



LA MED

• BISTRO •

FOOD MENU

LA MED

• B I S T R O •

SMALL PLATES

GARLIC BREAD 25

Add fiore de latte 5
Add fermented chili 5

SPINACH CROQUETAS 50

Confit Garlic Aioli V | D

WOOD FIRED MEATBALLS 55

San Marzano Sauce, Crispy Basil D

PADRON PEPPERS 45

Labneh & Crispy Garlic V

CARPACCIO 65

Angus Beef, Lemon, Black Pepper,
Parmesan*

GAMBAS ROJA AL AJILLO 70

Prawns, Garlic & Paprika

BURRATA 65

Blistered Cherry Tomato, Basil Pesto V | D | N

FRIED CALAMARI 60

Lemon & Herb Mayo, Nori D

PIZZETTE ARRABIATTA 45

Charred Flatbread, Dipping Sauce D | F

MEZZE

Order individually or a board of five
items to share for AED 110!

HUMMUS 25

Chickpeas, Tahina, Garlic, Lemon & Olive Oil S

CHARRED EGGPLANT 25

Tahina, Garlic, Lemon, Olive Oil
& Pomegranate S

TZATZIKI 25

Greek Yoghurt, Cucumber, Garlic,
Fresh Herbs D

MARINATED FETA 25

Fire Roasted Peppers, Lemon Oil D

FATTOUSH 25

Toasted Arabic Bread, Pomegranate
Molasses

WARAK ENAB 25

Vine Leaves, Tomato, Onion, Parsley & Rice

ANTIPASTI

MEAT & CHEESE 95

Spicy Salami, Smoked Turkey Ham,
Aged Parmesan, Brie, Manchego,
Smoked Chipotle Chutney, Olive
& Anchovy Skewers, Garlic Crostini D

VEGETABLES 85

Herb Marinated Charred Vegetables,
Crispy Fregola & Mozzarella Suppli,
Padron Peppers, Mozzarella, Smoked
Chipotle Chutney, Olives & Sundried
Tomato Skewers, Garlic Crostini V | D | N

SALADS & GRAINS

L.M. CAESAR 60

Baby Gem, Smoked Turkey Bacon,
Anchovy, Plenty of Parmesan D
Add Chargrilled Chicken + AED 10

KALE SALAD 60

Pistachio, Parmesan, Pepitas, Lemon
Vinaigrette V | N

GREEK SALAD 55

Feta, Heirloom Tomato, Kalamata
Olives, Oregano V

PASTA

TAGLIATELLE 75

Six Hour Beef & Veal Ragù, Brown Butter,
Sage, Parmesan A | D

RIGATONI 65

Eggplant, Tomato & Ricotta Salata V | D

SPAGHETTI 60

San Marzano Tomato, Parmesan,
Olive Oil V | D

CONCHIGLIE AL FORNO 75

Chicken Ragù, Wild Mushroom,
Mozzarella, Truffle A | D

LINGUINE 80

Tiger Prawn, Zucchini, Chili, Parsley

PIZZA

MARGHERITA 75

Fiore de Latte, San Marzano Tomato,
Basil, Olive Oil V

WILD MUSHROOM 80

Garlic Oil, Parmesan, Oregano,
Pecorino Crema V

SEAFOOD 80

Prawns, Mussels, Squid, Garlic Butter

LA MED'S FAVOURITE 85

Spicy Pepperoni, San Marzano,
Fiore De Latte

MEAT FEAST 85

Fennel Sausage, Beef Pepperoni, Smoked
Turkey Ham, Fiore de Latte, San Marzano

MAINS

GRILLED RIB EYE STEAK 135

Tomato & Peppers, Fries D

LA MED BURGER 85

Angus Beef, Tomato Ragù, Parmesan,
Rocket, Aioli & "LM" Fries

SWORDFISH STEAK 90

Orzo Pasta, White Beans, Herbs,
Olive Oil D | N

SLOW COOKED LAMB SHOULDER 95

Quinoa & Edamame Tabbouleh,
Green Harissa

CHICKEN COTOLETTA 85

Capers, Brown Butter, Parmesan, Lemon

SIDES

FRENCH FRIES V 15

SPICY ROAST POTATOES V 18

GRILLED BROCCOLINI, GARLIC & HERB DRESSING V 18

ROASTED MUSHROOMS V 18

BABY CAESAR, PARMESAN D | F 18

DESSERTS

TIRAMISU 40

Espresso, Mascarpone, Chocolate D

CHOCOLATE CHOUX BUNS 40

Vanilla Cream, Hot Chocolate,
Hazelnuts D | N

NEAPOLITAN ICE CREAM SANDWICH 45

Vanilla, Strawberry, Chocolate D

CANNOLI 35

Ricotta, Orange, Cocoa Nibs D

AFFOGATO 30

Vanilla Bean Ice Cream, Espresso, Biscotti D

GELATO 10 per scoop

Various Flavours D

A Contains Alcohol | N Contains Nuts |
V Suitable for Vegeterians | D Contains Dairy
Products | S Contains Sesame
Please inform your server of any allergies

Consuming raw or undercooked meats, poultry,
seafood, shellfish or eggs may increase your
risk of food borne illness and are marked with
an star.

