

# OUR JOURNEY

The goose has been a symbol of my journey, from a humble underground supper club to opening the doors of my first restaurant.

When I started Girl & the Goose, I needed a name that carried meaning. The goose is the representation of everything I poured into my craft. It is known for its long migratory journeys, something I could deeply relate to after traveling over 14,000 kilometers from Nicaragua to Dubai, chasing a dream. It is also a symbol of discipline and perseverance, qualities that shaped every dish I perfected along the way.

There was something else about the goose that captivated me. In Ancient Egypt, it was believed to lay a golden egg each morning, from which the sun would hatch. This idea of renewal, of hope, of something magical coming to life each day, stayed with me.

This supper club was built with love, resilience, and a deep respect for the stories that food can tell. Five years later, the journey continues as Girl & the Goose evolves into something even greater - a restaurant where this story can live on. The logo has changed over time, just as the journey has.

Below is the original logo that started it all, a piece of history. And next to it, the new identity that carries this story forward.



**GIRL & the GOOSE**  
RESTAURANTE CENTROAMERICANO

Our story began as a humble underground dining experience in 2019. The concept has now evolved to a full restaurant, but our mission remains the same: *to reimagine Central American cuisine and put it on the culinary map in Dubai.*

Central American gastronomy is a fusion between two cultures – the indigenous traditions of Mesoamerica & Spanish influences. It showcases ingredients like corn, beans, squash, cacao, and avocados - foods that originated in the region and shaped global gastronomy.

Our concept is a *modern take on heritage*, we take traditional Central American recipes and pair them with inspirations from Chef Gabriela's travel throughout the world.

¡Buen provecho!

WE ARE  
CENTRAL AMERICAN



¡BIENVENIDOS!

DE LA GRANJA  
MAIN DISHES FROM THE FARM

**FILETE Y TAJADAS DE GIGI  
GIGI'S STEAK & FRITES**

139

180g tenderloin cooked to your perfection served with Gigi's signature sauce on top. Served with mild ancho chili fries on the side. (D, G, N) *Upsize to 280g + 38 AED*

**POLLO ASADO  
ACHIOTE GRILLED CHICKEN**

127

Free-range achiote marinated chicken breast served with a burnt cauliflower purée, gremolata & chicken jus. (D, G, N)

**PATO CONFITADO EN SALSA  
DE CAFÉ Y NARANJA  
COFFEE & ORANGE  
DUCK CONFIT**

151

Tender duck confit served with a velvety squash purée and a captivating orange & coffee reduction. Topped with crunchy cacao nibs & chanterelle mushrooms. (D, N)

**BANDEJA DE LOMO DE RES  
NICARAGUAN STEAK PLATTER**

247

*Good for Two:* 400g of striploin meat, served with a freshly made chimichurri sauce, a side of sweet plantains and gallo pinto (rice & beans). (G)

**PAPPARDELLE CON PATO  
DUCK PAPPARDELLE PASTA**

119

A comforting pasta served in a mild gorgonzola sauce, topped with caramelized onions, housemade pickled cucumbers & crispy duck confit. (D, G) *Vegetarian upon request.*

**COSTILLA ASADA CON  
MILHOJAS DE PAPA  
RIB EYE STEAK & PAVÉ  
POTATO FRIES**

249

Grilled ribeye, served with potato fries on the side. Choose your sauce: Porcini & Coffee or Chimichurri. (D, G)



**COSTILLAS DE RES  
SHORT RIBS CLAY POT**

Slow-cooked short ribs in our Mesoamerican Pinol sauce, served in a clay pot along with refried beans purée. Make your own wrap with pickled onions & fresh salsa. (contains alcohol) (G, N)

157

PA'LLENARSE

SIDES TO COMPLEMENT YOUR MEAL

HOJAS FRESCAS  
**FRESH GREEN SALAD**  
25

PAN DE QUESO  
**CHEESE BUNS (D)**  
25

GALLO PINTO  
**RICE & BEANS (G)**  
25

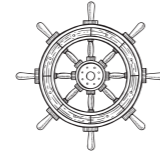
MADUROS FRITOS  
**FRIED SWEET  
PLANTAINS**  
25

