

Tichinos

FOOD + VALUE

WE DELIVER



BEVERAGE

SOFT DRINKS

WATER - STILL	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	16
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DHS.

SMOOTHIES

MANGO BANGO Mango, banana, orange juice, yoghurt	16
BANANA WALNUT Banana, walnut, skimmed milk	16
SEASONAL BLENZ Pineapple, mango, peach, banana, orange juice, yoghurt, coco milk, chocolate ice cream	16
MOUNT BERRY Wild berry, banana, apple juice, yoghurt	16

DHS.

MOCKTAILS

SLIM FIT Apple, melon, cranberry	17
GO GREEN Kiwi, apple, pear, lime	17
ULTIMATE BOOST Carrot, beetroot, cucumber, red bull	17
KICK OFF CHOLESTEROL Carrot, apple, ginger	17
VIRGIN MOHITO Lemon, mint, sparkling water	17
COSMOPOLITAN Orange juice, classic cranberry juice	17

BREAKFAST

CROISSANTS Plain/Zaatar/Cheese/Chocolate	7
MUFFINS Blueberry/Chocolate	8

LUNCH

OASIS OF SOUPS

SERVED WITH TWO PIECES OF CHEESE GARLIC BREAD

SUNDAY Garden vegetables	14
MONDAY Cream of mushroom (new)	14
TUESDAY Minestrone	14
WEDNESDAY Cream of broccoli	14
THURSDAY Cream of tomato (new)	14
TODAY'S SOUP (please ask our service crew)	14

TICHINOS VALUE PANINIS

SERVED WITH FRESH SIDE SALAD & STEAK FRIES

TICHINOS BLT Black pepper, sun dried tomato, fresh tomato, crispy bacon, cream cheese, lettuce	25
BAGEL BEAST Bagel, smoked provolone cheese, crispy bacon, sun dried tomato pesto, sliced turkey ham, cream cheese, rocca	25

DHS.

TICHINOS VALUE PANINIS CONT'D.

DHS.

FAT BOY Panini, oregano, sliced mozzarella cheese, lettuce, tomatoes, cream cheese	25
MAMA'S SPECIAL Panini, sliced mozzarella cheese, turkey ham, sliced tomato, cream cheese	25
HOT, HOT, HOT DOG Panini, mustard mayo, sliced hot dog, jalapeno, swiss cheese, cream cheese	25
ORIGINAL EGG SANDWICH Panini, hard boiled egg, anchovy, lettuce, tuna, cream cheese	25
ECO FRIENDLY French bread, grilled pepper, grilled zucchini, grilled eggplant, cream cheese	25
FRESH & SMOKEY Panini, fresh baby spinach, omelette with potatoes, onion, marjoram, smoked provolone, cream cheese	25
JUMP START Panini, mozzarella cheese, pesto aioli, tropea onion, grilled chicken breast, sliced tomato	25

SALADS

DHS.

BLENDZALAD Crunchy romaine, mixed greens, crisp cucumber, dried cranberries, feta cheese, garlic, croutons, balsamic vinaigrette dressing	25
SPRING MIX Baby greens, feta cheese, raspberry vinaigrette (optional: tuna Dhs. 3)	25
TICHINOS CLASSIC TUNA Tuna flakes, lemon, dill, red onion, romaine lettuce	26
CHEF'S CHOICE Mixed green salad, boiled egg, tomato, olives, grilled marinated chicken strips drizzled with house vinaigrette	26
FIESTA BE-A-STA! Crisp romaine lettuce, cherry tomatoes, shredded mozzarella, black olives, crispy tortilla chips, salsa, ranch dressing	27
SILICON VALLEY Rocca, red and green bell pepper, cucumber, tomato, red radish, warm fish petals, balsamico dressing	27
CAPRESSE Tomatoes, soft mozzarella, basil-caper dressing	28
DAILY HOUSE SALAD	28
THAI BEEF SALAD Pan-fried beef strips, rocca, cucumber, tomato, bean sprouts, red radish, mango, thai sweet chilli dressing (new)	29
GRILLED CHICKEN Grilled chicken strips, romaine lettuce, tomato, cucumber, red onion, bell pepper, shredded cheese, honey mustard dressing	29

GRILLED PANINI ORIGINAL

DHS.

