



Waves Seafood Restaurant continues to serve Bahrain's finest seafood, and is open for lunch and dinner daily. It's a must for seafood lovers who can choose from our extensive a la carte menu or our market place selection of fresh fish which is delivered daily from local Bahraini fisherman.



Bahrain's treasures brought to your plate

Silous or Needle Fish

Long stick like fish found in the shallow waters not far from the coast often seen jumping out of the water. This dish is best served deep fried and eaten with your hands.

Andak

White fish found swimming over corals which has a light texture and makes a lovely lunchtime dish grilled with olive oil and lemon juice

Faskar

Easily identifiable by the yellow stripes and found quite easily up and down the Gulf, this is a white fish which can be enjoyed steamed with soya and ginger sauce

White Bait

White bait is not always available depending on the season and is no bigger than your finger. It is served deep fried and eaten whole just like French fries.

Sultan Ibrahim

Sultan Ibrahim or red mullet is another local delicacy and popular fish in these waters, best served grilled on the bone.

Red Snapper or Hamrah

Hamrah is a delicious white fish that is enjoyed most of the year and is most enjoyed served in a seafood style broth sauce.

Hammour

The most well known fish of the Gulf who all enjoy cooked in a variety of styles. Unfortunately over fishing and land reclamation has reduced the stocks and driven the price up.

Parrot Fish

Easily identifiable by the colour, found in shallow reefs off the coast of Bahrain and best served steamed with a light sauce.

Sham or Sea Bream

Available all year round locally or when not found, Sham can be purchased from the fish farms in nearby Saudi Arabia. Recommended to be served grilled with a Mediterranean style sauce.

Chanad or King Fish

Chanad is caught swimming near artificial reefs and filling stations away from the coast and is best served cut into steaks and grilled.

Sharry

Leaner than Hammour and growing in popularity due to reduced stock of Hammour, this is one of the secret fish of Bahrain. White fish best served off the bone with a strong flavoured Thai sauce or similar powerful sauce.

Safi

Small silver fish, about the size of your hand that is available all year round and best enjoyed grilled.

Squid

Squid is smaller than Calamari and light pink in colour and is best served deep fried with a sweet chilli sauce

Crayfish or Sand Lobster

The Lobster of the Gulf is smaller and less recognisable than the traditional Lobster but contains plenty of flavour and when served in a Thermidor style (creamy, cheese and mushroom sauce) is delicious.

Clams

Clams are found in shallow waters away from the coast and are available all year round in Bahrain. Enjoyed best with pasta and a vongole sauce.

Crabs

Local Bahraini crab is another crustacean that is found almost all year round and is identified by its grey colour. Best served steamed!

Shrimps

Bahraini shrimping season runs throughout the summer and then is stopped to let the stocks replenish during the winter. During winter fresh shrimp can be found off the coast of Saudi Arabia. Recommended cooking styles are wide and varied, shrimp is a very versatile seafood that goes with pretty much anything.

Cold Starters

Rocca Salad (V) 2.500

Rocca leaves, cherry tomatoes, pomegranate, olive oil, capers berry

Selection of Mezzeh individual portions 1.600 each

Hommus (V)(N), Moutabel (V)(N), Fattoush (V), Tabouleh(V)(G), Kibbeh (G),
Vine leaves (V)(G), Muhammara (N), Baba ghanooch (V)

Waves Shrimp Salad (S) 3.500

Green salad, shrimps, carrot, avocado, cherry tomatoes
balsamic dressing

Shrimp Cocktail (S) 3.500

Pomegranate seeds, cocktail dressing, pumpernickel bread

Crab Salad "Asinan" (S) 3.500

Cucumber cabbage salad, mint, surimi, crab meat
grilled shrimp and chili dressing

Fisherman's Salad (S) 4.950

Crispy mix lettuce, cherry tomato, cucumbers, white onion
and grilled mix seafood

Hot Starters

Crispy Silous and Sultan Ibrahim (G) 3.250

Deep fried fresh Silous and Sultan Ibrahim served with tomato
onion salad and tartar sauce