MILHOJAS DE PAPA  
**PAVÉ POTATO  
FRIES (D)**  
33

PAPAS SALTEADAS  
CON ANCHO CHILE  
**ANCHO FRIES (D)**  
25

# DEL MAR

## MAIN DISHES FROM THE SEA



### **🍴 CAMARONES EN PIMIENTO DULCE** **GRILLED SWEET CHILI PRAWNS**

Two perfectly marinated & grilled jumbo prawns, served in a creamy sauce with flavourful morsels of corn masa, topped with leeks, beef bacon, tomato confit, and golden gooseberries. (D, G, N, Sh)

137

### **LUBINA CON ACHIOTE Y MISO** **ACHIOTE MISO SEABASS**

Whole grilled seabass topped with peanuts, crispy garlic, and shallots. Served with potato confit, salicornia & fresh salsa verde on the side. (N)

147

### **PULPO A LA PARRILLA** **GRILLED OCTOPUS**

Tender grilled octopus paired with sliced potato confit, charred mandarins alongside a chimichurri, guava Pinol sauce & pea purée. Topped with yuzu pearls. (G, N, Sh)

*Vegetarian upon request. 87 AED*

129

### **PESCADO OMANÍ EN SALSA MESOAMERICANA** **OMANI COASTAL FISH IN A MESOAMERICAN SAUCE**

Omani reef cod served with a sweet corn espuma foam, asparagus & Mesoamerican Pinol sauce. (D, G)

137

### **🍴 ÑOQUIS EN SALSA DE LANGOSTA** **LOBSTER BISQUE YUCA GNOCCHI**

Our delicate gnocchi are handcrafted from creamy yuca root, served with a rich lobster bisque, black truffle & topped with a dash raw cured lobster tartare. (D, G, Sh)

149

# ANTOJITOS

## STARTERS



### **🍴 A DISH TO DISCOVER**

### **🍴 ENSALADA DE TOMATES** **HERITAGE HEIRLOOM** **TOMATO SALAD**

A blend of heirloom tomatoes, Thai basil, candied walnuts & a rich parmesan foam. (D, G, N, V)

63

### **EL GUACAMOLE DE GIGI** **GIGI'S GUACAMOLE**

Inspired from our supper club; served with caramelized onions, ponzu cream, shiso leaves & crispy plantains. (D, G, N, V)

79

### **PUPUSA SALVADOREÑA** **EL SALVADOR'S** **NATIONAL DISH**

A thick, handmade corn masa cake griddled until golden, filled with melted cheese & chorizo. Topped with a crisp julienned slaw and served with salsa verde & sour cream on the side. (D)

63

### **🍴 RELLENITOS DE POLLO** **CHICKEN DUMPLINGS**

Hand-rolled dumplings filled with achiote spiced marinated chicken & garnished with caramelized onions, chimichurri & morita chili oil. (D, G)

69

### **🍴 MADUROS EN GLORIA** **FRIED SWEET PLANTAIN** **IN HEAVEN**

Lightly fried sweet plantain with furikake, nuts & tomette cheese. (D, N, V)

51

### **GÜIRILA CON HUEVO** **Y CHORIZO** **CHORIZO SWEET CORN** **PANCAKE**

Nicaraguan-style crepe topped with finely chopped beef chorizo, crispy potatoes, melted queso, pickled onions & a sunny-side-up quail egg. (D)

83

### **NOPAL ASADO** **MAYAN GRILLED** **CACTUS STEAK**

Grilled cactus served with glazed tenderloin strips of steak & caramelized onions, topped with fresh herbs & cherry tomato confit. (D, N)

97

### **ELOTES LOCO** **WILD CORN SALAD**

Street food-style grilled corn alongside cilantro, shiso, mint leaf, pecans & chayote, topped with beef bacon & crumbled feta. (D, N)  
*Vegetarian upon request.*

73

### **ANAFRE** **MELTED CHEESE SKILLET**

A blend of Central American cheeses served in a skillet above a burning flame. Your choice of mushrooms, homemade chorizo or both! Served with pico de gallo, refried beans & fresh tortillas on the side. (D, V)

99

### **NACATAMAL DE POLLO** **CHICKEN NACATAMAL**

Masa corn dough filled with chicken, rice, olives & dates, wrapped in banana leaves and slow-cooked. Served with Mesoamerican Pinol sauce & pumpkin seeds. (G, N)  
*Vegetarian upon request.*

61

### **COLIFLOR ASADA** **FIRE-GRILLED CAULIFLOWER**

Grilled & elevated with a velvety cashew purée, vibrant drizzles of lemongrass confit & chimichurri. (N, V)

57

### **🍴 FLAUTAS DE PATO** **DUCK CONFIT FLAUTAS**

Two delicately rolled crispy tortillas filled with shredded duck confit & smoky salsa negra. Topped with a mix of chayote, green apple, carrot & queso fresco. (D, G)

85

#### ALLERGENS

(N) NUTS (G) GLUTEN (Sh) SHELLFISH (D) DAIRY (V) VEGETARIAN

Before placing your order, please inform your server if a person in your party has a food allergy. Our dishes may contain traces of nuts, dairy, and gluten.

