



Waves

SEAFOOD RESTAURANT

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	2.200
Rocca leaves, cherry tomatoes, pomegranate, olive oil, capers berry	
Selection of Mezzeh individual portions	1.500
Hommus, Moutabel, Fattoush, Tabouleh	
Waves Shrimp Salad	2.950
Green salad, shrimps, carrot, avocado, cherry tomatoes balsamic dressing	
Shrimp Cocktail	3.200
Pomegranate seeds, cocktail dressing, pumpernickel bread	
Crab Salad "Asinan"	2.950
Cucumber cabbage salad, mint, surimi, crab meat grilled shrimp and chili dressing	

Hot Starters

Crispy Silous and Sultan Ibrahim	2.950
Deep fried fresh Silous and Sultan Ibrahim served with tomato onion salad and tarator sauce	
Shrimp and Squid Tempura	3.500
Fried in tempura batter served with sweet chili dips and soya sauce	
Fresh Seafood Spring Roll	2.950
Home made spring roll served with cucumber-chili vinaigrette	
Coconut Shrimp Salad H	3.500
Crispy breaded shrimp with coconut flakes, avocado mango and sweet chili dressing	
Variation of Seafood "Dim Sum" 🌶️	3.200
1/2 dozen of fried and steam served with sweet chili dips	

Soup

Clear Seafood Soup	2.700
Saffron flavored fish soup with clams, shrimps, Hammour and garlic bread	
Tom Yum Goong 🌶️	2.850
Traditional Thai sour & spicy prawn and squid soup infused with lemon grass and lime leaf	
"Classic" Lobster Bisque	2.950
Garnished with lobster pieces and tarragon	<i>with cognac</i> 3.300
Mussel Soup	2.500
Creamy soup with fresh mussels, herbs croutons	
Seafood "Laksa" (Chef Signature dish)	2.950
Fine selection of seafood in mild spicy coconut soup rice noodle, chili oil, vegetables	



Spicy



Healthy



Contain nuts

All prices are subject to 15% service charge & 5% 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

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

Tajen

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

Sayadyeh

Fish from display oven braised with fresh herbs served with 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

Asian BBQ sauce

Spicy coconut curry sauce 

Spicy tamarind chili sauce 

Singaporean chili sauce 

Deep fried

Tempura style served with chili dips

Steamed or grilled

Bill soniya

Soya sauce, bean sprouts, sesame oil, mango

Teriyaki sauce

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	1.200
Vegetables fried rice	1.750
Seafood fried rice	1.950
Mixed garden salad H	1.500
Boiled herbs potato	1.500
Potato Harra 	1.500
French fries	1.500

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Our chefs

Chef Saravanan Gurusamy, our Executive Chef from Malaysia together with his team will take care of your South East Asian Cuisine experience at Waves. With his rich experience in 5-star hotels and Luxury cruise liners, being one of the top 10 Best Executive Chef for 4 consecutive years in Trend Magazine Slovakia and one of the faculty members of the famous Yves Thurries Culinary Academy, he will heat things up to bring his culinary traditions and expertise to delight your palate.

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	7.500
Grilled prawn, hammour filet, sultan ibrahim, fried silous served with garlic-lemon butter and herbs baby potato	
Thai Combo 	6.200
Selection of fresh seafood, vegetables, coriander in mild spicy Thai green or red curry sauce served with steamed rice	
Lobster Thermidor	18.000
Gratinated lobster with creamy parmesan sauce and spinach rice	
Fresh Seafood Pasta	5.500
Linguini style pasta with fresh shrimps, mussels, crab, Hammour clams in garlic, creamy spicy tomato sauce	
Singaporean Fried Noodles	4.950
Choice of egg yellow or rice noodles flavored with fresh seafood chili, vegetables and crushed peanuts	
Seared Sea Bream Filet	5.950
Seared sea bream filet with grilled garlic, tomato, zucchini, eggplant and herbs butter sauce	
Robian Bel Fekhara 	6.200
Shrimps sautéed in garlic, olive oil, coriander, lemon juice & pine nuts	
Samkeh Harra  	6.500
Pan-fried hammour filet served with chili tomato sauce	
Sayadyeh 	6.500
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

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 🌶️

Dessert

Fresh sliced seasonal fruits plate
or
Ginger cardamom crème brulee with orange zest

BD 6.950

Set menu to share for two

Selection of mixed seafood tempura with chili dips

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

Fresh sliced seasonal fruits platter

BD 12.450 for two



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Desserts

Cheese cake	3.000
Crème brulee with orange zest	2.200
Fresh sliced seasonal fruits platter	2.500
Chocolate mud cake	2.200
Tiramisu	2.200
(Haagen-Dazs) Ice cream and sorbet per scoop	1.450
Lemon sorbet, mango, vanilla, Belgium chocolate, strawberry	



Espresso Drinks

Americano	1.500
Espresso combined with hot water creating a gourmet-brewed coffee	
Espresso	Single 1.500 Double 2.000
A straight shot of Espresso	
Latte	1.500
Espresso combined with steamed milk topped with a velvety milk foam	
Espresso con panna	1.500
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	2.800
Irish whisky and coffee topped with whipped cream	

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Brewed Coffee

Fresh  coffee	1.500
Special blend of gourmet brewed coffee	
French press coffee	1.500
Coffee brewed fresh to order in a French plunger	
Turkish	1.500
Roasted and finely ground coffee beans boiled and served in a traditional copper pot	

Flavoured Coffee

Hazelnut, almond, caramel, vanilla	1.700
Hot chocolate	1.700



Tea Selection

Earl grey tea	1.500
Balanced by the sweet, floral bergamot flavor	
English breakfast tea	1.500
Deep, reddish brown, an ideal accompaniment to strong tasting food	
Lemon tea	1.500
Delicately scented with lemon flavor	
Fresh mint tea	1.500
Refreshing tea with the sharpness and invigorating aroma of mint	

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