

APPETIZERS AND SALADS

VEGETABLES SPRING ROLLS

(V) (G) (E) **BD 3.000**
Served with sweet chili sauce and pesto dip

BUFFALO CHICKEN WINGS (D) (G) **BD 3.500**

Spicy wings served with celery sticks and blue cheese dressing

DYNAMITE SHRIMPS (S) (G) (E) (N) **BD 5.500**

Gulf shrimps in Tabasco Thousand Island dressing

ARABIC MEZZEH (G) (D) **BD 4.250**

Hummus, moutabel, tabbouleh, samosa and kibbeh

CAESAR SALAD (S) (G) (E) **BD 3.950**

ADD CHICKEN (S) (G) (E) **BD 4.250**

ADD PRAWNS (S) (G) (E) **BD 5.500**

Traditional Caesar salad served with Parmesan, croutons, anchovies and poached egg

INDO CHICKEN (G) (E) **BD 3.500**

Bite size chicken thigh meat coated in sweet sesame

GREEK SALAD (V) (D) **BD 4.250**

Tomato, lettuce, cucumber, onion, feta cheese, capsicum, olives and oregano marinated with lemon vinaigrette.

CALAMARI FRITTI (S) (G) (E) **BD 3.750**

Deep fried squid served with tartar sauce and chili dip

SHRIMP TEMPURA (S) (G) **BD 5.900**

Golden crunch served with chili dip and soy sauce

LOADED POTATO SKINS (V) (D) **BD 3.500**

Choice of chili or bacon with melted cheddar cheese

GULF SEAFOOD SALAD (S) (G) **BD 6.000**

Seafood medley marinated in our dijon dressing and served with crostini

CHEF'S SALAD (D) (V) (E) **BD 4.950**

Mesclun salad with corn, cherry, tomatoes, cheddar cheese and poached egg.

SANDWICHES

TRADITIONAL CLUB SANDWICH (G) (D) (E) **BD 4.100**

Traditional triple decker with chicken, egg, turkey ham, cheese and beef bacon on white or brown bread

GRILLED CHICKEN SANDWICH (G) **BD 4.100**

Grilled BBQ chicken breast, beef bacon on a bed of fresh salad in ciabatta bread

CLASSIC B.L.T. SANDWICH (P) (G) **BD 4.100**

Grilled pork bacon on a bed of fresh salad and organic tomatoes in ciabatta bread

BLUE CHEESE BURGER (D) (G) **BD 6.250**

Pure Angus Beef, grilled to perfection with beef bacon, onions and blue cheese



TRACKS™ BURGER (D) (G) (E) **BD 6.250**

Pure Angus Beef, grilled to perfection with beef bacon, Swiss cheese, fried egg and pickles

All our burgers and sandwiches are served with French fries & coleslaw

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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

TRACKS TO SHARE

BUFFALO WINGS TO SHARE (36 PIECES) (D) **BD 10.950**

3 types of chicken (flaming, BBQ, boneless) served hot and spicy with blue cheese and BBQ sauce

TRACKS COMBO (S) **BD 8.250**

Fried mix seafood selection (calamari, hammour, prawns) served with crispy potato wedges and tartar sauce

TRACKS PIC & MIX (P) (D) (G) **BD 8.250**

Chicken wings, jalapeno poppers, onion rings, potato skins, pork spare ribs, beef sausages served with BBQ sauce and sour cream

ALL TIME FAVOURITES

FISH & CHIPS (S) (G) (E) **BD 6.250**

Arabian hammour dipped in a light batter, deep fried until golden brown served with French fries and malt vinegar

COTTAGE PIE (G) **BD 6.250**

Cooked to perfection, served with a side salad & garlic bread

ALL-DAY BREAKFAST (G) (E) (P) **BD 5.950**

Everyone's favourite dish of fried eggs, pork sausages, pork bacon, baked beans, hash brown potatoes and sautéed mushrooms

BBQ PORK SPARE RIBS (P) **BD 7.250**

Coated in our Hickory BBQ sauce, served with mashed potatoes, corn on the cob and sautéed vegetables

TOFU SIZZLER (V) **BD 7.250**

WITH CHICKEN **BD 6.500**

WITH SEAFOOD (S) **BD 7.950**

Fresh tofu and vegetable medley in oyster sauce, served with white rice

MONTEREY CHICKEN **BD 5.500**


Grilled boneless BBQ chicken breast topped with Monterey Jack cheese served with mashed potatoes and grilled vegetables

