

## SNACKS

"Botanas"

Guacamole ..... 8JDs  
fresh avocado based, onions, tomato, cilantro served with homemade corn tortilla chips

Nachos ..... 8JDs  
homemade corn chips, smothered with mixed cheese, green onions, beans and jalapeno, tomatoes served with sour cream & salsa

Chicken Spinach Dip ..... 8JDs  
creamy parmesan cheese dip with mixed cheese, grilled cubes of chicken & spinach, served with homemade corn tortilla chips & sour cream

Chili Con Carne ..... 8 JDs  
minced meat cooked with tomatoes, chili peppers & red beans served with homemade crispy corn tortilla chips

Fried Olives.....4JDs  
breaded fried olives filled with feta cheese & thyme served with ranch dip

Cheese Platter .....15JDs  
assorted fine selections of international cheese served with fruits & crackers

Jalapeno Dip..... 8JDs  
cream cheese, sour cream, chopped cooked beef bacon, minced jalapenos, cheddar, parmesan & emmental

## SPANISH TAPAS

"Tapas Españolas"

Mushroom Saute (2 pcs) ..... 4JDs  
fresh mushrooms with creamy garlic, lemon & parsley topped with parmesan cheese

Light Tuna (2 pcs) ..... 4JDs  
tuna, onions, capers, sweet pepper, lime with light mayo

Surf & Turf (2 pcs) ..... 6JDs  
shrimp & steak, avocado, thousand island

Chicken Avocado (2 pcs) ..... 5JDs  
grilled chicken cubes, avocado, celery, ranch yoghurt dressing

Grilled Angus Fillet (2 pcs) ..... 5.5JDs  
topped with caramelized onions, feta cheese

Taco Cups (3 pcs) ..... 5JDs  
mini taco cups filled with minced beef, salsa, lettuce, cheddar cheese & sour cream

Caramelized Sautéed Prawns ..... 8JDs  
garlic, lime, chili flakes & olive oil

Chorizos ..... 7JDs  
chunks of beef sausages cooked in garlic tomato sauce

Patatas Bravas ..... 5JDs  
fried potatoes cubes topped with thousand island sauce

Mexican Spring Rolls ..... 5JDs  
mexican mix with cubes of grilled chicken stuffed roll served with salsa and sour cream.

## SALADS

"Ensaladas"

La Mesa Salad ..... 8JDs  
mix green leaves with tomato, grilled chicken, artichokes, avocado, fresh mozzarella cheese, beef bacon, citron vinaigrette dressing.

Argentinian Salad ..... 8JDs  
slices of grilled tender beef, cucumbers, onions, cherry tomatoes, celery, parsley, iceberg lettuce, beans, corn, carrots served with sweet chili dressing

Mexican Salad ..... 8JDs  
taco shell filled with avocado, cucumber, carrots, sweet pepper, shredded lettuce, beans, corn, cherry tomato & mixed cheese served with ranch dressing

## QUESADILLAS

Grilled folded tortillas filled with your choice of grilled protein served with sour cream & salsa

Grilled Chicken Cubes.....6.5JDs  
Seasoned Minced Beef .....6JDs  
Premium Thick Cut Steak .....7JDs  
Mixed Cheese.....5JDs

## TAQUITOS 3 pcs

Rollled oven-roasted tacos filled with mixed cheese topped with sour cream & avocado sauce

Grilled Chicken Cubes .....6JDs  
Spicy Shrimp .....7.5JDs  
Marinated Steak .....6JDs

## SOFT TACOS 2 pcs

A warm soft flour tortilla filled sour cream, crisp shredded lettuce, cheddar cheese & tomatoes with your choice of

Grilled Chicken Cubes .....5.5JDs  
Seasoned Minced Beef .....5.5JDs  
Premium Thick Cut Steak .....6JDs  
Sautéed Prawns .....6JDs  
Pulled Beef .....6JDs

## HARD TACOS 2 pcs

A crunchy corn taco shell filled with sour cream, crisp shredded lettuce, cheddar cheese & tomatoes with your choice of

