

JUNE

Beyond the Cliffs



شانغريلا بر الجصة، مسقط
SHANGRI-LA
BARR AL JISSAH
MUSCAT

YOUR DINING COLLECTION



BEER SPECIAL

Bucket of 4 beers
OMR 15 net only (cans or 330ml bottles)

Samba | Daily
Assira | Daily
Surf Café | From 10 June

Alcohol service starts from 2pm on Friday



Middle Eastern & International

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

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

Buffet Dinner
Journey Across the Globe
Daily | 6:30pm - 10:30pm
OMR 26 net per person

Eid Al Adha Brunch
Street food-themed brunch with kid's activities and entertainment
6 & 7 June | 1pm - 4pm
OMR 30 net per person

Open from 3 June at lunchtime until 9 June
Closed from 10 June and reopens on 26 June at lunchtime
Al Tanoor is located in Al Bandar



Exclusive beach lounge with snacks and drinks. Enjoy chilled towels, fresh fruits skewers and energizing healthy shots on us. 10am - Midnight

Minimum spend of OMR 10 as dining credit

Shisha is available from 5pm onwards

Open on Fridays and Saturdays only
SiO2 is located at Al Bandar



A la Carte
Daily, except every Sunday & Wednesday
6:30pm - 10:30pm

Fisherman's Catch
Handpick your fresh catch for your evening's dinner
Monday, Thursday & Saturday*
Al Bandar beach | Between 3pm & 4pm
*Dates and time may vary



BAB's Brunch
A relaxed, flavour-packed brunch awaits. Begin with the chef's amuse-bouche, followed by a shared spread of oysters, sashimi, poached seafood and more.

Then, take your pick from the grill - lobster, fresh fish and premium meat cuts - served to your table with perfectly paired sides and sauces.

Every Saturday | 1pm to 4pm
Pair your brunch with one of our unlimited beverage options:

OMR 30 net per person, including soft beverages

OMR 40 net per person, including free flow of selected alcoholic beverages

OMR 45 net per person, including free flow of sparkling wine

Champagne toast:
Buy 1 bottle, Get 1 on us
Buy 3 glasses, Get 2 extra glasses on us

Closed on Sunday & Wednesday
Bait Al Bahr is located in Al Waha



Poolside Restaurant & Bar

Light Snacks & Beverages
10:30am - 7pm
*Food menu is available from noon to 6pm

Happy Hour
Buy 1 Get 1 Free on selected beverages
5pm - 7pm

Open on Fridays and Saturdays only
Circles is located in Al Bandar



Poolside Restaurant & Bar

A la Carte*
Sunday to Thursday | 10:30am - 7pm
*Food menu available from noon to 6:30pm

Friday & Saturday | 10:30am - 9pm
*Food menu available from noon to 8:30pm

Happy Hour
Buy 1 Get 1 Free on selected beverages
5pm - 7pm

Assira is located in Al Waha



Dinner A la Carte
Daily | 6pm - 11pm

Closed on Monday & Thursday
Chow Mee is located in Al Bandar



International Cuisine

Buffet Breakfast
Daily | 7am - 10:30am

Buffet Dinner
International Buffet
Saturday to Thursday
6:30pm - 10:30pm
OMR 24 net per person

The Asado Barbecue
Every Friday | 6:30pm - 10:30pm
OMR 29 net per person

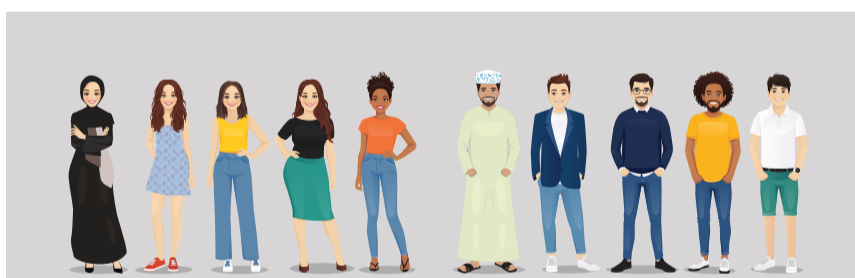
Samba is located in Al Waha



Pop up Drinks Lounge

Daily | Crafted beverages | 7pm - midnight

Open until 2 June
Closed from 3 June and reopens on 10 June until 25 June
Welcomes guests aged 16 years and above
Located in front of Sultanah in Al Husn hotel



DRESS CODE AT OUR DINING VENUES & BARS

- The National dress with Kumma is permitted in our dining facilities except Piano Lounge.
 - 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, Mahhara & 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.



