



One of the great pleasures of travelling is the chance to try exciting foreign food.

Morocco has a long and eventful history. Over the centuries it has been enriched by a fascinating blend of Arab, Berber, Middle Eastern, Moorish, Iberian, Mediterranean, African and Jewish cultures, from which has evolved a cuisine that is uniquely Moroccan.

We invite you to choose from the following menu, which we hope will give you an introduction of the best food Morocco has to offer...

The Chef...

Starters

Anika Salad

€ 7

A combination of tomatoes, tuna, potatoes, green beans, fresh pepper, hard boiled eggs, olives, and anchovies dressed with our famous Anika sauce on the side.

Assortment of Briouats

€ 7

A selection of 4 small crispy pastries, stuffed with delicately spiced minced meat, chicken, cheese and vegetables. Very Moorish

Assortment of Vegetarian Briouats

€ 7

A selection of 4 small crispy pastries, filled with vegetables, cheese, carrots and zucchini, and spinach.

Pumpkin soup

€ 7

Freshly made with Argan Oil of Essaouira

Main Courses

Grilled Beef Fillet Brochette

€ 22

Specially selected young fillet of beef marinated and grilled, served with couscous and seasonal vegetables. Succulent and tender. (Delicately flavored Anika gravy sauce on the side).

Grilled Monk Fish

€ 22

Delicious marinated fillets of daily fresh monk fish, grilled with pepper and served with fresh vegetables. (Please note we have limited quantity to maintain freshness).

Monk Fish, Moroccan style

€ 22

Delicious fillets of daily fresh monk fish, cooked in a mixture of spices with olive oil, coriander, cumin, paprika, pepper, salt, garlic and finely chopped tomatoes, finished with a splash of lemon juice, and served with potatoes, fresh pepper and carrots. (Please note we have limited quantity to maintain freshness).

Chicken Seffa Medfouna

€ 18

A famous Moroccan dish which features saffron chicken, hidden within a dome of steamed vermicelli. The vermicelli are sweetened with raisins and butter, and decorated with ground fried almonds, cinnamon and sprinkled with sugar glaze.

Grilled Chicken Breast

€ 15

Succulent grilled breast of farm chicken with seasonal vegetables.

Vegetarian Berber Tajine

€ 15

A rustic dish traditionally eaten by the hill people of the Atlas and the Tuaregs from the desert. A delicious dish to rival the most sophisticated tajines, comprised of soft and crunchy vegetables. You will get all the aromatic flavors of Morocco in this dish.

Desserts

Orange Salad

€ 7

An orange salad, with orange blossom, cinnamon and sugar glaze. Perfect simplicity

Caramelized Pears

€ 7

Pan fried pears with salted caramel sauce.

Fruits of the season

€ 7

A selection of seasonal fruits, natural, sweetened, or topped with fresh cream.

Wine List

A Brief Note on Moroccan Wines

To be perfectly honest it would be hard to write anything other than a brief note on Moroccan wines. Although wine has been grown in Sidi-Slimane, Boufekrane and Mjat since Roman times, this had historically been executed with all the care and attention that the Moroccans were lavishing on, say, road building or car maintenance. Indeed, the old marketing adage of "if it ain't broke, don't fix it" has been taken far more literally here than could ever have been imagined when it was first uttered.

Until the French authorities decided that it might be wise if all French wines were actually French, a fair amount of Moroccan wine production, along with that of Algeria, was adding a certain *je ne sais quoi* to all sorts of more northerly appellations. With that market now closed, and the realization that there was not only potential for producing fine wines but a burgeoning tourist industry to consume them, things have taken a distinct turn for the better over the past few years.

The three main producing regions are to be found about 40-50 Kms north of Casablanca, around Meknés (some 120 Kms east of Rabat), and 35 Kms from Essaouira at Ounagah.

Benslimane, in the first of these three areas, produces two of the top four red wines we list. Médaille is reliably excellent and can be found in most of the better restaurants in town. The most expensive Moroccan wines, Cote d'Atlas and Domaine Riad Jamil (both from Les Celliers de Meknés) are usually sold too young and are overly tannic as a result. We are now cellaring them for a year, which, we believe, will be well worth the exercise. Feel free to sample one now, but only for its potential. The best wines of the Ounagha region are considered by some to be up there with CB and Médaille. I am not convinced although I would urge you to try a bottle of Val d'Argan if you have sampled the others.