Grilled Chicken Cubes.....5.5JDs  
Seasoned Minced Beef .....5.5JDs  
Premium Thick Cut Steak .....6JDs  
Sautéed Prawns .....6JDs

## HEALTHY LETTUCE TACOS 2 pcs

A crunchy butter lettuce filled with sour cream, cheddar cheese & tomatoes, red cabbage, green pepper, radish with your choice of

Sautéed Shrimp.....7.5JDs  
Grilled Chicken Cubes.....6JDs  
Premium Thick Cut Steak.....6.5JDs

## ENCHILADAS 2 pcs

Oven cooked corn tortilla bread covered with a spicy chili pepper sauce, melted cheese and rolled around your choice of

Cubes Spiced Chicken .....6.5JDs  
Pulled Beef .....6.5JDs

## CHIMICHANGAS

A deep fried burrito, rolled tortilla bread filled with rice, beans, corn, sour cream and pico de gallo sauce with your choice of

Shredded Spiced Chicken .....6.5JDs  
Pulled Beef .....6.5JDs

## BURRITOS

Grilled soft flour tortilla stuffed with shredded lettuce, latin rice, beans, pico de gallo cheddar cheese, diced onions, diced tomatoes & sour cream with your choice of

Grilled Chicken Cubes .....6JDs  
Seasoned Minced Beef .....6JDs  
Premium Thick Cut Steak .....6.5JDs  
Sautéed Prawns .....7.5JDs

## HEALTHY RICE BURRITO BOWL

A healthy burrito without the tortilla, served in a bowl on brown rice with black beans, guacamole, grilled chipotle peppers, sweet corn & cheddar cheese with sour cream, mexican salsa, jalapenos and spicy sweet sauce with your choice of

Grilled Shrimp.....10JDs  
Grilled Chicken.....9JDs  
Premium Thick Cut Steak.....10JDs

## FAJITAS

Cooked with mix bell peppers & onions, guacamole, pico de gallo, sour cream, shredded lettuce, cheese, latin rice served with flour tortillas with your choice of

Beef Fillet .....12JDs  
Grilled Chicken .....10JDs  
Sautéed Prawns .....13JDs  
Mixed Fajita Chicken & Beef .....11JDs

## BURGERS

"Hamburguesas"

All burgers are served with french fries

Argentinian Chicken Burger .....9JDs  
pan seared chicken breast, tomatoes, mayo, lettuce onions, mustard, topped with mozzarella cheese & chimichurri sauce

Mexican Angus Burger .....10JDs  
grilled beef patty cheddar cheese, guacamole, cream cheese, tomatoes, corn chips, jalapenos, lettuce & salsa

Cuban Angus Burger .....10JDs  
grilled beef patty, swiss cheese, lettuce, tomatoes, crispy onions, pickles, cuban sauce

## DISHES FROM THE LAND

"Platos desde la tierra"

All main dishes are served with sautéed vegetables & latin rice

Arroz con Pollo .....10JDs  
pan seared chicken breast served with lemon sauce

Pollo Asado .....10JDs  
pan seared chicken breast with asado marination served with grilled lemon and garlic

Ranchero Steak .....20JDs  
mexican style grilled flap steak served with ranchero sauce

Gaucho Steak .....20JDs  
flame grilled argentinian beef fillet topped with chimichurri sauce

## DISHES FROM THE SEA

"Platos desde el mar"

Grilled Jumbo Shrimps.....20JDs  
served with our chef's butter herb sauce

Argentinian Grilled Salmon.....14JDs  
topped with avocado chimichurri sauce

## SEAFOOD PAELLA

rice dish cooked in a special open iron pan

2 people.....20JDs  
4 people.....38JDs  
6 people.....48JDs

\*Please allow 30 minutes (aprox)

## DESSERTS

"Postres"

Churros .....4.5JDs  
long fried dough fritters sprinkled with sugar & cinnamon served with nutella dip

Mexican Bunuelos .....4.5JDs  
cinnamon, sugar crisps tortillas served with vanilla ice cream

## ENJOY YOUR MEAL!

iBuen Provecho!



