

TRIBES





Tribes is a culinary celebration of Africa!

Our menu has been inspired by the diverse, indescribable continent that is Africa and the warm people who call it home.

Tribes offers a memorable fusion of exotic flavours, inspired by Africa and influenced by the Spice Islands of the East, the French in the West, the Malay & Dutch in the South, and the Arabic flavours of the North.

Africans are known for preparing and serving food with heart, soul and an immense amount of pride.  
We hope we do our inspiration justice, as we share our food with you, our friends and family.

Welcome to the tribe!

[WWW.TRIBESRESTAURANT.COM](http://WWW.TRIBESRESTAURANT.COM)







*Cheesy Meatballs*



*Mozambique Prawns*

## P R E - F E A S T

<b>SOUP OF THE DAY</b>	<b>42</b>	<b>BEEF CARPACCIO</b>	<b>65</b>
Please ask your waiter for today's flavour		Rocket leaves, truffle pesto, parmesan, pickled radish, croutons	
<b>SHORT RIB CROQUETTE</b>	<b>58</b>	<b>MOZAMBIQUE PRAWNS (S)</b>	<b>78</b>
Slow braised beef short rib and mushroom truffle aioli		Pan-fried 16/20 size Peri-Peri prawns, served with steamed coriander rice & cress	
<b>WEST COAST FRIED CALAMARI (S)</b>	<b>56</b>	<b>PORTUGUESE STYLE CHICKEN LIVER</b>	<b>48</b>
Garlic & rosemary fried calamari, capsicum & mayo dip		Chicken liver pan-fried in a Peri-Peri sauce with onion, garlic, chilli & peppers. Served with toasted sourdough	
<b>BUFFALO CHICKEN CHOPS</b>	<b>55</b>	<b>HAKUNA MATATA TASTING PLATTER (S)</b>	<b>210</b>
Crispy fried chicken lollipops, tossed in original Peri-Peri sauce		Pan-fried chilli & garlic prawns, fried calamari, short rib croquette, crumbed chicken lollipops, cheesy meatballs, chicken liver	
<b>CHEESY MEATBALLS</b>	<b>58</b>		
Loaded cheese, datterini tomato & capsicum sauce, Parmesan			

*(N) Nuts, (S) Seafood, (SS) Sesame Seeds, (V) Vegetarian.  
Please ask your waiter for gluten-free and dairy-free options.  
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*Buffalo Chicken Chops*



*Hakuna Matata Tasting Platter*



## SALADS

### BABY GEM 52

Tossed baby gem wedges, crispy beef bacon, soft boiled eggs, aged Parmesan, creamy tarragon dressing, charred sourdough

### BEETROOT & AVOCADO (V) (N) 55

Roasted beetroot, avocado, baby rocket leaves, honeyed walnuts, topped with popped quinoa & balsamic olive dressing

### CRAB & MELON (S) 52

Ocean gem crab meat, honeydew melon, sweet corn kernels, chives, mayonnaise, avocado mousse with micro greens

