

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



STARTERS

ANTOJITOS

CHEF RECOMMENDATION

COLD

GIGI'S GUACAMOLE 87
The house special, served with ponzu cream, shiso leaves, caramelized onions & crispy plantains. (D, G, N, V)

HEIRLOOM TOMATO SALAD 73
With candied walnuts & a rich Parmesan foam. (D, G, N, V)

WILD CORN SALAD 87
Topped with beef bacon bits & crumbled feta. (D, N)
Vegetarian upon request

CEVICHE
(raw)

HOKKAIDO SCALLOP 115
Paired with golden kiwi in a sea buckthorn citrus sauce, cacao nibs & serrano.

RED SNAPPER PASSION FRUIT 99
With charred avocado & fresh mango. (G)

HAMACHI AGUACHILE 99
Cucumber aguachile sauce, black dehydrated olives & jalapeño sorbet. (contains alcohol)

GUATEMALAN LYCHEE SEABASS 103
Green coconut pipian sauce, kaffir lime & lychee sorbet.

WATERMELON CEVICHE 75
Mildly spicy mango gel, aji blanco sauce & sesame cracker.

HOT

ACHIOTE CHICKEN DUMPLINGS 83
Garnished with caramelized onions, chimichurri & morita chili oil. (G)

CHIPOTLE CABBAGE 73
Grilled cabbage with smoked yoghurt, topped with roasted garlic cloves, pine nuts & sumac. (D, N, V)

FIRE-GRILLED CAULIFLOWER 69
With a cashew purée, lemongrass confit & chimichurri. (N, V)

SWEET PLANTAIN IN HEAVEN 69
Deliciously Latin, cinnamon baked topped with furikake & tomette cheese. (D, N, V)

CHEESE BUNS 45
Warm and freshly baked little buns served with a side of chimichurri. (D)



NICARAGUAN EMPANADAS

Three servings per order (D, G)

Goat Cheese & Caramelized Onions	63
Chicken & Jalapeño	59
Beef Cheek & Egg (contains alcohol)	69
Tomato & Provolone	55

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."

WEEKLY RITUALS

DAILY

WEEKDAY BUSINESS LUNCH

12PM-4PM

119

HAPPY HOUR

4PM-7PM

MONDAYS

NICARAGUAN STEAK MONDAYS

Starters + Striploin Steak (400g) + Dessert + Wine Btl

399 FOR TWO

TUESDAYS

BUILD YOUR OWN STREET EATS EXPERIENCE

Starter Platter + Main Board + Dessert

199

+ Margaritas for 49
+ Margarita Carafe for 132

THURSDAYS

CHICAS LADIES NIGHT

Main Course + Free Flowing Wine

159 PER CHICA

SATURDAY & SUNDAY

THE WEEKEND TABLE LUNCH

Shared Starters + 1 Main Course + Shared Desserts

249

Beverage Packages Available Starting from

119

BIENVENIDOS

CENTRAL AMERICAN STREET FOOD



TACOS

Two servings per order

COSTA RICAN GRILLED STEAK & PLANTAIN 89
Caramelized onions, chimichurri & gochujang chili mayo.

BEEF CHEEK 97
Marinated in Mesoamerican Pinol sauce, pickled red onions & Thai basil cream. (D, G, N) (contains alcohol)

GRILLED PRAWN 83
Gochujang chili, sliced avocado, mango corn salsa & fennel. (Sh)

JACKFRUIT & GRILLED PINEAPPLE 69
Served in purple heirloom corn tortillas, grilled pineapple, pico de gallo, crispy leeks & Thai basil cream. (D, G, V)

SMOKY CHICKEN TACO 79
Smoky-marinated chicken, charred scallion, yuzu kosho Japanese mayo, chipotle, pickled cucumber, toasted sesame & nori. (G)



CRISPY TOSTADAS

Two servings per order

STEAK TARTARE & WASABI SORBET 81
Raw (D, G)

HONDURAN STYLE REFRIED BEANS 59
(D, V)

TUNA AKAMI TARTARE 93
Raw (G)

STREET FOOD CLASSICS

DUCK CONFIT FLAUTAS 97
Two rolled crispy tortillas in a smoky salsa negra sauce topped with a mixed slaw. (D, G)

NICARAGUAN CHORIZO GÜIRILA 89
Sweet corn pancake topped with beef chorizo, melted cheese & sunny-side-up quail egg. (D)

HONDURAN CHICKEN BALEADA 89
A paratha quesadilla filled with sweet plantain, grilled corn, caramelized onions & served with salsa verde. (D, G)

PUPUSA - EL SALVADOR'S NATIONAL DISH 69
Thick corn grilled masa with melted cheese and chorizo. Served with salsa verde & sour cream. (D)

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MAINS
PLATO FUERTE

FROM THE FARM

CHEF'S STEAKS

NICARAGUAN STEAK PLATTER 325
Good for Two: 400g of striploin served with chimichurri sauce, sweet plantains & gallo pinto (rice & beans).

GIGI'S STEAK & FRITES 175
180g tenderloin, served with our house special sauce on top & ancho chili fries. (D, G, N)
Upsize to 280g + 28 AED

GLAZED TENDERLOIN 229
A smokey and sweet tamarind mulato sauce with a parsnip purée & grilled mixed mushrooms. (N)

DUCK PAPPARDELLE PASTA 129
Served in a mild gorgonzola sauce and caramelized onions, topped with house pickled cucumbers & crispy duck confit. (D, G)
Vegetarian upon request

COFFEE & ORANGE DUCK CONFIT 169
Served with squash purée, orange and Honduran coffee reduction. Topped with cacao nibs & chanterelle mushrooms. (D, G, N)



FROM THE SEA

YUCA GNOCCHI 157
In a creamy lobster bisque, homemade gnocchi from yuca, topped with a dash of cured lobster tartare & black truffle. (D, G, Sh)

SWEET CHILI PRAWNS 169
Three grilled jumbo prawns, sweet corn masa, beef bacon & tomato confit in an ancho butter sauce. (D, G, N, Sh)

ACHIOTE MISO SEABASS 175
Grilled and topped with crispy garlic, shallots, and peanuts. Served with potato confit & salicornia. (N)

OMANI COASTAL FISH 147
Served with a sweet plantain foam & grilled asparagus in our special Mesoamerican Pinol sauce. (D, G, N)

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OUR JOURNEY

The goose has always symbolized my journey, from a humble underground supper club to opening my first restaurant.

When I started Girl & the Goose, I wanted a name with meaning. The goose represents everything I poured into my craft. Known for its long migratory journeys, it reflects my own, traveling over 14,000 kilometers from Nicaragua to Dubai in pursuit of a dream. It also stands for discipline and perseverance, values that shaped every dish along the way.

There was something more that drew me in. In Ancient Egypt, the goose was believed to lay a golden egg each morning, from which the sun would hatch. A symbol of renewal, hope, and something magical coming to life each day.

Below is the original logo that started it all, and beside it, the new identity carrying this story forward.

We're so glad you are part of this journey with us.

