

OCTOBER

Beyond the Cliffs

شانغريلا رابطة مسقط
SHANGRI-LA
BARR AL JISSAH
MUSCAT

YOUR DINING COLLECTION



Middle Eastern & International

Breakfast Buffet
Sunday to Thursday | 7am - 10:30 am
Friday & Saturday | 7am - 11 am

A La Carte
Daily Lunch & Dinner | 12:30pm - 10pm

Dinner
Journey Across The Globe | Daily, except Wednesday & Thursday
Buffet | 6:30pm - 10:30pm

Desi Night | Wednesday from 9 October
Buffet | 6:30pm - 10:30pm

Oh! My Grill | Thursday from 10 October
Buffet | 7pm - 10:30pm

A La Carte | Wednesday & Thursday
Friday, 18 & 25 October | 1pm - 4pm

Friday Brunch
Feast your way to a decadent brunch
with kids activities
Friday, 18 & 25 October | 1pm - 4pm

Al Tanoor is located in Al Bandar



International & South Mexican Influences

Breakfast Buffet
Sunday to Thursday | 7am - 10:30 am
Friday & Saturday | 7am - 11 am

A La Carte
Daily | 12:30pm - 10pm

Dinner
International Buffet
Saturday to Thursday | 6:30pm - 10:30pm

The Asado Barbecue
Every Friday | 6:30pm - 10:30pm

Shisha Lounge - Outdoors
Daily | 6pm - 11:30pm

Samba is located in Al WaHa



Italian Cuisine

Dinner | Daily, except Monday & Thursday | 6pm - 10:30pm

Capri Court is located in Al Bandar



Dinner A La Carte
Daily, except Tuesday & Saturday
6pm - 11pm

Chow Mee is located in Al Bandar



Crafted Beverages & Lounge Menu
Daily | 6pm - midnight

Happy Hour
Buy 1 get 1 free on selected beverage
Daily, except Friday 6pm - 7pm & 10pm - 11pm
Friday, 4pm - midnight

Piano Lounge is located in Al Bandar



Poolside Restaurant & Bar
Light snacks & beverage
Daily | 10:30am - 6pm

Happy Hour
Buy 1 get 1 free on selected beverage
5pm - 6pm

Assira is located in Al WaHa



Poolside Restaurant
Light snacks & beverage
Daily | Noon - 6pm

Happy Hour
Buy 1 get 1 free on selected beverage
4pm - 5pm

Circles located in Al Bandar



Dinner

Daily, except Sunday & Wednesday | 6pm - 10:30pm

Bait Al Bahr is located in Al WaHa



Rooftop Premium Dining
Daily from 15 October | 6pm - 10:30pm
4-course set menu
From OMR 35 net per person

Private reservations are required



Fisherman's Catch

Handpick your fresh catch for your evening's dinner
Monday, Thursday & Saturday
Al Bandar beach | 3pm

*Dates and timetables vary



Savour light bites and cocktails while enjoying live music

Daily, from 22 October | 5pm - 1am
No live entertainment on Sunday



Mediterranean Dining Venue

Dinner A La Carte
Daily | 7pm - 10:30pm

Sultanah and Aangan by Rohit Ghai are located at Shangri-La Al Husn, open for dinner time only, and exclusive for guests over 16 years old.



Contemporary Indian Cuisine

Dinner A La Carte
Daily, except Sunday & Wednesday
7pm - 11pm

Open exceptionally on Sunday 6 and Wednesday 9 October



DRESS CODE AT OUR DINING VENUES & BARS

- The Nation al dress with Kurmha is permitted in all our dining facilities
- A smart casual attire is essential for dinner time in all our dining facilities
- Gentlemen are required to wear tailored shorts or trousers and closed shoes or smart leather sandals.
- With the exception of our beach and pool venues (Circles, Assira, Mahara & Al Muheet), beach and sports wear, slippers and flip flops are not allowed in the other dining and bar facilities.
- We value the different cultures of our guests, and recommend to avoid see-through or light clothing during the meal period in any of our restaurants.

ESSENTIAL DINING INFORMATION

- Please note that as per the local law, alcohol service starts at 2pm every Friday
- Food menu is only available from noon to 6pm at Circles and Assira
- In-Room dining orders are available 24/7, and can be done by scanning the QR code placed in your room, or simply dial 6522 Al Bandar and 6562 Al WaHa
- Our prices are in Omani Riyals and inclusive of all taxes and service charge

RESTAURANT RESERVATIONS

- Reservations are recommended for all A La Carte dining venues and special events, by dialing 6565
- No reservations are required for Al Tanoor and Samba - First come, first serve basis
- Reservations are also open for adults staying at Al Bandar and Al WaHa who want to dine at Sultanah & Aangan by Rohit Ghai.