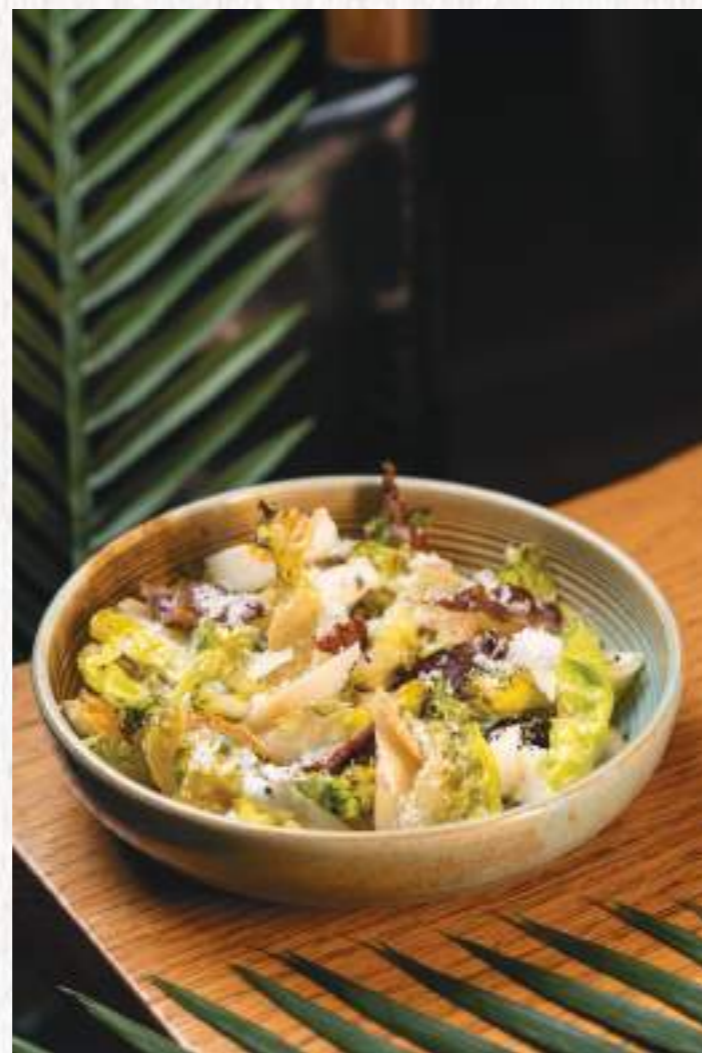
### RAINBOW (V) 48

Crispy iceberg lettuce, cos lettuce, corn kernels, shavings of beetroot, carrot, fennel, red radish, with slices of fresh tomato, drizzled with wood apple dressing

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Beetroot and Avocado



Baby Gem



Crab & Melon





Fully Loaded Beef Burger

## BURGERS <sup>(SS)</sup>

*All burgers are served with your choice of mixed salad or connoisseur fries*

<b>CHEESE BURGER</b>	<b>74</b>	<b>FULLY LOADED BEEF</b>	<b>90</b>
200g beef patty with traditional trimmings, topped with cheddar cheese		200g beef patty beef bacon, fried eggs, lettuce cocktail sauce, tomato & melted cheese	
<b>NORTH AFRICAN CHICKEN BURGER (N)</b>	<b>68</b>	<b>WAGYU BURGER</b>	<b>98</b>
180g grilled chicken breast, Moroccan spices, lettuce, tomato, onion, with roasted capsicum & cream cheese pesto		200g Wagyu beef patty & mushroom duxelles, onion marmalade, tomato, lettuce, melted comté cheese	
<b>SPICY SALMON BURGER (S)</b>	<b>90</b>	<b>Top your burger with one of the following:</b>	<b>9</b>
Peri-Peri spiced salmon fillet, avocado, tomato, onion, lettuce with tomato & onion chutney		Beef bacon, fried egg, melted cheese, avocado	

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Spicy Salmon Burger



## TRIBAL SPECIALITIES

### BEEF SHORT RIBS 230

Southern African braised short ribs served with white bean & vegetable hot pot

### OXTAIL 220

Traditional African braised dish served with mash & root vegetables

### MOROCCAN SPICED LAMB CHOPS 198

Marinated lamb chops, flame-grilled, served with yoghurt & mint sauce with your choice of side

### SLOW-BRAISED LAMB SHANK 195

Lamb hind shank cooked in tomato-flavoured capsicum sauce, chickpea, zucchini served with sourdough

## RIBS

Beef ribs slow-braised in a unique house marinade, flame-grilled. Served with your choice of mashed potato, chips or baked potato

**BEEF Half - 145**

**BEEF Full - 225**

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Oxtail

## FROM THE CHARGRILL

We are proud to present the very best beef in the land – only the finest quality wet-aged steaks are served. Our steaks are lightly basted in our unique special house sauce, then chargrilled to order and served with your choice of side and sauce.

