUT CUSTOMIZING\* YOUR MEAL TODAY.

**BUON APPETITO!**

\*SUBJECT TO AVAILABILITY OF INGREDIENTS  
AND SUBSEQUENT ADDITIONAL PREPARATION TIME

## BEVERAGE

DHS.

### SOFT DRINKS

**WATER - STILL (500ML)**

3

**COCA-COLA / DIET COKE / SPRITE / FANTA**

5

**RED BULL / RED BULL SUGAR FREE**

7

**WATER - SPARKLING**

8

### HOT DRINKS

**ESPRESSO**

10

**DOPPIO**

11

**MACCHIATO**

13

**AMERICANO**

13

**CAFÉ LATTE**

13

**CAPPUCCINO**

13

**CAFÉ MOCHA**

13

**HOT CHOCOLATE**

13

**TEA / INFUSIONS**

13

**BUBBLE TEA**

13

### FRESH JUICES

**Orange / Apple / Pineapple / Watermelon**

15

**Seasonal Fresh Press**

16

### MILK SHAKES

**Vanilla / Chocolate / Strawberry / Banana**

15

## SMOOTHIES

**MANGO BANGO** Mango, banana, orange juice, yoghurt

**BANANA WALNUT** Banana, walnut, skimmed milk

**SEASONAL BLENZ** Pineapple, mango, peach, banana, orange juice, yoghurt, coco milk, chocolate ice cream

**MOUNT BERRY** Wild berry, banana, apple juice, yoghurt

## MOCKTAILS

**SLIM FIT** Apple, melon, cranberry

**GO GREEN** Kiwi, apple, pear, lime

**ULTIMATE BOOST** Carrot, beetroot, cucumber, red bull

**KICK OFF CHOLESTEROL** Carrot, apple, ginger

**VIRGIN MOHITO** Lemon, mint, sparkling water

**COSMOPOLITAN** Orange juice, classic cranberry juice

## BREAKFAST

**CROISSANTS** Plain / Zaatar / Cheese / Chocolate

**MUFFINS** Chocolate / Blueberry


## BREAKFAST CHOICE


**EGG BREAK** One egg, tomato, turkey breast, melted cheese, white bread

**SUNRISE SANDWICH** Scrambled eggs on english toast, turkey bacon, melted cheese, tomato, white bread

**METRO BOY** Two eggs double fried with toast, tomato, melted cheese, cracked black pepper, turkey bacon, white bread

 **URBAN ENERGY** Luxurious muesli, cranberry juice, fruit yoghurt, sliced fresh banana, white bread

 **MORNING GLORY** Luxurious muesli, plain yoghurt, dates, figs, honey, white bread

 **PRIME POWER** Fresh cut fruit, orange juice, raisins, white bread

**TRADITIONAL BREAKFAST** Two eggs (your choice) with sausage, bacon, toast, marmalade

**BUSHMAN'S BREAKFAST** Two eggs, grilled mushrooms, fontina cheese, fresh basil, brown bread

 DENOTES VEGETARIAN DISHES

DHS.

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## LUNCH

DHS.

### OASIS OF SOUPS

 SERVED WITH TWO PIECES OF CHEESE GARLIC BREAD

 **SUNDAY** Garden vegetables

 **MONDAY** Cream of mushroom **(NEW)**

 **TUESDAY** Minestrone

 **WEDNESDAY** Cream of Broccoli

 **THURSDAY** Cream of tomato **(NEW)**

**TODAY'S SOUP** (please ask our service crew)

13

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### TICHINOS VALUE PANINIS

 SERVED WITH FRESH SIDE SALAD & STEAK FRIES

**TICHINOS BLT** Black pepper, sun dried tomato, fresh tomato, crispy bacon, cream cheese, lettuce

**BAGEL BEAST** Bagel, sliced turkey ham, crispy bacon, smoked provolone cheese, sun dried tomato pesto, cream cheese, rocca