SERVED WITH FRESH SIDE SALAD & STEAK FRIES

MELANZANE Grilled eggplant, grilled portobello, roast tomato, goat cheese, sweet basil oil	33
CAPRESSE Mozzarella, olive tapenade, tomato, basil	33
PALMERO House made tuna mix, mozzarella, tomatoes, fontina cheese	33
NOUARA Roast turkey breast, gorgonzola, pine nut spread	33
PANINI IL TONNO Grilled fillet of tuna, mixed greens, shaved parmesan cheese, roast tomato, sweet basil, pesto aioli	33
CHICKEN PANINI Grilled chicken breast, roasted bell pepper, provolone cheese, basil pesto	33
PAZZO Turkey breast, roasted sweet peppers, sliced tomato, mozzarella, drizzled with sweet basil oil	33
ALPINO Honey mustard turkey breast, fontina cheese, sauerkraut, pommery mustard	33
BEEF & MUSH Wholemeal panini, roast beef, mushrooms, brie cheese, horseradish fraiche (new)	35

SANDWICHES & WRAPS

SERVED WITH FRESH SIDE SALAD & STEAK FRIES

	DHS.
TRADITIONAL CLUB Grill chicken, emmenthal cheese, romaine, tomato, turkey bacon and fried egg <i>(new)</i>	35
CHICKEN MEXICAN WRAP Chicken strips, peppers, onion, salsa, cheese and cilantro <i>(new)</i>	35
LUCEHESE Roasted chicken breast, sun dried tomato pesto, parmesan, baby greens, olive oil on focaccia bread	35
ROAST RED PEPPER & HALLOUMI Roast red pepper, roast aubergine, halloumi, olives, romaine, roast tomato <i>(new)</i>	35
GENOVESE Honey smoked turkey ham, pesto mayo, baby greens, tomato, olive oil on focaccia bread	35
VEGETARIANO Grilled eggplant, roasted red pepper, mozzarella, balsamico on panini	35
BEEF TERIYAKI WRAP Beef strips, teriyaki, peppers <i>(new)</i>	35

BURGER BETS SERVED WITH FRESH SIDE SALAD & STEAK FRIES

TICHINOS BEEF BURGER	36
TICHINOS CHICKEN BURGER	36
TRUE VEG BURGER	36
DOUBLE CHEESE BURGER (with beef and chicken)	36

MAIN COURSE

DHS.

PASTA

PASTA PRIMAVERA	36
PASTA VERDE Fresh vegetables, olive oil, garlic, pesto, basil, anchovies	36
FETTUCCINI TOMATE Plum tomatoes, garlic, olive oil, basil	36
FETTUCCINI AL PESTO	37
PENNE ARABIATA	37
PASTA RECCO Chicken, garlic, coriander, chili, tomato, blue cheese topping	39
PASTA FRESH & SIMPLE (daily specials)	39
FETTUCCINI PASTA WITH SHRIMP & BROCCOLI Olive oil, garlic, creamy mustard sauce, sun dried tomatoes <i>(new)</i>	39
PASTA & MEAT BALLS	39
PASTA MILANO Cheese tortellini in parsley, creamy parmesan cheese sauce, diced chicken	39

PIZZA

PIZZA MARGHERITA Tomato, mozzarella, basil, oregano	40
PIZZA PEPPERONI Pepperoni, mozzarella, olive oil, tomato <i>(new)</i>	41

PIZZA CONT'D.

PIZZA RUSTICA Roast vegetables, goat cheese, basil pesto, shaved parmesan cheese, fresh rocca

PIZZA PICANTE Spicy sausage, roasted red pepper, jalapeno, tomato, mozzarella, chili oil

POLLO PARMIGIANO Grilled chicken, mozzarella, tomato, basil, shaved parmesan cheese

FLAMING PANS

STIR FRIED NOODLES with chicken and seasonal vegetables

STIR FRIED NOODLES with prawn and coriander

CHICKEN PARMIGIANA Pan-fried breaded chicken breast, cheese, tomato sauce, spaghetti (new)

FISH MEUNIERE pan-fried dory, lemon, capers and brown butter sauce (new)

CHICKEN TAGINE

NAVARIN OF LAMB with spring vegetables, tarragon, balsamic (new)

HOUSE SIDE SALAD

TOSSED FRESH SEASONAL VEGETABLES

STEAK FRIES

DHS.

41

41

41

44

44

46

46

46

46

12

13

13

FLAMING GRILLS

SERVED WITH FRESH SIDE SALAD & STEAK FRIES

SHISH KEBAB Tender lamb, yoghurt, cucumber relish

SHISH TAWOUK Tender chicken, yoghurt, cucumber relish

CREME DORY with lemon, caper, mushroom sauce

FILLET OF SALMON with lemon, caper, mushroom sauce

FILLET OF SEA BASS (local) with lemon, caper, mushroom sauce

FILLET OF CHICKEN BREAST with warm tomato and corn salsa

FILLET OF BEEF TENDERLOIN with horseradish and brown sauce

TENDER RIB EYE with béarnaise sauce (new)

DHS.

49

49

50

51

51

51

56

56

DESSERT

STICKY TOFFEE PUDDING (new)

FRESH FRUIT SALAD

SELECTION OF PASTRIES AND CAKES

14

14

15



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

DUBAI SILICON OASIS, HEAD OFFICE BUILDING, GROUND FLOOR

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