Amongst the whites and Roses, we found some interesting surprises when we conducted a tasting in April this year. Bonnassia « gris » was a big surprise and a most refreshing lunchtime treat, or maybe try a bottle with the canapés before dinner. The Cote d'Atlas struck me as a pleasant enough wine but one which, compared to the others, was somewhat overpriced.

Enjoy!

Ernest Hemmingway view on wine – quoted from “Death in the Afternoon”

‘Wine is one of the most civilized things in the world and one of the natural things of the world that has been brought to the greatest perfection, and it offers a greater range for enjoyment and appreciation than, possibly, any other purely sensory thing which may be purchased.

One can learn about wines and pursue the education of one's palate with great enjoyment all of a lifetime, the palate becoming more educated and capable of appreciation and you having constantly increasing enjoyment and appreciation of wine even though the kidneys may weaken, the big toe become painful, the finger joints stiffen, until finally, just when you love it the most you are finally forbidden wine entirely. Just as the eye which is only a good healthy instrument to start with becomes, even though it is no longer so strong and is weakened and worn by excesses, capable of transmitting constantly greater enjoyment to the brain because of the knowledge or ability to see that it has acquired.

Our bodies all wear out in some way and we die, and I would rather have a palate that will give me the pleasure of enjoying completely a Chateaux Margaux or a Haut Brion, even though excesses indulged in in the acquiring of it has brought a liver that will not allow me to drink Richebourg, Gorton, or Chambertin, than to have the corrugated iron internals of my boyhood when all red wines were bitter except port and drinking was the process of getting down enough of anything to make you feel reckless.

The thing, of course, is to avoid having to give up wine entirely just as, with the eye, it is to avoid going blind. But there seems to be much luck in all these things and no man can avoid death by honest effort nor say what use any part of his body will bear until he tries it.’

Red Wine

Bottle	1/2Bottle	Glass
(750 ml)	(375 ml)	(175 ml)

Volubilia

330 dhs	*	*
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Great historical crossroads of Moorish civilization, Phoenician, Carthaginian and Roman and birthplace of the first dynasty in Morocco, the land of Volubilia is exceptional. The area at the foot of the Atlas and the gates of Meknes is one piece on a argila limestone soil. With notes of leather and mocha, Cabernet Sauvignon gives the wine a sweet and delicate attack suggesting round and fine tannins and complexity of offering great terroirs.

Médaille

280 dhs	170 dhs	*
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Region : Benslimane Cabernet, Merlot, Syrah Rich mature red, and on the palate caramelized red stones fruits with a hint of tobacco silky tannins.

Domaine de Sahari Réserve

260 dhs	160 dhs	*
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Region : Beni M'TirSyrah, GrenacheTobacco and caramel on the nose following through onto the palate with a jammy stone fruit flavour.

Bonassia

200 dhs	*	*
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Region: Beni M'TirCabernet Sauvignon A rich cabernet with of spice, vanilla, cassis and summer pudding aromas follow on to an intense, full-bodied palate.

Cuvée du Président

180 dhs	*	75 dhs
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CABERNETRegion : Benslimane Clairette, farina Citrus flavours with an oily texture, dry wine.

Guerrouane

150 dhs	*	*
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A rich spicy syrah with hints of black pepper, caramel and raspberries. A good earthy wine.

White Wine

Bottle	1/2Bottle	Glass
(750 ml)	(375 ml)	(175 ml)

Volubilia

330 dhs	*	*
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Great historical crossroads of Moorish civilization, Phoenician, Carthaginian and Roman and birthplace of the first dynasty in Morocco, the land of Volubilia is exceptional. The area at the foot of the Atlas and the gates of Meknes is one piece on a argila limestone soil.

Médailleion

280 dhs	170 dhs	*
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Region : Benslimane Sauvignon Blanc. A traditional sauvignon blanc with green apples citrus fruits well balanced with a crisp finish.

Domaine de Sahari Réserve

260 dhs	160 dhs	*
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Region : Beni M'Tir Syrah A light tropical fruit flavours, with a herbal finish.