Shrimp and Squid Tempura (S) (G) 3.900

Fried in tempura batter served with sweet chili dips and soya sauce

Fresh Seafood Spring Roll (S) (G) 3.250

Home made spring roll served with cucumber-chili vinaigrette

Coconut Shrimp Salad (S) (G) 3.750

Crispy breaded shrimp with coconut flakes, avocado
mango and sweet chili dressing

Selection of Seafood "Dim Sum" (S) (G) 3.750

1/2 dozen of fried and steamed served with sweet chili dips

Soup

Clear Seafood Broth (S) (G) 2.950

Saffron flavored fish soup with clams, shrimps, Hammour and garlic bread

Tom Yum Goong (S) 3.500

Traditional Thai sour & spicy prawn and squid soup
infused with lemon grass and lime leaf

"Classic" Lobster Bisque (S) (G) (D) 3.300


Garnished with lobster pieces and tarragon
with cognac 4.200

Mussel Chowder (S) (G) (D) 2.950

Creamy soup with fresh mussels, herbs croutons

Seafood "Laksa" (Chef Signature dish) (S) (D) 3.500

Fine selection of seafood in mild spicy coconut soup
rice noodle, chili oil, vegetables

V - Vegetarian, G - Gluten, N - Nuts, S - Shellfish, E - Eggs, D - Dairy,  Spicy
"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

From our fresh seafood display

At Waves we encourage you to select your catch of the day from our fish display. All the fresh fish and seafood is purchased on a daily basis in the mornings and afternoons to ensure that only the freshest fish is displayed for you.

Please select your fresh seafood from our display and our specialty chefs will cook it in your preferred style.

Arabic Cooking Style

Harrah Beirutyeh (N)

Fish from display oven braised with fresh herbs served with peppers, coriander, onion, garlic, chili, tomato

Tajen (N)

Fish from the display oven braised with fresh herbs served with tahina lemon juice, garlic, onion garnished with pine nuts

Sayadyeh (N)

Fish from display oven braised with fresh herbs served with Sayadyeh rice, cumin rice, garnished with fried onions, roasted pine nuts

Marinated with Bahraini Spices

Fish from display oven braised with fresh selected local spices, lemon, garlic and olive oil

South East Asia Cooking Style

Wok fried

Sweet & sour sauce

Thai green curry sauce 


Thai red curry sauce 

Ginger, garlic and coriander sauce (G)

Asian BBQ sauce

Spicy coconut curry sauce 

Spicy tamarind chili sauce 

Singaporean chili sauce 

Deep fried (G)

Tempura style served with chili dips

Steamed or grilled

Bill soniya (N)

Soya sauce, bean sprouts, sesame oil, mango (G)

Teriyaki sauce (G)

Simply grilled, steamed or fried

Served with Tartar sauce or Lemon garlic butter sauce

Vegetables from display

Stir fry with ginger and soy sauce

Steamed with butter

Side Dishes

Steamed fragrant jasmine rice 1.350

Vegetables fried rice (E) 2.200

Seafood fried rice (E) 2.950

Mixed garden salad 1.600

Boiled herbs potato 1.600

Potato harra (N) 1.600 

French fries 1.600

Sayadyah rice (N) 2.200

Safron rice 2.200

Plain biryani rice 2.500

Basmati rice 1.450

Naan Bread 1.300

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Our chef

Chef Jaffar Al Asfoor, the restaurants' sous chef and a local of Bahrain will delight your taste buds as he brings the taste of the finest Arabic cuisine. His love for cooking was ignited when he worked in a 5 star Lebanese restaurant where he acquired an abundance of gastronomic skills and mastered the diverse and authentic taste of Arabic cuisine over the years.

Enjoy! Selamat Makan! استمتع!