SHANGRI-LA CIRCLE



Join Shangri-La Circle, the loyalty programme of Shangri-La to enjoy member benefits, exclusive member rates and offers. Payless and redeem your points without fantastic culinary and stay offers.

Learn more by scanning the QR code.

RECREATIONS & WATER SPORTS ACTIVITIES FOR GUESTS ABOVE 12 YEARS OLD

The Health Club is located in Al Bandar hotel (Dial 6825 to contact the team for more information)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am-10:30am	Resort Tour (Al Bandar Lobby)	Resort Tour (Al Bandar Lobby)	Resort Tour (Al Bandar Lobby)	Resort Tour (Al Bandar Lobby)	Resort Tour (Al Bandar Lobby)	Resort Tour (Al Bandar Lobby)	Resort Tour (Al Bandar Lobby)
10am-10:30am	Kayak* (Al Waha)	Stand Up Paddle	Stand Up Paddle Guided Tour*	Kayak* (Al Waha)	Stand Up Paddle Guided Tour* / Tennis Lessons*	Kayak* (Al Waha)	Stand Up Paddle Guided Tour*
10:30am-11:30pm	Swimming Lessons* (Al Waha Pool)	Swimming Lessons* (Al Waha Pool)	Swimming Lessons* (Al Waha Pool)	Swimming Lessons* (Al Waha Pool)	Swimming Lessons* (Al Waha Pool)	Swimming Lessons* (Al Waha Pool)	Swimming Lessons* (Al Waha Pool)
11:30am-12:30pm	Guided Snorkeling* (Al Waha Beach)	Guided Snorkeling* (Al Waha Beach)	Guided Snorkeling* (Al Waha Beach)	Guided Snorkeling* (Al Waha Beach)	Guided Snorkeling* (Al Waha Beach)	Guided Snorkeling* (Al Waha Beach)	Guided Snorkeling* (Al Waha Beach)
4pm-4:30pm	Turtle Talk (Al Waha Beach Counter)	Turtle Talk (Al Waha Beach Counter)	Turtle Talk (Al Waha Beach Counter)	Turtle Talk (Al Waha Beach Counter)	Turtle Talk (Al Waha Beach Counter)	Turtle Talk (Al Waha Beach Counter)	Turtle Talk (Al Waha Beach Counter)
5pm-6pm	Beach Volleyball (Al Waha Beach)	Football Game (Dhow Area)	Beach Volleyball (Al Waha Beach)	Football Game (Dhow Area)	Beach Volleyball (Al Waha Beach)	Football Game (Dhow Area)	Beach Volleyball (Al Waha Beach)
7pm-8pm	Art Competition (Kids Club)	Movie Night (Kids Club)	Art Competition (Kids Club)	Movie Night (Kids Club)	Art Competition (Kids Club)	Movie Night (Kids Club)	Movie Night (Kids Club)

Meeting point for activities

- Guided snorkeling: Al Waha beach towel counter; at 11:20am to prepare (subject to weather conditions)
- Pool volleyball, swimming competition, aqua cycling and aerobic: Al Waha swimming pool
- Stand up Paddle & Kayak experience: Al Waha main beach
- Activities marked with * are subject to charges | Pre-booking is required for all group fitness classes

- Health Club for guests (Al Bandar & Al Waha) is open from 6am to 10pm
- Movie location will be communicated by the Recreations team
- Swimming pool: Al Bandar and Al Waha open from 7am to 9pm | Lazy River from 9am to sunset
- Extra Divers Qantab at Barr Al Jissah Marina opens daily from 8am to 9pm
- Sidab watersports, located at Al Waha beach opens daily from 9am to 5:30pm
- The Activity Booking Center is located on the first floor of Al Bandar, open from 8am to 5pm

