

ECOS Hotel at Al Furjan

International | Italian | Seafood | Beverages

PROMOTIONS

Breakfast Combo	30 AED
<i>Eggs of your choice, fruit bowl, beans, beef bacon, hashbrown, chicken sausage, slice bread and a choice of tea or coffee.</i>	
Pizza with Salad & Choice of Drinks	55 AED
<i>Choices of pizza with salad and choice of soft drinks.</i>	
Chicken Burger with Soft Drink	30 AED
<i>Crispy breaded chicken breast in a soft potato bun with cheddar, lettuce, tomato, onion, gherkin, mayo & ketchup, with French fries and a soft drink.</i>	
Lasagna with Soft Drink	35 AED
Pizza Zaatar & Labneh	49 AED
2 Crepes & a Coffee of Choice	35 AED
Two Crepes of Your Choice	25 AED
<i>Select any two crepes: chocolate, cream or mixed berries.</i>	
Coffee or Tea with a Croissant of Your Choice	25 AED
<i>Choice of coffee or tea with butter croissant, almond croissant, zaatar croissant or pain au chocolat.</i>	
2 Small Croissants with Coffee	15 AED
<i>A single shot coffee of your choice with 2 small croissants.</i>	
Espresso Promo	6 AED
Double Espresso Promo	7 AED
Americano Promo	6 AED
Macchiato Promo	6 AED
Cortado Promo	8 AED
Cappuccino Promo	8 AED
Latte Promo	8 AED
Flat White Promo	8 AED
Spanish Latte Promo	10 AED
Turkish Coffee Promo	7 AED
Extra Shot Promo	3 AED

BREAKFAST

Acai Bowl of Goodness	55 AED
<i>Acai, strawberries, banana, honey, granola, coconut flakes, peanut butter, mango, chia seeds, raspberries & tropical fruits (GF DF VE 295 CAL)</i>	
Eggs Your Way	45 AED
<i>Two free range eggs prepared to your liking, served with veal bacon, sausages and roasted cherry tomato (GF 280 CAL)</i>	
Poached Eggs & Avocado on Toast	45 AED
<i>Poached eggs on homemade sourdough with crushed avocado salsa, feta cheese, chilli flakes & microgreens (V 195 CAL)</i>	
Shakshuka with Sourdough Bread	53 AED
<i>Poached egg with bell pepper, garlic, onion, tomato, cumin & olive oil, topped with feta and parsley, served with sourdough & butter</i>	
Green Egg on Croissant	38 AED
<i>Spinach scrambled egg with onion & olive oil, served with grilled halloumi & fried cherry tomato (V 209 CAL)</i>	

Foul Medamas <i>Foul, tahini, onion, garlic, tomato, green pepper, chili, lemon, olive oil & parsley with Arabic bread (DF VE 322 CAL)</i>	37 AED
Breakfast Oatmeal Bowl <i>Brown sugar, raisins, toasted walnuts, apple compote and almond milk (DF VE 125 CAL)</i>	40 AED
Vanilla Pancake <i>Classic Madagascar vanilla pancake with Canadian maple syrup (147 CAL)</i>	35 AED
Fruit Bowl <i>Green & red apple, pineapple, sweet melon, strawberry & grapes (GF DF VE 199 CAL)</i>	30 AED
Cheese Croissant <i>Plain croissant topped with cheese</i>	22 AED
Almond Croissant <i>(284 CAL)</i>	14 AED
Pain au Chocolat <i>(318 CAL)</i>	14 AED
Zaatar Croissant <i>(298 CAL)</i>	13 AED
Butter Croissant <i>(280 CAL)</i>	12 AED

SOUP

Bangkok Tom Yum Soup <i>Shrimps, lemongrass, shimeji & enoki mushrooms, roasted chili, coriander, tomato & lime leaves (GF DF 270 CAL)</i>	40 AED
Middle Eastern Lentil Soup <i>Garlic, onion, carrot, leek, celery, potato, red lentil, cumin, turmeric & lemon juice (GF DF VE 380 CAL)</i>	35 AED
Pumpkin Soup <i>Pumpkin, thyme, garlic & cream, topped with toasted flaxseeds (GF 172 CAL)</i>	35 AED