la\_mesa\_aqaba



LaMesaAqaba

\*All prices are subject to 7% sales tax & 5% service charge  
\*Kindly inform your waiter of any food allergies you may have



# LOW CARB AND KETO DIET MENU

## B4 U Start

|   |      |
|---|------|
| Guacamole<br>fresh avocado based, onions, tomato,<br>cilantro served with keto tortilla chips                                       | 8.00 |
| Oven Baked Brie<br>Roasted garlic, grilled baguette keto bread  | 7.50 |
| Avocado Feta Dip<br>Avocado, feta cheese, red onions, jalapeno, fresh cilantro<br>served with celery, cucumber & roasted keto bread | 7.00 |
| Onion Dip<br>Labaneh, yoghurt, onions, tabasco served with fresh vegetables   | 5.00 |

## Salads

|  |      |
|--|------|
| Arugula Salad<br>Rocca, mushroom, red cabbage, parmesan cheese,<br>balsamic dressing   | 4.50 |
| Grilled Caesar Salad<br>Romaine lettuce dressed with parmesan cheese, caesar dressing  | 4.50 |
| Beverly Hills Cobb Salad<br>Grilled chicken, avocado, fresh di bufala mozzarella cheese,<br>beef bacon, tomatoes, lettuce served with house dressing | 8.00 |
| Halloumi Salad<br>Iceberg and romaine lettuce, cucumbers, cherry tomatoes,<br>black olives, & grilled halloumi cheese with vinaigrette dressing      | 7.00 |

Dear Fat,  
Prepare to die.  
XO,  
Me

## Appetizer

|   |       |
|---|-------|
| Cheese Platter<br>Assorted fine selections of international cheese  | 15.00 |
| Halloumi Fries<br>Drizzled with yogurt  | 5.00  |
| Ovened Mushroom<br>Fresh sautéed mushrooms with garlic topped with fresh<br>cream topped with parmesan cheese, baked in the oven<br>served with baguette keto bread | 8.00  |
| Sautéed Prawns<br>Garlic, ginger, parsley, lime, chili flakes and olive oil   | 8.00  |
| Chorizos<br>Chunks of beef sausages cooked in garlic tomato sauce   | 5.00  |

## Sandwiches

Served with side salad

|   |       |
|---|-------|
| Hangover Angus Burger<br>Char-grilled juicy beef patty, topped with fried egg,<br>onion, tomato, lettuce, pickles,<br>roasted garlic chili mayo, swiss cheese | 10.50 |
| Argentinian Chicken Burger<br>pan seared chicken breast, tomatoes, mayo, lettuce onions,<br>mustard, topped with mozzarella cheese & chimichurri sauce        | 9.00  |
| Halloumi Angus Burger<br>Char-grilled juicy beef patty, topped with<br>onion, tomato, arugula, fried halloumi cheese, pickles                                 | 10.00 |
| Cheesesteak Sandwich<br>Mushrooms, sweet pepper, onions, mozzarella cheese  | 8.50  |
| Avocado Chicken Wrap<br>Grilled chicken, avocado, celery, dill, lettuce, parsley,<br>tomato, ranch yogurt dressing wrapped in tortilla keto bread             | 7.50  |
| 13 Club Sandwich<br>Thin slices of grilled chicken and beef with tomatoes,<br>pickles, eggs, and cheese.  | 9.50  |
| Chicken Caesar Wrap<br>Shredded grilled chicken breast with iceberg lettuce<br>and caesar dressing, topped with parmesan cheese.                              | 8.00  |

## Quesadillas

Grilled folded keto tortillas  
filled with your choice of grilled  
protein served with sour cream & salsa

|                         |      |
|-------------------------|------|
| Grilled Chicken Cubes   | 7.50 |
| Seasoned Minced Beef    | 7.00 |
| Premium Thick Cut Steak | 8.00 |
| Mixed Cheese            | 6.00 |