Cuvée du Président

180 dhs	*	75 dhs
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Citrus flavours with an oily texture, dry wine

Guerrouane

150 dhs	*	*
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A lively and fruity wine with green reflects. Supple, fresh and easy to drink.

Rosé Wine

Bottle	1/2Bottle	Glass
(750 ml)	(375 ml)	(175 ml)

Médaille Cabernet Grande Réserve

280 dhs	170 dhs	*
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Cassis and dark berry flavours, vibrant and fruity with light tannins

Domaine de Sahari Réserve

260 dhs	160 dhs	*
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Raspberry/red berry and plum flavours a fresh and lively wine.

Cuvée du Président Cabernet

180 dhs	*	75 dhs
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A citrus/melon fruit flavoured chardonnay together with toasted nuts and a rich creamy texture.

Guerrouane

150 dhs	*	*
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Characterized by a silky colour with rose petals. The very ripe red fruit nose precedes a full-bodied and generous mouth.

Spirits & Aperitifs

Whisky, Premium 12 years old	90 dhs
Cognac VSOP	90 dhs
Havana Club Cuban Rum	80 dhs
Gin, Gordons	70 dhs
Gin Premium Bombay sapphire	90 dhs
Vodka, Premium	70 dhs
Martini red, white or dry	70 dhs
Campari	70 dhs
Pastis / Riacard	70 dhs
Liquor from the trolley	90 dhs

Cocktails

Kir Royal	100 dhs
Kir	70 dhs
Mojito	90 dhs
Daiquiri	90 dhs
Dirty Martini	90 dhs
Alcohol free Cocktails	60 dhs
Virgin Mojito	60 dhs

Beer

Beer production in Morocco was introduced by the French in the 20th century. Popular beers include Spéciale Flag (pilsner) and Stork (light lager). The Moroccan premium beer is Casablanca (also a lager), which costs more than the other two. Casablanca is also exported and, for instance, served in the Morocco pavilion at Epcot in Disney World, Orlando, FL.

The breweries are located in Fes, Tangier, and Casablanca, also a bottling unit exists in Marrakech. The best selling beer in Morocco is Casablanca.

Flag special (25 cl)	40 dhs
Casablanca (33 cl)	70 dhs

Champagne

	Bottle (750 ml)	Glass (125 ml)
Moët & Chandon	1300 dhs	*
Laurent perrier	1200 dhs	*
Famille Castel (Sparkling)	300 dhs	90 dhs
Famille Castel (Rosé Sparkling)	350 dhs	100 dhs

Soft Drinks

Mineral water (Still or Sparkling)	25 dhs
Soda	30 dhs
Schweppes tonic , (sparkling lemon juice)	30 dhs
Freshly squeezed orange juice	30 dhs
Seasonal juice (please ask service staff)	50 dhs

Hot Drinks

Moroccan Mint tea	25 dhs
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Moroccan mint tea (also mint tea, Tuareg tea, or Maghrebi mint tea), is a green tea prepared with spearmint leaves and sugar, traditional to the Maghreb region and it is an early example of globalization in cuisine. Mint tea (in Arabic 'shāy bil n'anā', or more commonly, in dialect, الأتاي, at tay) is central to social life in Maghreb countries. The serving of mint tea can take a ceremonial form, especially when prepared for a guest. Traditionally in the Maghreb, whereas cooking is women's business, the tea is a male affair, especially as a drink of hospitality: the head of family prepares it and serves to the guest, usually, at least three glasses of tea, and it is impolite to refuse it. It is served not only at mealtimes but all through the day, and is also widely consumed socially, with tea bars filling a similar social function to alcoholic drinking establishments in Europe. The beverage has a refreshing aroma, and its consumption produces a sensation of cold in the mouth and respiratory tract.

English Breakfast Tea	25 dhs
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(served in a tea pot with cold milk on the side)

Moroccan pastries	40 dhs
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(freshly baked in house)

Coffee	25 dhs
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(served in a cafetiere with hot milk on the side)

Coffee Espresso	25 dhs
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Hot chocolate	25 dhs
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Cuban Cigars& Chicha

Cohiba Siglo III

250 dhs

Cohiba club

50 dhs

Chicha/ Nargeela

200 dhs