 **FAT BOY** Panini, sliced mozzarella cheese, lettuce, tomatoes, oregano, cream cheese

**MAMA'S SPECIAL** Panini, turkey ham, sliced mozzarella cheese, sliced tomato, cream cheese

**HOT, HOT, HOT DOG** Panini, sliced hot dog, mustard mayo, jalapeno, swiss cheese, cream cheese

**ORIGINAL EGG SANDWICH** Panini, hard boiled egg, anchovy, lettuce, tuna, cream cheese

 **ECO FRIENDLY\*** French bread, grilled pepper, grilled zucchini, grilled eggplant, cream cheese

**FRESH & SMOKEY** Panini, fresh baby spinach, omelette with potatoes, onion, marjoram, smoked provolone, cream cheese

**JUMP START** Panini, grilled chicken breast, mozzarella cheese, pesto aioli, tropea onion, sliced tomato

23

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## SALADS

 <b>BLENDZALAD</b> Crunchy romaine, mixed greens, crisp cucumber, dried cranberries, feta cheese, garlic, croutons, balsamic vinaigrette dressing	DHS.	23
 <b>SPRING MIX</b> * Baby greens, feta cheese, raspberry vinaigrette (optional: tuna Dhs. 3)		23
<b>TICHINOS CLASSIC TUNA</b> * Tuna flakes, lemon, dill, red onion, romaine lettuce		24
<b>CHEFS CHOICE</b> Mixed green salad, boiled egg, tomato, olives, grilled marinated chicken strips drizzled with house vinaigrette		24
 <b>FIESTA BE-A-STAI</b> * Crisp romaine lettuce, cherry tomatoes, shredded mozzarella, black olives, crispy tortilla chips, salsa, ranch dressing		25
<b>SILICON VALLEY</b> Rocca, red & green bell pepper, cucumber, tomato, red radish, warm fish petals, balsamico dressing		25
 <b>CAPRESSE</b> Tomatoes, soft mozzarella, basil-caper dressing		26
<b>DAILY HOUSE SALAD</b>		27
<b>THAI BEEF SALAD</b> Pan-fried beef strips, rocca, cucumber, tomato, bean sprouts, red radish, mango, thai sweet chili dressing <b>(NEW)</b>		27
<b>GRILLED CHICKEN</b> Grilled chicken strips, romaine lettuce, tomato, cucumber, red onion, bell pepper, shredded cheese, honey mustard dressing		27

## GRILLED PANINI ORIGINAL SERVED WITH FRESH SIDE SALAD & STEAK FRIES

 <b>MELANZANE</b> Grilled eggplant, grilled portobello, roast tomato, goat cheese, sweet basil oil		31
 <b>CAPRESSE</b> Mozzarella, olive tapenade, tomato, basil		31
<b>PALMERO</b> Homemade tuna mix, mozzarella, tomatoes, fontina cheese		31
<b>NOUARA</b> Roast turkey breast, gorgonzola, pine nut spread		31
<b>PANINI IL TONNO</b> * Grilled fillet of tuna, mixed greens, shaved parmesan cheese, roast tomato, sweet basil, pesto aioli		31
<b>PAZZO</b> Turkey breast, roasted sweet peppers, sliced tomato, mozzarella, drizzled with sweet basil oil		31
<b>ALPINO</b> Honey mustard turkey breast, fontina cheese, sauerkraut, pommery mustard		31
<b>CHICKEN PANINI</b> Grilled chicken breast, roasted bell pepper, provolone cheese, basil pesto		31
<b>BEEF &amp; MUSH</b> * Wholemeal panini, roast beef, mushrooms, brie cheese, horseradish fraiche <b>(NEW)</b>		33


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## SANDWICHES & WRAPS SERVED WITH FRESH SIDE SALAD & STEAK FRIES

<b>TRADITIONAL CLUB</b> Grill chicken, emmenthal cheese, romaine, tomato, turkey bacon, fried egg <b>(NEW)</b>	DHS.	33
 <b>VEGETARIANO</b> * Grilled eggplant, roasted red pepper, mozzarella, balsamico in panini		33
<b>BEEF TERIYAKI WRAP</b> Beef strips, teriyaki, peppers <b>(NEW)</b>		33
 <b>ROAST RED PEPPER &amp; HALLOUMI</b> Roast red pepper, roast aubergine, halloumi, olives, romaine, roast tomato <b>(NEW)</b>		33
<b>CHICKEN MEXICAN WRAP</b> Chicken strips, peppers, onion, salsa, cheese and cilantro <b>(NEW)</b>		33
<b>LUCEHESE</b> Roasted chicken breast, sun-dried tomato pesto, parmesan, baby greens, olive oil on focaccia bread		33
<b>GENOVESE</b> * Honey smoked turkey ham, pesto mayo, baby greens, tomato, olive oil on focaccia bread		33

## BURGER BETS SERVED WITH FRESH SIDE SALAD & STEAK FRIES







<b>TICHINOS BEEF BURGER</b>		34
<b>TICHINOS CHICKEN BURGER</b>		34
 <b>TRUE VEG BURGER</b>		34
<b>DOUBLE CHEESE BURGER</b> (with beef and chicken)		34


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## MAIN COURSE

DHS.


