



ANCIENT SANDS

GOLF RESORT & RESIDENCES

EL GOUNA

ROOM SERVICE MENU



BREAKFAST

(Our Breakfast's is Available from 6:00 Am till 12:00 Pm)

Ancient Sands Breakfast 600 EGP

Fresh Baked Bread Basket / Croissants / Danish / Butter / Jam / Honey / Fruit Salad / Yoghurt
Two Eggs cooked any style / Grilled Tomatoes / Beef & Chicken Sausages / Selection of Cheeses
Smoked Salmon with Green Leaves & Cucumbers.

Continental Breakfast 400EGP

Fresh Baked Bread Basket / Croissants / Danish / Butter / Jam / Honey / Fruit Salad / Yogurt.
Two Eggs cooked any style / Selection of Cheeses & Cold Cuts / Tomatoes / Cucumbers / Olives

Oriental Breakfast 350 EGP

Fresh Baked Bread Basket with Homemade Oriental Bread / Butter / Fruit Salad
Foul / Falafel / Fried Vegetables / White Cheese Slices / Tomatoes / Cucumbers / Pickles
Two Eggs cooked any style.

All Breakfasts are served with Fresh Orange Juice and Tea or Coffee

BREAKFAST A LA CARTE

Fresh Baked Basket of Danish / Croissants / English Cake / Honey 200 EGP

Beef or Chicken Sausages with Vegetables 170 EGP

Two Eggs cooked any style 130 EGP

Mixed Cheese Platter 340 EGP

Yoghurt (Plain or Fruit) 60 EGP



SALADS

(Our Salads is Available from 12:00 Pm till 6:00 Am)

Caesar Salad

Crispy Iceberg Lettuce Salad served with Caesar Dressing / Garlic Croutons / Parmesan Cheese

Plain 340 EGP

Chicken 390 EGP

Greek Salad 260 EGP

Assortment of Vegetables / Tomatoes / Cucumbers / Green Bell Pepper / Onions / Black Olives / Feta Cheese / Herb Dressing

Caprese Salad 280 EGP

Tomatoes Slices / Mozzarella Cheese / Olive Oil / Balsamic and Pesto Sauce

Avocado Salad with Smoked Salmon 525 EGP

Avocado with Pineapple / Lettuce / Smoked Salmon / Cheese Ball / Lemon Dressing

All Salads are served with Fresh Baked Bread Basket / Butter

SANDWICHES

(Our Sandwiches is Available from 12:00 Pm till 6:00 Am)

Cheese Beef Burger 400 EGP

Beef Burger with Cheese / Tomatoes / Lettuce / Mayonnaise / Bun Bread / Coleslaw.

Chicken Sandwich 340 EGP

Breaded Chicken Breast with Cheese / Tomatoes / Lettuce / Mayonnaise / Baguette Bread

Grilled Vegetables Sandwich 250 EGP

Seasonal Grilled Vegetables with Goat Cheese / Lettuce / Mayonnaise / Ciabatta Bread

Cheese Sandwich 275 EGP

Gouda Cheese with Tomatoes Slices / Lettuce / Mayonnaise / Baguette Bread

Smoked Salmon Sandwich 510 EGP

Smoked Salmon with Lettuce / Onion / Caviar / Crispy Brown Loaf

All Sandwiches are served with Salad Bouquet / French Fries

All prices are in Egyptian Pounds. Taxes and service charge are included



PIZZA

(Our Pizza is Available from 1:00 Pm till 9:00 Pm)

Pizza Margherita 260 EGP

Tomato Sauce / Oregano / Mozzarella Cheese

Pizza Di Polo 350 EGP

Chicken / Mushrooms / Tomato Sauce / Oregano / Mozzarella Cheese

Pizza Quattro Stagioni 320 EGP

A season of Fresh Vegetables / Tomato Sauce / Oregano / Mozzarella Cheese

Pizza Salami 350 EGP

Salami / Olives / Tomato Sauce / Oregano / Mozzarella Cheese

Pizza Frutti di Mare 455 EGP

Shrimps / Calamari / Fish / Salmon / Tomato Sauce / Oregano / Mozzarella Cheese

PASTA

(Our Pasta is Available from 12:00 Pm till 6:00 Am)