Mediterranean Cuisine

Dinner | A la Carte | 7:30pm - 10:30pm

Exclusive for guests above 16 years old

Sultanah is located at Shangri-La Al Husn, open at dinner time only.

ESSENTIAL DINING INFORMATION

- Food menu is only available from noon to 6pm at Circles and Assira
- In-Room dining is 24/7. Scan the QR code placed in your room, or dial 6522 (Al Bandar) & 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 venue, dial 6565.
- First come, first serve basis at Samba.
- Reservations are also open for guests staying at Al Bandar and Al Waha at Sultanah (above 16 years old only).

SCAN US



WHATSAPP

Receive updates on the resort happenings and enjoy our 24/7 guest service. Save the number +968 97673607 and send your name via WhatsApp along with your stay dates or scan this code to talk to us.

SHANGRI-LA CIRCLE

Join Shangri-La Circle, our loyalty programme to enjoy member benefits, exclusive member rates and offers. Pay less and redeem your points in our restaurants & hotels.



SHUTTLE COACH SERVICE

Discover Muscat city avenues through our complimentary shuttle coach service available throughout the week on selected days to th Mall of Oman, Oman Avenue Mall, Bait Al Zubair Museum and the famous Muttrah Souk. For more information on the coach schedule, please call us on 6666.

@shangrilabarraljissahresort #ShangriLaBarrAlJissah #MyShangriLa #FindYourShangriLa

RECREATIONS & WATER SPORTS ACTIVITIES FOR GUESTS ABOVE 12 YEARS OLD

The Health Club is located in Al Bandar hotel (For more information dial 6825)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10am-10:30am	Kayak* (Al Waha beach)	Stand Up Paddle* (Al Waha beach)	Kayak* (Al Waha beach)	Stand Up Paddle* (Al Waha beach)	Kayak* (Al Waha beach)	Stand Up Paddle* (Al Waha beach)	Kayak* (Al Waha beach)
10:30am-11:30am	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)
10:45am-11:15am	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)
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-5pm	Beach Volleyball (Al Waha Beach)	Bocce Ball (Al Waha Beach)	Football Game (Al Waha Dhow Area)	Bocce Ball (Al Waha Beach)	Beach Volleyball (Al Waha Beach)	Bocce Ball (Al Waha Beach)	Football Game (Al Waha Dhow Area)
4pm-6:30pm	Camel Ride* (Al Waha Beach)	Horse Ride* (Al Waha Beach)	Camel Ride* (Al Waha Beach)	Horse Ride* (Al Waha Beach)	Camel Ride* (Al Waha Beach)	Horse Ride* (Al Waha Beach)	Camel Ride* (Al Waha Beach)

FITNESS SESSIONS FOR GUESTS ABOVE 18 YEARS OLD

The Health Club is located in Al Bandar hotel (For more information dial 6825)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11am-12pm	Aqua Cycling (Al Waha Main Pool)	Aqua Aerobics (Al Waha Main Pool)	Aqua Cycling (Al Waha Main Pool)	Aqua Aerobics (Al Waha Main Pool)	Aqua Cycling (Al Waha Main Pool)	Aqua Aerobics (Al Waha Main Pool)	Aqua Cycling (Al Waha Main Pool)
12:30pm-1:15pm	Core Crush (Health Club)	TRX Class (Health Club)	Circuit Fit (Health Club)	Core Crush (Health Club)	Circuit Fit (Health Club)	Stride & Strength (Health Club)	HITT Class (Health Club)
3pm-3:45pm	Tabata Blast (Health Club)	Core Crush (Health Club)	Spinning Bike Class (Health Club)	TRX Class (Health Club)	Circuit Fit (Health Club)	HITT Class (Health Club)	Stretch & Flex (Health Club)
5:30pm-6:20pm	Circuit Fit (Health Club)	HITT Class (Health Club)	Stretch & Flex (Health Club)	Tabata Class (Health Club)	Stride & Strength (Health Club)	Spinning Bike Class (Health Club)	TRX Class (Health Club)