All prices include 5% VAT, 10% service
charge, 7% destination fee

A circular wreath of blue watercolor-style leaves and flowers, centered on the page. The wreath is composed of various leaf shapes and small floral motifs, all in shades of blue.

LA MED

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DRINK MENU

LA MED

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items marked with a star are included in our all-inclusive/full board packages

BEER

Peroni Draft	Draft 45
Peroni	Bottle 35
EFES Pilsener	40
Beirut Beer	40
Kronenbourg 1664	40
Estrella Damm	45
*Becks Can	30

COCKTAILS

AB & G Colins 50
Tanqueray Gin • Elderflower Liquor • Simple Syrup • Lime • Green Apple • Basil • Ginger
Mediterranean Pink Lady 50
Stolichnaya Vodka • Triple Sec • Limoncello • Campari • Lemon Juice • Lemon Zest
Aperol Spritz 50
Aperol • Prosecco • Soda • Grapefruit
La Med Mule 50
Stolichnaya • Limoncello • Ginger Beer • Thyme • Fig
Citrus Margarita 50
Jose Cuervo Tenampa Blanco • Lime • Grapefruit • Orange • Agave
Cold Brew Old Fashioned 50
Jim Beam • Cold Brew Coffee • Maple Syrup • Bitters • Orange Twist

SOFT DRINKS

CHILLED & FIZZY
Coke Coke Light Fanta Sprite Ginger Ale Tonic Water 15
Peach Iced Tea 15
Red Bull 25
Fentiman's Rose Lemonade 35
Fentiman's Mandarin & Seville Orange Jigger 35
Fentiman's Curiosity Cola 35
Fentiman's Ginger Beer 35
Fentiman's Dandelion & Burdock 35
FRESH JUICES
Orange Apple Carrot 15

WINE

WHITE WINE

*House White Wine Australia	325 ml 50	750 ml 85
Sauvignon Blanc, Lodez <i>South of France</i>	Glass 35	Bottle 180
Prosopa White, Panogiotopolous <i>Greece, Trifilia</i>	55	250

RED WINE

*House Red Wine Australia	325 ml 50	750 ml 85
Nero d'Avola, Da Luca <i>Sicily, Italy</i>	Glass 35	Bottle 180
Prieuré, Château Ksara <i>Bekaa Valley, Lebanon</i>	55	250

ROSÉ WINE

*House Rosé Wine Australia	325 ml 50	750 ml 85
Pinot Grigio Rosé, Italia <i>Provincia di Pavia, Lombardy</i>	Glass 35	Bottle 165
Rioja Rosado, Navajas <i>Rioja, Spain</i>	45	200

SPARKLING

PROSECCO WINE

Cava, Parés Baltà <i>Penedès Spain</i>	Glass 45	Bottle 250
Prosecco DOC, Amore di Amanti <i>Veneto, Italy</i>	50	300

CHAMPAGNE

Laurent-Perrier La Cuvee NV <i>Champagne, France</i>	Bottle 850
Taittinger Nocturne City Lights NV <i>Champagne, France</i>	1000

SPIRITS

WHISKY

	Single	Bottle
*Teachers Highland Cream	30	450
Monkey Shoulder	35	650
Glenfiddich 12	40	700
Johnnie Walker Black	40	700
Talisker 10 YO	50	1150
Auchentoshan Three Wood	65	1350

GIN

<i>Add A Fentiman's Mixer For Only AED 25</i>	Single	Bottle
*Gordons Dry Gin	30	450
Gordons Pink Gin	30	450
Tanqueray Gin	40	650
Roku Gin	40	650
Hendricks	45	700

BRANDY/COGNAC

	Single	Bottle
*St Remy Napolean Brandy	30	450
Courvoisier VS	40	650

BOURBON

Jim Beam	Single 30	Bottle 550
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VODKA

*Stolichnaya Premium	Single 30	Bottle 450
Ketel One	40	650
Ciroc	50	750

RUM

*Trader Vics Silver Rum	Single 30	Bottle 450
Takamaka White Rum	40	650
Trader Vics Dark Rum	40	650
Takamaka Coconut Rum	40	650
Sailor Jerry	40	650
Cachaca Germana	45	750
Traditional	45	800

TEQUILA

	Single	Bottle
Jose Cuervo Tenampa Blanco	30	450
Jose Cuervo Especial Gold	40	650

BOTTLED WATERS

Al Ain Still 330 ml 10
Al Ain Still 750 ml 20
Al Ain Sparkling 330 ml 10
Al Ain Sparkling 750 ml 20

INNOCENTS

Lemon Mint 25
Strawberry & Yuzu Lemonade 25
Passion Fruit & Rosemary Spritz 25
RBG Coconut & Lime Daquiri 25
Homemade Ginger Lemonade 25

COFFEE

<i>Ask the server to make it cold</i>
Single Espresso 15
Double Espresso 25
Americano 25
Cappuccino 25
Café Latte 25

TEA

Black Tea Green Tea Earl Grey
Rooibos Chamomile 25

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