Spaghetti or Penne with your Choice of Sauce

Napolitano 240 EGP

Tomato Sauce / Olives

Alfredo 380 EGP

Fresh Cream / Onion / Mushrooms / Chicken

Sea Food 460 EGP

Shrimps / Calamari / Fish / Salmon with choice of Sauces (Tomato or Cream Sauce)

All Pasta Dishes are served with Grated Parmesan Cheese



MAIN COURSES

(Our Main Dishes is Available from 12:00 Pm till 6:00 Am)

Grilled Beef Tenderloin 600 EGP

Beef Tenderloin / Mashed Potatoes / Seasonal Sautéed Vegetables / Pepper Sauce

Grilled Salmon Filet 580 EGP

Salmon Filet / White Rice / Seasonal Sautéed Vegetables / Lemon Butter Sauce

Grilled Chicken 375 EGP

Chicken Breast / Mashed Potatoes / Seasonal Sautéed Vegetables / Mushroom Sauce

Grilled Shrimps 540 EGP

Shrimps / White Rice / Seasonal Sautéed Vegetables / Lemon Butter Sauce

Fresh Fish Filet 500 EGP

Grilled Fresh Fish Filet / White Rice / Seasonal Sautéed Vegetables / Lemon Butter Sauce

DESSERTS

(Our Desserts is Available from 12:00 Pm till 6:00 Am)

Fruit Platter 180 EGP

Oriental Pastry 180 EGP

Cheese Cake 200 EGP



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BEVERAGE MENU

SOFT DRINKS

Pepsi / Pepsi Light / Seven Up/ Mirinda / EGP 80
Soda / Tonic Water / EGP 80
Mineral Water Small 600 ml / EGP 50
Mineral Water Large 1.5 lit / EGP 80
Puvana Mineral Water 1 Liter / EGP 180
Puvana Mineral Water 500 ml / EGP 100

CANNED JUICES

(Orange / Mango / Pineapple / Apple / Guava) / EGP 80

FRESH JUICES

Fresh Orange Juice / EGP 130
Fresh Mango Juice / EGP 130
Fresh Strawberry Juice / EGP 130
Fresh Lemon Juice / EGP 130

ENERGY DRINKS

Red Bull / EGP 130

HOT BEVERAGES

Black & Flavored Tea (Camomile, Earl Grey, Green, Mint) / EGP 80
Nescafe / EGP 80
Hot Chocolate / EGP 80

BEERS

Stella Bottle 500 ml / EGP 200
Sakkara Gold 500 ml / EGP 200
Heineken Bottle 330 ml / EGP 200
Beer Desperados 330 ml / EGP 200

ID FLAVOURED

Gin Butler Lemon Mint 275 ml / EGP 200
Vodka Watermelon 275 ml / EGP 200



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WINES

WHITE WINE

NALA

Chardonnay and Sauvignon-Blanc. South Africa / 1600 EGP

Luscious aromas of fresh grapefruit, ripe pear and honey are complemented by an elegant palate with notes of vanilla, toasted oak and crisp minerality.

CAPE BAY

Chardonnay. South Africa / 1500 EGP

It has primary fruit characteristics leaning towards crisp apples, pears, and lemon. The mouth has a nice length and refreshing acidity with citrusy notes and pear coming through.

CHATEAU BYBLOS / 1300 EGP

Chardonnay and Sauvignon Blanc.

Lebanon. a rich and complex. Taste. The balanced acidity, the rich body and the creaminess acquired during fining give to the wine this uniqueness.

BAILA

Verdejo. Spain / 1600 EGP

An utterly brilliant Spanish Verdejo wine. It possesses an exquisite floral note combined with the refreshing sweetness of pear and honeycomb flavors. The palate is fresh, crisp and bright with some mineral complexity.

JARDIN DU NIL / 1200 EGP

Vermentino and Viognier. Egypt

Fresh and crisp with a very long finish. A blend of lime and pineapple. Slightly mineral with floral aromas.

BEAUSOLEIL / 1100 EGP

Bannati. Egypt

A unique Egyptian single grape variety Bannati, from upper Egypt. Golden lemon color, with aromas of honey and melon, long toasty finish of vanilla flavor.