SEARED NORWEGIAN SALMON (S) **BD 6.500**

Served with wasabi mashed potatoes and grilled vegetables

KENTUCKY STYLE CHICKEN (G) **BD 5.500**

3 pieces of fried chicken served with curly fries and pepper gravy

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SIDE ORDERS

BASKET OF FRIES OR RINGS (V) (G) French fries or curly fries or potato wedges or onion rings	BD 2.950
GARDEN GREENS (V) Medley of green salad tossed in our herb vinaigrette	BD 0.800
MASHED POTATOES (V) (D) Creamy maris piper mash with a hint of nutmeg	BD 0.800
NAAN BREAD (G) (V) The iconic flat Indian bread baked in our tandoor oven	BD 0.800

FLAVOURS OF ASIA

PANCIT BIHON (G) (N) Rice noodles with shredded beef or chicken, capsicum, onion and carrot cooked with oyster sauce, soya sauce and sesame oil	BD 4.950
CHICKEN AND PORK ADOBO (P) The Filipino favourite mixture of chicken and pork served with steamed rice	BD 4.950
MURGH TIKKA (G)  Indian style chicken cooked in the tandoor oven and served with French fries, warm naan bread and mint chutney	BD 5.950
CHICKEN MAKHANI (G) (N)  Indian style chicken cooked in a rich tomato gravy, served with warm naan bread and steamed basmati rice	BD 5.950
CHICKEN BIRIYANI (N) 	BD 6.650
SHRIMP BIRIYANI (S) (N)  Indian style rice chicken or shrimp baked in iron dish and served with raita	BD 7.950
NASI GORENG (N) (E)  Indonesian style fried rice topped with chicken satay, spicy peanut sauce and fried egg served with a sambal oelek sauce	BD 5.950
SEAFOOD FRIED RICE (S) (N) (E)  Indonesian seafood fried rice topped with fried egg and served with a sambal oelek sauce	BD 6.650

FROM THE CHARCOAL GRILL

CERTIFIED ANGUS RIB-EYE BD 16.500 | CERTIFIED ANGUS T-BONE BD 16.500
BLACK ANGUS TENDERLOIN BD 14.500


Add 2 pieces of prawns to any steak for only **BD 2.900**

All charcoal grilled steaks are served with a choice of baked potato, potato wedges or French fries and accompanied with steamed vegetables and a choice of pepper or mushroom sauce

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TEX MEX

CHICKEN OR BEEF FAJITAS (D) (G)	BD 4.950
SEAFOOD FAJITAS (S) (D) (G) Your choice of chicken, seafood or beef served with guacamole, salsa, sour cream and warm tortilla wraps	BD 6.500
CHICKEN OR BEEF QUESADILLAS 	BD 4.950
SEAFOOD QUESADILLAS (S) Chicken, seafood or beef in a flour tortilla, loaded with mushroom, capsicum, onion, tomato, jalapeno and cheese served with traditional dips	BD 6.500
CHICKEN OR BEEF NACHOS (D) (G)	BD 4.950
Crispy corn tortilla chips, beans and melted cheese, topped with your choice of chicken or beef, jalapenos, onions and tomatoes served with sour cream and guacamole	

PIZZA SELECTION

FRUTTI DI MARE (G) (S) (D) Assorted seafood on a rich tomato and basil sauce	BD 6.950
PEPPERONI E CIPOLLE (G) (D) Generous servings of pepperoni and red onions on a rich tomato sauce	BD 5.500
BIANCA (G) (P) (D) All white pizza, sour cream, potatoes, onions, garlic and pork bacon	BD 5.500
PRIMAVERA (G) (D) (N) Selection of spring vegetables on a rich tomato and basil sauce	BD 5.500

PASTA SELECTION

(Choice of spaghetti, rigattoni, linguini or farfalle)	
AI FRUTTI DI MARE (G) (S) (A) Seafood medley stirred with light tomato sauce and white wine	BD 6.950
BOLOGNESE (G) (D) The classic ground beef in tomato sauce	BD 5.500
LIGURIA (V) (N) (D) (G) Basil and pine-nuts pesto, green beans and diced potatoes	BD 5.500
CHICKEN CARBONARA (D) (G) Sautéed chicken in creamy onion and garlic topped with Pecorino cheese	BD 5.500

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