## Soft Tacos 2pcs

A warm soft almond flour tortilla filled sour cream,  
crisp shredded lettuce, cheddar cheese  
& tomatoes with your choice of

|                         |      |
|-------------------------|------|
| Grilled Chicken Cubes   | 6.50 |
| Seasoned Minced Beef    | 6.50 |
| Premium Thick Cut Steak | 7.00 |
| Sauteed Prawns          | 7.00 |
| Pulled Beef             | 7.00 |

## Hard Tacos 2pcs

A crunchy almond taco shell filled with sour cream,  
crisp shredded lettuce, cheddar cheese  
& tomatoes with your choice of

|                         |      |
|-------------------------|------|
| Grilled Chicken Cubes   | 6.50 |
| Seasoned Minced Beef    | 6.50 |
| Premium Thick Cut Steak | 7.00 |
| Sauteed Prawns          | 7.00 |

## Lettuce Tacos 2pcs

A crunchy butter lettuce filled with sour cream,  
cheddar cheese & tomatoes, red cabbage,  
green pepper, radish with your choice of

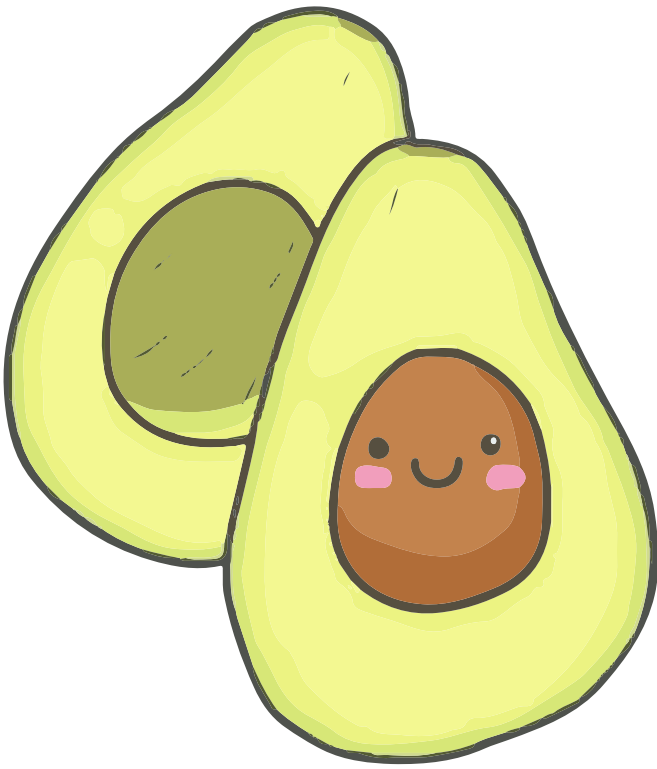
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|-------------------------|------|
| Sauteed Shrimp          | 7.00 |
| Grilled Chicken Cubes   | 5.50 |
| Premium Thick Cut Steak | 6.00 |

## Fajitas

Cooked with mix bell peppers & onions,  
guacamole, pico de gallo, sour cream,  
shredded lettuce, cheese, served with  
almond flour tortillas with your choice of

|                             |       |
|-----------------------------|-------|
| Beef Fillet                 | 13.00 |
| Grilled Chicken             | 11.00 |
| Sauteed Prawns              | 14.00 |
| Mixed Fajita Chicken & Beef | 12.00 |

I think my  
Soulmate  
might be  
avocado



## Main

|   |       |
|---|-------|
| Sizzling Angus Beef<br>Grilled thin slices of angus beef flank steak with soy sauce,<br>garlic, sesame oil, pepper, grilled scallions served with wild rice | 15.00 |
| US CAB Fillet Mignon on Lava Stone<br>Grilled fillet served with sauteed vegetables<br>with your choice of sauce  | 29.00 |
| Avocado Grilled Salmon Fillet<br>Topped with avocado salsa and served with<br>roasted vegetables  | 12.00 |
| Steamed Mussels<br>Steamed mussels, onions, fresh cream, funnel<br>served with baguette keto bread  | 18.00 |
| Grilled Chicken<br>Served with your choice of sauce   | 9.00  |

## Dessert?

No, thanks I'm sweet enough!