FITNESS SESSIONS FOR GUESTS ABOVE 18 YEARS OLD

The Health Club is located in Al Bandar hotel (Dial 6825 to contact the team for more information)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11am-11:45am	Aqua Cycling (Al Waha Pool)	Aqua Aerobics (Al Waha Pool)	Aqua Cycling (Al Waha Pool)	Aqua Aerobics (Al Waha Pool)	Aqua Cycling (Al Waha Pool)	Aqua Aerobics (Al Waha Pool)	Aqua Cycling (Al Waha Pool)
12pm-1pm	Stepper Class (Health Club)	Functional Training (Health Club Studio)	Kettleball & Free Weights (Health Club)	Stepper Class (Health Club)	TRX Class (Health Club)	Functional Training (Health Club)	Kettleball & Free Weights (Health Club)
2:15pm-3pm	HITT Class (Health Club)	Spin Bike Class (Health Club)	Tabata Class (Health Club)	Spin Bike Class (Health Club)	HITT Class (Health Club)	Circuit Training (Health Club)	Tabata Class (Health Club)
5pm-5:45pm	Inch-by-inch Stretch Class (Health Club)	Full Body Stretch (Health Club)	Core Crusher (Health Club)	Inch-by-inch Stretch Class (Health Club)	Abs Burn (Health Club)	Full Body Stretch (Health Club)	Inch-by-inch Stretch Class (Health Club)

FUN-FILLED ACTIVITIES FOR KIDS 8-12 YEARS OLD

For more information on kids' activities, please contact the Cool Zone by dialing 6732

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10am-10:45am	Obstacle Course (Dhow Area)	Bowling Game (Dhow Area)	Board Games (Kids Club)	UNO (Kids Club)	Dart Fun Games (Dhow Area)	Obstacle Course (Dhow Area)	Board Games (Kids Club)
12pm-12:45am	Aqua Challenge (Al Waha Pool)	Dart Fun Game (Dhow Area)	Rescue Skills (Al Waha Pool)	Board Games (Kids Club)	Bowling Game (Dhow Area)	Rescue Skills (Al Waha Pool)	Dart Fun Game (Dhow Area)
3pm-3:45pm	Water Volleyball (Al Waha Pool)	Water Volleyball (Al Waha Pool)	Water Volleyball (Al Waha Pool)	Water Volleyball (Al Waha Pool)	Water Volleyball (Al Waha Pool)	Water Volleyball (Al Waha Pool)	Water Volleyball (Al Waha Pool)
4pm-4:45pm	Mini Basketball (Dhow Area)	Aqua Challenge (Al Waha Pool)	Table Tennis (Dhow Area)	Badminton (Grass Area)	Board Games (Kids Club)	Swimming Competition (Al Waha Pool)	Badminton (Grass Area)
5pm-5:45pm	Mini Golf Challenge (Health Club)	Table Tennis (Dhow Area)	Dart Game (Dhow Area)	Mini Basketball (Dhow Area)	Badminton (Grass Area)	Family Team Building (Dhow Area)	Mini Golf (Health Club)
7pm-8pm	Art Competition (Kids Club)	Movie Night (Kids Club)	Art Competition (Kids Club)	Movie Night (Kids Club)	Art Competition (Kids Club)	Movie Night (Kids Club)	Movie Night (Kids Club)

Meeting point for kids activities

- The Cool Zone (for kids), is located at Al Waha hotel and opens from 9am to 9pm
- Kids club welcomes kids from 4 to 12 years old
- Splash pad from 9am to sunset | Pool slides open from 9am to 7pm

- Babysitting facilities are available upon request, with 8 hours advanced reservations, through Housekeeping (dial 6771)
- Kids are welcome to join in all kids' activities, provided they are accompanied by an adult or a guardian
- The hotel reserves the right to remove or send back children that are disturbing activities or behave in an undisciplined manner

OUR SPA



CHI, THE SPA

- 90 minutes Spa Journey (60-min Asian Blend Signature Massage & 30-min Full Body Scrub) | OMR 62
- 90min Spa Experience (60-min Omani Honey Body Scrub & 30-min Stress Relieving Neck & Back Massage) | OMR 56

Chi, The Spa is located at Al Bandar Opens daily from 10am to 10pm. Reservations are required, dial 6828.

LUBAN SPA

- 90-min treatment (Foot therapy and your choice of Luban Focus, Foot, Neck & Shoulder or Head massage) | OMR 65
- 20% off the 90-min Heart of the Ocean Treatment

Luban Spas located at Al Husn, reserved for guests over 16 years old. Opens daily from 11am to 8pm. Reservations are required, dial 6801.

LAUNDRY OFFER



Take the hassle out of your holiday and travel back home with clean laundry.

Wash and Fold at OMR 10 per bag with Pressing at OMR 15 per bag.

For more information, please dial 6791.

SHUTTLE COACH SERVICE

Discover Muscat city avenues through our complimentary shuttle coach service available throughout the week on selected days to the Mall of Oman, Oman Avenue Mall, Barr Al Zubair Museum and the famous Muttrah Souk.

For more information on the coach schedule please call us on 6666