SHAHRAZAD / 800 EGP

Chardonnay & Vermentino. Egypt

This cuvee is distinguished by a fragrant lime blossom with floral and orchard fruits gently seasoned with minerality. The finish is crisp, balanced and slightly sweet.



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WINES

ROSE WINE

BAILA

Tempanillo. Spain / 1600 EGP

An exquisite blend offering the perfect Balance between acidity & spicy fruity notes. A mid ruby hue color which guarantees a Savory finish suiting every occasion.

BEAUSOLEIL

Merlot. Egypt / 1100 EGP

A rhubarb-sapmon color. Nicely balanced and Crispy, aromas of cherries nd tangerine peel.

SHAHRAZADE

Grenache and Montepulciano. Egypt / 800 EGP

Zest and refreshing taste, distinguished with its plum sage notes and completed with honeyed peach. The finish is dry, tart and long lasting.

RED WINE

NALA

Pinotage and Shiraz. South Africa / 1600 EGP

This dark garnet gem delivers lively berry, pie notes, strawberry and raspberry afternotes. The pinotage shiraz blend gives a full mouthfeel that finishes with notes of vanilla and silky rich tannins.

CAPE BAY

Merlot / Syrah. South Africa / 1500 EGP

The nose shows red cherries and the palate is fruity with good depth and balanced acidity. Velvety, smooth texture with a long fine after taste.

CHATEAU BYBLOS

Syrah and Cabernet Sauvignon. Lebanese / 1300 EGP

A complex blend, containing aromas of black plum and cherries with hints of minty dark chocolate. Very generous on the palate with a strong presence of sweet oaky spices in every sip.

BAILA

Tempranillo. Spain / 1600 EGP

Full-bodied, Spicy and tart wine. The typicity of the Tempranillo produced in the Ribera Del Duero region is phenomenally preserved. The tannins are ripe, soft and in perfect harmony with a very mild acidity. A taste of dried fig and cedar.

JARDIN DU NIL

Cabernet-Sauvignon, Petit Verdot and Syrah. Egypt / 1200 EGP

Complete aroma of small, black ripe berries and iris flowers, smooth full-bodied with a dominant note of blueberry and liquorice.



WINES

BEAUSOLEIL

Cabernet-Sauvignon. Egypt / 1200 EGP

Dark red and full-bodied structured wine is the result of well ripened grapes adding special aromas of roasted nuts, baking spices, clove and vanilla.

SHAHRAZAD

Cabernet-Sauvignon and Merlot. Egypt / 800 EGP

This cuvee is distinguished by red berries aromas and spices, mingled with jammyripped fruits. Medium bodied palate, complemented by Silky Smooth tannins.

WHITE SPARKLING WINE

LE BARON SIGNATURE

Pinot Noir and Grenache / 2100 EGP

A distinctive Cuvée of "Blanc de Noirs" aged 36 months with fruity notes and honey. Rich, mature and complete taste, generously integrated with sharp acidity, velvety taste and evolved body.

LE BARON

Méthode Champenoise / Chardonnay. Egypt / 1700 EGP

Aged 12-18 months. The apricot – pear primary aroma is perfectly combined to a biscuity – creamy taste. The fine bubbles are the result of a proper aging in the cellar. This extra brut sparkling wine is lively with a remarkable zesty finish.

ARIA

Prosecco style / Vermentino & Superior / 1500 EGP

A bright pale yellow color and a crisp acidity with a touch of sweetness give this wine a completely different dimension. The aromatic profile is neat and fruit driven; pear, melon and green apple are mostly dominating the palate.

ROSE SPARKLING WINE

LE BARON

Chardonnay and Pinot Noir / 1700 EGP

Aged 12-18 months, a superb rose sparkling wine made according to champagne process. Refreshing and velvety smooth mouth, sensuously caressing fruit. Fairly sweet and easily consumed, mineral rich, crispy and surprisingly full bodied finish.

ARIA

Prosecco style / Carignan & Flame / 1500 EGP

This cuvee is distinguished by red berries aromas and spices, mingled with jammyripped fruits. Medium bodied palate, complemented by Silky Smooth tannins.