Chefs Culinary Delights

Waves Fisherman's Platter (S) (G) 10.500

Grilled prawn, hammour filet, sultan ibrahim, fried silous served with garlic-lemon butter and herbs baby potato

Thai Combo (S) (G) 8.750

Selection of fresh seafood, vegetables, coriander in mild spicy Thai green or red curry sauce served with steamed rice

Lobster Thermidor (S) 20.950

Gratinated lobster with creamy parmesan sauce and Steamed vegetables

Fresh Seafood Pasta (S) (G) (E) 7.950

Linguini style pasta with fresh shrimps, mussels, crab, Hammour clams in garlic, creamy spicy tomato sauce

Singaporean Fried Noodles (E) (N) 7.250

Choice of egg yellow or rice noodles flavored with fresh seafood chili, vegetables and crushed peanuts

Seared Sea Bream Filet 6.250

Seared sea bream filet with grilled garlic, tomato, zucchini, eggplant and herbs butter sauce

Robian Bel Fekhara (S) (N) 8.500


Shrimps sautéed in garlic, Butter olive oil, coriander, lemon juice & pine nuts with basmati rice

Harra Beirutyeh (N) 8.750

Pan-fried hammour filet served with chili tomato sauce with basmati rice

Sayadyeh (N) 8.650

Braised hammour with herbs served with cumin rice, fried onions and pine nuts

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Business Lunch Offer

Starters

***Deep fried calamari with rocket salad and avocado
or
Seafood soup with vegetables and chili oil (G)***

Main Dishes

***Pan seared Hammour filet with roasted potato,
grilled eggplant and herbs butter sauce
or
Grilled Sharry filet with vegetables in Thai green
coconut curry served with jasmine rice (G) 🌶️***

Dessert

***Fresh sliced seasonal fruits plate
or
Ginger cardamom crème brulee with orange zest (E)***

BD 6.950

Set menu to share for two

Selection of mixed seafood tempura with chili dips (G)

***Grilled seafood platter with Silous, Sharry filet,
prawn, Sultan Ibrahim served with sautéed
vegetables, boiled potato, lemon butter sauce and
mixed salad (S)***

Fresh sliced seasonal fruits platter

BD 18.450 for two

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Desserts

Cheese cake (E) (G) 2.300

Crème brulee with orange zest (E) (G) 2.300

Fresh sliced seasonal fruits platter 2.600

Chocolate mud cake 2.300

Tiramisu (E) 2.300

Ice cream and sorbet per scoop 1.500

Lemon sorbet, mango, vanilla, Belgium chocolate, strawberry



Espresso Drinks

Americano 1.600

Espresso combined with hot water creating a gourmet-brewed coffee

Espresso Single 1.600 Double 2.000

A straight shot of Espresso

Latte 1.700

Espresso combined with steamed milk topped with a velvety milk foam

Espresso con panna 1.700

A straight shot of espresso topped with whipped cream

Cappuccino 1.700

Espresso combined with velvety milk foam

Mocha 1.700

A latte with the addition of gourmet chocolate, topped with whipped cream and chocolate sprinkles

Traditional Irish coffee 3.000

Irish whisky and coffee topped with whipped cream

Brewed Coffee

Fresh  coffee 1.600

Special blend of gourmet brewed coffee

French press coffee 1.600

Coffee brewed fresh to order in a French plunger

Turkish 1.600

Roasted and finely ground coffee beans boiled and served in a traditional copper pot

Flavoured Coffee

Hazelnut, almond, caramel, vanilla 1.800

Hot chocolate 1.800



Tea Selection

Earl grey tea 1.600

Balanced by the sweet, floral bergamot flavor

English breakfast tea 1.600

Deep and reddish brown, an ideal accompaniment to strong tasting food

Lemon tea 1.600

Delicately scented with lemon flavor

Fresh mint tea 1.600

Refreshing tea with the sharpness and invigorating aroma of mint

Peppermint tea 1.600


Relaxing herbal infusion, full of freshness with natural menthol

Green tea 1.600

Classic green tea notes with delicate taste

Jasmine tea 1.600

An uplifting after-meal green tea with jasmine flavoring

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