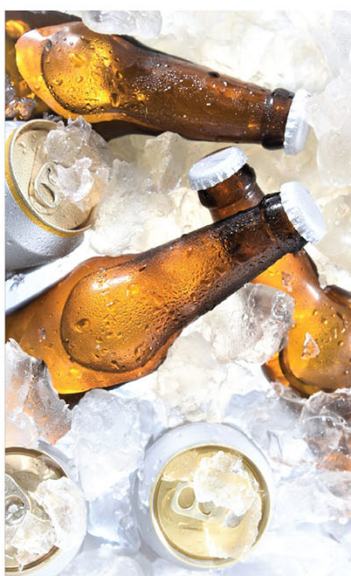


JULY

# Beyond the Cliffs

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

## YOUR DINING COLLECTION



### BEER SPECIAL

Buy 2 Get 1 Free for OMR 10 net

- Samba | Daily
- Assira | Daily
- Surf Café | Daily
- Capri Court (Relocated to Bait al Bahr)  
Daily, except Sunday & Wednesday
- Chow Mee  
Daily, except Tuesday & Saturday



#### International Cuisine

Buffet Breakfast  
Daily | 7am - 10:30am

Buffet Dinner  
International Buffet  
Saturday to Tuesday & Thursday  
6:30pm - 10:30pm  
OMR 25 net per person

Taste of Italy  
Every Wednesday | 6:30 - 10:30pm  
OMR 25 net per person

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

Shisha Lounge  
Daily | 4pm - 12am

Samba is located in Al Waha



#### Surf Café

A La Carte & Crafted Beverages  
Noon - 7pm

\*Food menu is available from noon to 6:30pm

Happy Hour  
Buy 1 Get 1 Free on selected beverages  
6pm - 7pm

Surf Café is located in Al Waha



#### Poolside Restaurant & Bar

A la Carte\*  
Saturday to Wednesday | 10:30am - 7pm  
\*Food menu available from noon to 6:30pm

Thursday & Friday | 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



#### Italian Cuisine

Relocated to Bait al Bahr

Dinner A la Carte  
Daily | 6:30pm - 11pm

Happy Hour  
Buy 1 Get 1 Free on selected beverages  
6pm - 7pm

Capri Court menu is served in Bait al Bahr  
Closed on Sunday & Wednesday



Dinner A la Carte  
Daily | 6pm - 10:30pm

Happy Hour  
Buy 1 Get 1 Free on selected beverages  
9pm - 10pm

Chow Mee is located in Al Bandar  
Closed on Monday, Tuesday & Saturday



### 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, 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.



### EXCEPTIONAL DINING, EXCLUSIVE REWARDS 40% OFF YOUR DINING BILL

Sign up as a Shangri-La Circle member in one of our restaurants, and enjoy 40% discount on your dining bill.

More information: Dial 6565

### 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 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 dialling 6565

No reservations are required for Samba: First come, first serve basis

### WHATSAPP



#### SCAN US

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.

### 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

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)
4:30pm-6pm	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  
For more information, please dial Health Club at 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)
1:30pm-2:15pm	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	Stride & Strength (Health Club)	Spinning Bike Class (Health Club)	TRX Class (Health Club)	Spinning Bike Class (Health Club)	Strength Kettlebell (Health Club)	Stretch & Flex (Health Club)	Spinning Bike 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 for guests 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	Bookmark Making	Mask Creation	Finger Puppet Making	Jelly Fish Craft	Mask Creation	Design your Bookmark	Finger Puppet Making
11:15am-12:15pm	Minions Craft	Rainbow Craft	Board Games	Art Mosaics	Turtle Craft	Drawing & Painting	Board Games
12:15am-2pm	Bracelet Making	Finger Puppet Making	Nature Craft	Bookmark Making	Minions Craft	Bracelet Making	Bookmark Making
2pm-3pm	Pottery Painting*	Hair Braiding	Tie-Dye T-shirt*	Henna Design*	Pottery Painting*	Scientific Experiments	Henna Design*
4pm-5pm	Kite Flying	Hand Craft	Giant Chess	Arabic Craft	Seashells Collection	Face Painting	Kite Flying
6:30pm-7pm	Pottery Painting*	Recycle Craft	Nail Art	Pottery Painting*	Jelly Fish Craft	Popcorn Craft	Pottery Painting*
7pm-9pm	Movie Night	Movie Night	Movie Night	Movie Night	Movie Night	Movie Night	Movie Night

Meeting point for kids 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.



### LADIES WELLNESS DAY

Get 40% off on all spa treatments  
Every Monday



### GENTLEMEN RELAXATION DAY

Get 40% off on all spa treatments  
Every Wednesday

Chi, The Spa opens daily from 11am to 9pm  
Reservations are required.  
Dial 6828