SALADS

Chicken & Sesame <i>Chicken breast, scallion, cabbage, carrots, almonds, mandarin, cilantro & sesame seeds with pomegranate lemon dressing (DF 340 CAL)</i>	58 AED
Thai Beef <i>Grilled lean steak, red onion, coriander, chili, lemongrass & cucumber with fish sauce, soya & rice dressing (GF DF 397 CAL)</i>	58 AED
Low Carb Chicken Caesar <i>Kale, avocado & crushed walnuts with special Caesar dressing of egg-free mayo, soy, lemon, garlic & brown mustard (GF DF 308 CAL)</i>	57 AED
Rucula & Tomato Salad <i>Rucola leaves, cherry tomato, frisee, basil, sunflower seeds & lemon dressing (GF DF VE 170 CAL)</i>	55 AED
Baba Ghanoush <i>Roasted eggplant mashed in tahini, garlic, cayenne pepper & lime juice (GF DF VE 175 CAL)</i>	40 AED
Mixed Green Salad <i>Mixed green leaves, tomato, onion, cucumber & carrots with lemon dressing (GF DF VE 70 CAL)</i>	35 AED

SANDWICHES

Classic Club <i>Veal beef bacon, omelet, tomato, Emmental cheese, iceberg, mustard & mayonnaise on sourdough, with French fries (903 CAL)</i>	65 AED
Angus Beef Burger <i>Caramelized onion, gherkin & iceberg topped with melted cheddar, served with French fries (800 CAL)</i>	60 AED
Vegan Burger <i>Vegan patty, tomato, lettuce, Korean BBQ sauce & kimchi in a gluten-free sesame bun, with fries (GF DF VE 379 CAL)</i>	55 AED

Beef Slider <i>2 sliders with caramelized onion, gherkin & iceberg, topped with melted Emmental, served with French fries (700 CAL)</i>	50 AED
Falafel & Tahini Wrap <i>Falafel wrapped in pita with tahini sauce, mixed greens, radish & tomato (DF VE 420 CAL)</i>	45 AED

SEAFOOD

Kung Pao Stir Fry Shrimps <i>Shrimps stir-fried with mixed vegetables, ginger, garlic, peanuts & kung pao sauce (760 CAL)</i>	72 AED
Seafood Biryani <i>Choose your biryani style, flavored with Oriental spices, garam masala & turmeric, served with plain yogurt (687 CAL)</i>	65 AED

MEAT & CHICKEN

Chimichurri Argentinian Rib Eye Steak <i>Grilled Angus beef ribeye, baby potato, asparagus & chimichurri (GF DF 720 CAL)</i>	90 AED
Butter Chicken <i>Indian butter chicken served with paratha bread or rice (630 CAL)</i>	66 AED
Jerk Chicken with Caribbean Rice & Mango Salad <i>Marinated oven-baked chicken breasts, mango salsa, sliced avocado & Caribbean brown rice (GF DF 355 CAL)</i>	66 AED
Chicken Biryani <i>Choose your biryani style, flavored with Oriental spices, garam masala & turmeric, served with plain yogurt (687 CAL)</i>	65 AED
Lamb Biryani <i>Choose your biryani style, flavored with Oriental spices, garam masala & turmeric, served with plain yogurt (687 CAL)</i>	65 AED

PIZZA & FLAT BREAD

Create Your Own Pizza <i>Choose white or red sauce plus any three: pepperoni, olives, mozzarella, mushrooms, salmon, Parmesan, gorgonzola or tuna.</i>	65 AED
Mushroom & Feta Cheese <i>Tomato sauce, mozzarella, wild mushrooms, oregano, parsley & feta (V 870 CAL)</i>	65 AED
Pepperoni Pizza <i>Pepperoni, tomato sauce, mozzarella & fresh basil (910 CAL)</i>	62 AED
Margarita <i>Tomato sauce, mozzarella & basil (V 699 CAL)</i>	52 AED

PASTA

Spaghetti Carbonara <i>Beef bacon, egg yolk, Parmesan, onion, olive oil, parsley & black pepper (650 CAL)</i>	65 AED
Penne Arrabbiata <i>Penne pasta in spicy tomato sauce (VE)</i>	65 AED
Penne al Pesto <i>Penne pasta tossed with basil pesto (VE)</i>	65 AED
Beef Ragu Tagliatelle <i>Tagliatelle with beef ragu, topped with parsley (645 CAL)</i>	60 AED

CHEF'S RECOMMENDATION

Ravioli Ricotta e Spinaci <i>Ravioli filled with creamy ricotta & spinach, light creamy sauce, sweet diced tomato & baby spinach, finished with Grana Padano</i>	65 AED
Gnocchi Butter & Sage <i>Soft potato gnocchi tossed in sage-infused butter, finished with Grana Padano cheese</i>	60 AED
Lasagna Pasta <i>Classic Italian layered pasta with rich bolognese, creamy bechamel & Grana Padano, seasoned with nutmeg & black pepper</i>	60 AED

Sicilian Arancini	45 AED
<i>Golden fried risotto balls filled with green peas, cheese & rich bolognese, served over arrabbiata & cheese sauce</i>	