All prices are in AED & inclusive of 7% Municipality fee & 5% VAT. Dubai Municipality advises that:

"Consumption of raw or undercooked animal, seafood or poultry products may increase your risk of food-borne illnesses."

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# CEVICHE

## OUR TAKE ON THIS CLASSIC DISH (RAW)

SANDIA

### WATERMELON CEVICHE

Sweet & tender compressed watermelon paired with a spicy mango gel in a zesty aji blanco sauce & topped with crispy tapioca. (V) 69

LUBINA AGUACHILE

### SEABASS AGUACHILE

Featuring a delicate seabass in our inspired cucumber aguachile, enhanced with dried black olives & orange zest, accompanied with a refreshing jalapeño sorbet. (contains alcohol) 87

 VIEIRA CREMOSA

### HOKKAIDO SCALLOP BUTTERMILK

Fresh scallops in a zesty coconut buttermilk sauce. Complemented by charred mandarin, tarragon oil & a pop of salmon roe. 97

PARGO ROJO CALALA

### RED SNAPPER PASSION FRUIT

Tantalizing red snapper marinated in passion fruit, paired with serrano chilis for a subtle kick. Served with creamy charred avocado, red onions & fresh mango. (G) 87

 PEZ REY A LA GUATEMALA

### COCONUT LYCHEE KINGFISH

Guatemalan-style ceviche with fresh local kingfish, served in an aromatic green coconut pipian sauce with a zesty touch of kaffir lime. Topped with a refreshing homemade lychee sorbet, creating a sweet & cool finale. 87

## PASTELITOS NICARAGUAN EMPANADAS



THREE SERVINGS PER ORDER

As kids, we eagerly awaited street vendors ringing their bells, shouting '¡Pastelito de Pollo!' These crispy, flaky pastries were always baked, never fried and shaped like a full moon. (D, G)

### MUSHROOM & TRUFFLE

with truffle sauce. (V) 59

### TOMATO & PROVOLONE

with Gigi's chimichurri. (V) 49

### GOAT CHEESE & CARAMELIZED ONIONS

with Gigi's chimichurri. (V) 57

### SWEET CORN & LEMONGRASS

with Gigi's pico. (V) 49

### CHICKEN & JALAPEÑO

with Gigi's pico. 49

### BEEF CHEEK & EGG

with beef cheek jus.  
(contains alcohol) 61

ORDER A BOX OF PASTELITOS TO GO!

PLEASE ASK YOUR SERVER.

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## CHALUPAS CRISPY TOSTADAS

Two servings per order



### FRIJOLES REFritos

### REFRIED BEANS

Honduran-style slow cooked refried beans, miso glazed squash and queso fresco. Topped with fresh pico de gallo & served with salsa verde on the side. (D, V) 53

 TARTAR DE TERNERA

### STEAK TARTARE

Hand-cut top-grade raw steak marinated in our signature Centroamericano sauce, topped with a chilled cucumber & wasabi sorbet. (D, G) 69

### TARTAR DE ATÚN

### TUNA TARTARE

Spanish Tuna Akami, freshly cut and marinated in ponzu, served with pickled red onions, crispy leeks, and fresh avocado. (raw) (G) 79

## GALLITOS COSTA RICAN TACOS

Two servings per order



 FALDA DE TERNERA ASADA

### GRILLED BEEF SKIRT

Grilled strips of tender steak topped with caramelized onions, chimichurri, Gochujang chili mayo & roquette cress. 75

### MEJILLAS DE TERNERA

### BEEF CHEEK

Tender pulled beef cheek marinated in our Mesoamerican Pinol sauce, pickled onions & Thai basil cream. (D, G) (contains alcohol) 79

(If you would like to swap corn tortillas with flour tortillas, please let your server know)

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