### PASTA

 <b>PASTA PRIMAVERA *</b>	34
<b>PASTA VERDE *</b> Fresh vegetables, olive oil, garlic, pesto, basil, anchovies	34
 <b>FETTUCCINI TOMATE *</b> Plum tomatoes, garlic, olive oil, basil	34
 <b>FETTUCCINI AL PESTO</b>	35
 <b>PENNE ARABBIATA</b>	35
<b>PASTA FRESH &amp; SIMPLE</b> (DAILY SPECIALS)	37
<b>FETTUCCINI PASTA WITH SHRIMPS &amp; BROCCOLI (NEW)</b> Olive oil, garlic, creamy mustard sauce, sundried tomatoes	37
<b>PASTA &amp; MEAT BALLS</b>	37
<b>PASTA MILANO</b> Cheese tortellini in parsley, creamy parmesan cheese sauce, diced chicken	37
<b>PASTA RECCO</b> Chicken, garlic, coriander, chili, tomato, blue cheese topping	37
<b>PIZZA</b>	
 <b>PIZZA MARGHERITA *</b> Tomato, mozzarella, basil, oregano	39
<b>PIZZA PEPPERONI</b> Pepperoni, mozzarella, olive oil, tomato <b>(NEW)</b>	39
 <b>PIZZA RUSTICA</b> Roasted vegetables, goat cheese, basil pesto, shaved parmesan cheese, fresh rocca	39
<b>PIZZA PICANTE</b> Spicy sausage, roasted red pepper, jalapeno, tomato, mozzarella, chili oil	39
<b>POLLO PARMEGIANO *</b> Grilled chicken, mozzarella, tomato, basil, shaved parmesan cheese	39

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## FLAMING PANS


DHS.

<b>STIR FRIED NOODLES</b> with chicken and seasonal vegetables <b>(NEW)</b>	42
<b>STIR FRIED NOODLES</b> with prawn and coriander	42
<b>CHICKEN PARMIGIANA</b> Pan-fried breaded chicken breast, cheese, tomato sauce, spaghetti <b>(NEW)</b>	44
<b>FISH MEUNIERE</b> Pan-fried Dory fish, capers, lemon, brown butter sauce <b>(NEW)</b>	44
<b>CHICKEN TAGINE</b>	44
<b>NAVARIN OF LAMB</b> with spring vegetables, tarragon, balsamic <b>(NEW)</b>	44
 <b>HOUSE SIDE SALAD</b>	10
 <b>TOSSED FRESH SEASONAL VEGETABLES</b>	11
 <b>STEAK FRIES</b>	11

## FLAMING GRILLS

SERVED WITH FRESH SIDE SALAD & FRENCH FRIES

<b>SHISH KEBAB</b> tender lamb, yoghurt, cucumber relish	47
<b>SHISH TAWOUK *</b> tender chicken, yoghurt, cucumber relish	47
<b>CRÈME DORY *</b> with lemon, caper, mushroom sauce	48
<b>FILLET OF SEA BASS</b> (local) with lemon, caper, mushroom sauce	49
<b>FILLET OF SALMON</b> with lemon, caper, mushroom sauce	49
<b>FILLET OF CHICKEN BREAST *</b> with warm tomato and corn salsa	49
<b>FILLET OF BEEF TENDERLOIN</b> with horseradish, brown sauce	54
<b>TENDER RIB EYE</b> with béarnaise sauce <b>(NEW)</b>	54

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## DESSERT

**STICKY TOFFEE PUDDING (NEW)**

**HOT FUDGE SUNDAE**

**FRESH FRUIT SALAD WITH ICE CREAM**

**SELECTION OF ICE CREAM**

**SELECTION OF PASTRIES AND CAKES**

DHS.

12

12

12

12

14

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**OPEN FROM 7 AM TO 9PM DAILY,  
EXCEPT FRIDAYS AND PUBLIC HOLIDAYS**

**DUBAI SILICON OASIS,  
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