DESSERT

Zucchini Chocolate Cake	25 AED
<i>(GF V 488 CAL)</i>	
Lemon Meringue Pie	20 AED
<i>(V 432 CAL)</i>	
Amarena Cherry Cheesecake	18 AED
<i>(V 495 CAL)</i>	
Dark Chocolate & Raspberry Lava	15 AED
Chocolate	12 AED
<i>(GF 262 CAL)</i>	
Raspberry Sorbet	12 AED
<i>(GF DF V 170 CAL)</i>	

KIDS DESSERT

Fruit Skewers	25 AED
<i>(30 CAL)</i>	
Vanilla & Chocolate Ice Cream	12 AED
<i>1 scoop of each</i>	

MINI ME (KIDS)

Spaghetti Bolognese	65 AED
<i>Beef ragout & Parmesan cheese (155 CAL)</i>	
Golden Chicken Tenders	45 AED
<i>Breaded chicken served with French fries (510 CAL)</i>	
Gluten Free Penne Pasta	45 AED
<i>Tomato, basil & sauce (361 CAL)</i>	
Ecos Junior Club Sandwich	45 AED
<i>Omelet, grilled chicken, tomato, gruyere cheese, lettuce, mayonnaise & French fries (540 CAL)</i>	
Hearty Chicken Noodle Soup	30 AED
<i>Chicken broth, egg noodles & vegetables (88 CAL)</i>	
Little Chef's Salad	30 AED
<i>Mixed leaves, cucumber, tomato, carrots & lemon dressing (130 CAL)</i>	

SIDE ORDER

Steamed Vegetables	35 AED
<i>Broccoli, carrot, cauliflower & marrows (GF DF VE 80 CAL)</i>	
Sweet Potato Fries	20 AED
<i>(GF DF VE 165 CAL)</i>	
Veal Bacon	20 AED
<i>(GF DF 224 CAL)</i>	
Mashed Potato	20 AED
French Fries	15 AED
<i>Freshly fried, with mayonnaise & ketchup (GF DF VE 365 CAL)</i>	
Hashbrowns	15 AED
<i>(GF VE DF 326 CAL)</i>	
Coconut Yoghurt	15 AED
<i>(GF V 130 CAL)</i>	

Free Range Egg <i>2 free range eggs</i>	15 AED
Paratha <i>2 pcs</i>	15 AED
Plain Rice <i>Plain steamed rice (GF DF VE)</i>	15 AED
Plain Yoghurt	6 AED

HOT & COLD COFFEE

Mocha	21 AED
Spanish Latte	21 AED
Cafe Latte	19 AED
Cappuccino	19 AED
Cortado	19 AED
Flat White	19 AED
Iced Cappuccino	19 AED
Iced Latte	19 AED
Latte	19 AED
Americano	18 AED
Macchiato	18 AED
Espresso	17 AED
Double Espresso	17 AED
Hot Chocolate	15 AED
Turkish Coffee	15 AED
Golden Latte <i>Turmeric, ginger, black pepper, cinnamon, honey, fresh milk & 24k edible gold flakes</i>	15 AED

TEA & HERBAL

Moroccan Mint Tea	25 AED
Chamomile Tea	15 AED
Earl Grey Tea	15 AED
English Breakfast Tea	15 AED
Green Tea	15 AED
Jasmine Tea	15 AED
Peppermint Tea	15 AED

COLD BEVERAGE

Mojito <i>Lime wedges, mint leaves, lime juice, sugar, soda & ice</i>	24 AED
Exotic Antioxidant <i>Apple juice, acai, blueberry, mango & banana (GF DF VE 203 CAL)</i>	19 AED
Mind Booster <i>Apple juice, banana, coconut & pineapple</i>	19 AED

FRESH JUICE

Fresh Pineapple Juice	18 AED
Other Fresh Juice <i>Create your own juice</i>	18 AED
Fresh Orange Juice	16 AED
Fresh Carrot Juice	16 AED
Fresh Watermelon Juice	16 AED

CANNED JUICE

Apple <i>Tetra pack</i>	12 AED
Mango <i>Tetra pack</i>	12 AED
Orange <i>Tetra pack</i>	12 AED
Other Juice	12 AED

SOFT DRINKS

Coke <i>330 ml</i>	15 AED
Coke Diet <i>330 ml</i>	15 AED
Fanta <i>330 ml</i>	15 AED
Sprite <i>330 ml</i>	15 AED

WATER & ICE

Mineral Water Large <i>1.5 L</i>	15 AED
Acqua Selza Sparkling Water <i>250 ml</i>	12 AED
One Bucket of Ice	10 AED
Mineral Water Small <i>500 ml</i>	6 AED
One Cup of Ice	3 AED

MILK OPTIONS (ADD-ON)

Almond Milk	5 AED
Coconut Milk	5 AED
Oat Milk	5 AED
Soya Milk	5 AED