### SOUTH AFRICAN BEEF

*100 day grain-fed*

Fillet 220g / 300g 175 / 215

### NEW ZEALAND BEEF

*Silver Fern natural A grade grass-fed*

Fillet 220g / 300g 195 / 235

### USA BLACK ANGUS BEEF

*180 day grain-fed*

Striploin 250g / 350g 160 / 190

Ribeye 300g / 400g 250 / 290

### AUSTRALIAN BEEF

*Stockyard-certified 250 day grain-fed*

Rump / Top sirloin 300g 160

Wagyu blade 300g / 500g 250 / 290

**BEEF HANGING 350g 185**

**TENDER (skewer)**

Selection of matured Angus beef cuts, flame-grilled with our unique house sauce, served with your choice of side

Top your steak with Mushroom & Truffle Butter / 15



Lamb Shank



US Ribeye





Mix Grill Braai

## ROYAL FEASTS

### RANGERS VALLEY WAGYU FILLET 300g 380

Marble score 5+ Wagyu fillet, flame-grilled to your liking, served with your choice of side & sauce

### RANGERS VALLEY WAGYU RIBEYE 300g 330

Marble score 5+ Wagyu rib-eye, flame-grilled to your liking, served with your choice of side & sauce

### MIX GRILL BRAAI 220

Selection of meat skewers, including beef, lamb, chicken & prawns, served on a hot charcoal platter

### WARRIOR PLATTER 395

*A feast for 2*

Madagascar half chicken, half beef ribs, 200g striploin, 2 lamb cutlets, 2 beef sausages, beef bacon, cherry tomatoes, potato chips, creamy mash & mushroom sauce

### VENISON STEAK 250g 265

Grilled venison, sautéed spinach, parsnip and cumin mash, roasted apple and choice of side order.



Venison Steak



Warrior Platter

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*Cape Malay Fish Curry*



*Baked Salmon Fillet*



*Peri-Peri Prawns*

## SEAFOOD

<b>FISH FILLET (S)</b>	<b>130</b>	<b>PERI-PERI PRAWNS (S)</b>	<b>198</b>
Baked fish fillet, served with crushed baby potato, olives & prawn-flavoured tomato sauce		Pan-fried East Coast Tiger prawns flavoured with Peri-Peri and garlic, served on a seafood paella	
<b>CAPE MALAY FISH CURRY (S)</b>	<b>130</b>	<b>BAKED SALMON FILLET (S) (SS)</b>	<b>160</b>
With coriander & coconut rice clams meat, cracker, onion, tomato & cucumber salsa		Tartar sauce crusted salmon fillet, school prawns & leek-infused cream sauce	

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## CHICKEN

### JAMAICAN STYLE WHOLE BONELESS CHICKEN 155

Chargrilled baby boneless chicken, jerk seasoning, garlic dip sauce, served with your choice of starch

### SPEARED CHICKEN 120

Green herbs & garlic marinated chicken thigh fillets, skewered with capsicums, grilled to perfection & served with your choice of side

### MADAGASCAR ½ CHICKEN 120

Pepper & palm sugar spiced roasted half chicken, served with your choice of side

### CHICKEN FILLET & CREAMY PASTA 120

Chargrilled chicken fillets, served with creamy wild mushroom pasta & Parmesan

### MOROCCAN SPICED GRILLED CHICKEN BREAST 125

Chicken breasts marinated in Moroccan spices, flame-grilled, served with creamy spring onion mash, asparagus & Peri-Peri sauce