Meeting point for activities

- Guided snorkelling: Al Waha beach towel counter, at 11:20am to prepare (subject to weather conditions)
 - Aqua Cycling and Aqua Aerobics: Al Waha swimming pool
 - Activities marked with * are subject to charges | Pre-booking is required for all group fitness classes
 - Guided Snorkeling: OMR 3 net per person | Kayak & Stand Up Paddle: OMR 5 net per person
- Swimming lessons: OMR 10 net per person | Camel Ride: OMR 5 net per person | Horse Ride: OMR 4 net per person
 - Health Club is open from 6am to 9pm
 - Swimming pools: Al Bandar and Al Waha open from 7am to 7pm | Lazy River open from 9am to sunset
 - Extra Divers Qantab at Barr Al Jissah Marina opens daily from 8am to 9pm
 - Sidab watersports, located on the beach opens daily from 9am to 5:30pm

FUN-FILLED ACTIVITIES FOR KIDS 4-7 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-11am	Playdoh & Lego	Mask Creation	Color & Puzzle	Jelly Fish Craft	Mask Creation	Bookmark Making	Puppet Making
11:15am-12:15pm	Board Games	Drawing & Painting	Board Games	Drawing & Painting	Board Games	Drawing & Painting	Board Games
12:15pm – 2pm	Bracelet Craft	Finger Puppet Making	Bracelet Craft	Bookmark Making	Finger Puppet Making	Bracelet Craft	Bookmark Making
2pm-3pm	Pottery Painting*	Hair Braiding	Tye-Dye T-Shirt*	Henna Design*	Pottery Painting*	Scientific Experiments	Henna Design*
4pm-5pm	Bubble Fun	Hand Craft	Giant Chess	Face Painting	Seashells Painting	Hand Craft	Kite Flying
6.30pm – 7pm	Seashells Painting	Recyle Craft	Nail Art Design	Seashells Painting	Musical Chair	Recyle Craft	Nail Art Design
7pm – 9pm	Movie Night	Movie Night	Movie Night	Movie Night	Movie Night	Movie Night	Movie Night

Meeting point for kids & teens activities

- The Cool Zone, is located at Al Waha hotel and opens from 9am to 9pm
 - 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 doing disturbing activities or behaving in an undisciplined manner
- Activities marked with * are subject to charges
 - Henna design* for children from 12 years and above: OMR 5 per child | Below 12 years: OMR 1 per child
 - Pottery painting: OMR 3 per child | Tie-Dye T-Shirt: OMR 3 per child
 - Babysitting facilities are available on request, with 8-hour advanced reservations, through Housekeeping (dial 6771)
 - Kids Club welcomes kids from 4 to 7 years old

SCUBA DIVING LESSONS FOR KIDS



Get ready for an unforgettable underwater experience with our experienced SSI instructors from Extra Divers, perfect for kids aged 8 and up!

Try Dive Pool | Al Waha Pool | Introductory level
Dive into fun with our introductory Scuba diving lessons at our pool.
Every Thursday | 2:30pm – 4pm | OMR 5 net per child
Duration: 15 Minutes per session
Includes rental equipment

Try Dive Lagoon | Shangri-La Marina Intermediate level
Explore the lagoon and discover the wonders of the sea.
Every Friday | 2pm – 4pm | OMR 29 net per child
Duration : 1 hour per session
Includes rental equipment, snacks & soft drinks

Prior reservation is required. Parental approval is mandatory.

OUR SPA



SCAN TO BOOK YOUR TREATMENT

CHI, THE SPA
A rejuvenating 45-minute hammam ritual, followed by a soothing 30-minute back and shoulder massage — the perfect escape to refresh your body and mind
75 mins | OMR 45 net per person

Chi, The Spa is located at Al Bandar. Opens daily from 11am to 9pm. Reservations are required, dial 6828.



SCAN TO BOOK YOUR TREATMENT

LUBAN SPA
A 30-minute rose infused body scrub followed by a 60-minute tension release massage using warm frankincense oil that calms and restores your muscles and skin
90 mins | OMR 85 net per person

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

BEACH MASSAGE THERAPY



Venue: Al Bandar Beach

CULTURE TOURS

Discover the secrets of frankincense, Omani culture and heritage, and our classic car collection with Khalid, the world's only Frankincense Sommelier.

- Culture and Heritage Tour: 10:30am - 12pm
- Classic Car Museum Tour: 2pm - 3pm
- Frankincense Tour: 4:30pm - 5:30pm

Meeting point: Al Bandar lobby until 9 June & from 26 to 30 June | Al Waha lobby from 10 to 25 June

Available daily, except Sundays & Mondays & Saturday 28 June

All tours are complimentary. Please be at the meeting point 5 minutes prior to the tour start time.