*Jamaican Style Whole Boneless Chicken*



*Moroccan Spiced Grilled Chicken Breast*

## SAUCES

Creamy mushroom, creamy pepper, garlic, Peri-Peri 11

## SIDE ORDERS 15

Steakhouse fries  
Sweet potato chips  
Potato mash

## SIDE DISHES 20

Steamed broccoli  
Buttered corn kernels  
Mixed veg  
Sautéed mushrooms

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# DESSERT

*The perfect end to your Tribal journey!*

**MALVA PUDDING** **35**

Date cake with crème anglaise & vanilla ice cream

**CHOCOLATE LAVA CAKE (N)** **38**

Served with pistachio ice cream

**LOTUS BAKED CHEESE CAKE (N)** **35**

Mixed berries

**TROPICAL** **40**

Coconut pudding, mango compote, passion fruit, chocolate feuilletine

**SELECTION OF ICE CREAM** **25**

Ask your waiter for our flavours

**DESSERT PLATTER (N)** **150**

A selection of sweet tribal treats for 2 people

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# BEVERAGES





## TASTE OF TRIBES

**MOJITO** 27  
Lime & mint / Strawberry / Passion fruit

**LEMONADES** 27  
Mint lemonade / strawberry lemonade

## MOCKTAILS & SMOOTHIES

**UHURU** 35  
White peach | sparkling orange | grapefruit spritz

**DAWA CUJA** 33  
Ginger | maracuja | lime | mint | honey | sugarcane

**SINA MAKOSA** 34  
Banana | mango | coconut | agave | banana leaf

**COCO** 33  
Pineapple | coconut purée | passion fruit

**VUVUZELA** 35  
Strawberry | banana | papaya | cherry | red apple

**YEBO** 35  
Açaí | blueberry | mango | banana | cranberry

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*Sina Makosa*



*Darwa Cuja*



## SOFT DRINKS

	150ml Glass	750ml Bottle
<b>0% GRAPE BEVERAGES</b>		
Natureo – Sparkling Muscat Grape		<b>220</b>
Natureo – White Muscat Grape	<b>32</b>	<b>  160</b>
Natureo – Red Garnacha – Syrah Grape	<b>32</b>	<b>  160</b>
Belli. No – Natural Peaches Pulp, combined with White Moscato Must in a Sparkling elegance		<b>340</b>

<b>100% JUICE – 0,25L / 0,5L</b>	<b>25</b>	<b>/ 35</b>
Orange   watermelon   apple   carrot   pineapple		

<b>HOMEMADE ICE TEA</b>	<b>28</b>
Freshly brewed with fresh fruits – Choose from Tropical Rooibos or Peach	

<b>WAKA WAKA MILKSHAKE</b>	<b>45</b>
Lotus biscuit   vanilla ice cream   fresh milk   banana   cinnamon	

<b>SOFT DRINKS</b>	<b>19</b>
Coca-Cola   light   ginger ale   sprite   fanta   soda	

<b>WATER</b>	
Eira - Still Mineral Water, Norway 400ml 700ml	<b>16 26</b>
Eira - Sparkling Mineral Water, Norway 400ml 700ml	<b>18 28</b>

## SERVED HOT

	sgl / dbl
<b>ESPRESSO</b>	<b>18 / 21</b>
<b>MACCHIATO</b>	<b>19</b>
<b>CAPPUCCINO</b>	<b>22</b>
<b>LATTE</b>	<b>22</b>
<b>AMERICANO</b>	<b>21</b>
Extra Shot	<b>5</b>
Almond Milk	<b>5</b>

<b>JOL HOT CHOCOLATE</b>	<b>32</b>
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<b>ORGANIC TEA SELECTION BY AVANTCHA</b>	<b>25</b>
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**English Breakfast** - Finest Full Leaf Blend of Assam, Ceylon and Chinese Yunnan Tea

**Mint Duo** - Crisp and Invigorating Melange of North African Nana Mint and Peppermint

**Spring Mao Feng** - Smooth and Elegant with Soft Nutty Notes from the West Hunan Wuling Mountains

**Rooibos Vanilla Earl Grey** - Fragrant Version of a Herbal Earl Grey Mixed with Lavender Blossoms and Vanilla

**Rush Berry Hour** - Mouthwatering Combination of Flavourful Garden and Luscious Forest Berries

<b>DAWA</b>	<b>25</b>
Sugar cane   ginger   lemon   honey	

<b>NON DIARY LATTES</b>	<b>32</b>
(Prepared with almond milk and sweetened with organic honey)	

<b>Green Matcha Latte</b>	<b>32</b>
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*\* Straw-free message: At Tribes we participate in a worldwide movement "the last plastic straw" and we support the change of local regulation to stop this unnecessary plastic pollution. Non-plastic straws are available on order.*

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