

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

MAYAN GRILLED CACTUS STEAK 99
Grilled & glazed tenderloin steak strips with caramelized onions. (D, N)

GIGI'S GUACAMOLE 81
Served with ponzu cream, shiso leaves, caramelized onions & cripsy plantains. (D, G, N, V)

HERITAGE HEIRLOOM TOMATO SALAD 67
With candied walnuts & a rich parmesan foam. (D, G, N, V)

WILD CORN SALAD 77
Topped with beef bacon bits, chayote & crumbled feta. (D, N)

CEVICHE
(raw)

HOKKAIDO SCALLOP 99
Paired with golden kiwi in a sea buckthorn citrus sauce, cacao nibs & serrano.

RED SNAPPER PASSION FRUIT 93
Passion fruit, charred avocado & fresh mango.

HAMACHI AGUACHILE 93
Cucumber aguachile sauce, black dehydrated olives & jalapeño sorbet. (contains alcohol)

GUATEMALAN LYCHEE SEABASS 93
Green coconut pipian sauce, kaffir lime & lychee sorbet.

WATERMELON CEVICHE 69
Mildly spicy mango gel, aji blanco sauce & sesame cracker.

HOT

GRILLED CHIPOTLE CABBAGE & SMOKED YOGHURT 67
Topped with roasted garlic cloves, pine nuts & sumac. (D, N, V)

FIRE-GRILLED CAULIFLOWER 59
With a cashew purée, lemongrass confit & chimichurri. (N, V)

ACHIOTE CHICKEN DUMPLINGS 75
Garnished with caramelized onions, chimichurri & morita chili oil. (D, G)

SWEET PLANTAIN IN HEAVEN 53
Deliciously latin, cinnamon baked topped with furikake & tomette cheese. (D, N, V)

CHEESE BUNS 39
Warm and freshly baked little buns served with a side of chimichurri. (D)



NICARAGUAN EMPANADAS

3 baked pastelitos (small pies) per order (D, G)
Order 9 for 179

Goat Cheese & Caramelized Onions	61
Chicken & Jalapeño	57
Beef Cheek & Egg (contains alcohol)	63
Tomato & Provolone	51

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."

CENTRAL AMERICAN STYLE STREET FOOD

SHORT RIB CLAY POT 165
Roll your own soft tortillas with slow-cooked tender short rib in Mesoamerican pinol sauce (G, N, F) (contains alcohol)



SOFT TACOS

Two servings per order

COSTA RICAN STYLE GRILLED STEAK & PLANTAIN 85
Caramelized onions, chimichurri & gochujang chili mayo.

BEEF CHEEK 81
Marinated in a Mesoamerican pinol sauce, pickled red onions & Thai basil cream. (D, G) (contains alcohol)

GRILLED PRAWN 77
Gochujang chili, sliced avocado, mango corn salsa & fennel.

JACKFRUIT GRILLED PINEAPPLE 61
Served in purple heirloom corn tortillas, grilled pineapple, pico de gallo, crispy leeks & Thai basil cream. (D, G, V)



CRISPY TOSTADAS

Two servings per order, order all six 199

STEAK TARTARE WITH A MILD WASABI COLD CREAM 73
Raw (D, G)

HONDURAN STYLE REFRIED BEANS 55
(D, V)

SPANISH TUNA AKAMI TARTARE 85
Raw (G)

STREET FOOD CLASSICS

DUCK CONFIT FLAUTAS 89
Two rolled crispy tortillas in a smoky salsa negra sauce topped with a mixed slaw. (D, G)

NICARAGUAN CHORIZO GÜIRILA 85
Sweet corn pancake topped with beef chorizo, melted cheese & sunny-side-up quail egg. (D)

FIRE-GRILLED CORN RIBS 57
Served with a smoky eggplant and black sesame tahini dip. Topped with raisins & candied walnuts. (D, N, V)

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

EL SALVADOR'S NATIONAL DISH - PUPUSA 65
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 SEA

LOBSTER BISQUE YUCA GNOCCHI 151
In a creamy lobster bisque, homemade gnocchi from yuca, topped with a dash of cured lobster tartare & black truffle. (D, G, Sh)

GRILLED SWEET CHILI PRAWNS 145
Two grilled jumbo prawns, sweet corn masa, beef bacon & tomato confit in an ancho butter sauce. (D, G, N, Sh)

ACHIOTE MISO SEABASS 149
Grilled and topped with crispy garlic, shallots, peanuts. Served with potato confit & salicornia. (N)

OMANI COASTAL FISH IN MESOAMERICAN SAUCE 141
Served with a sweet plantain foam & grilled asparagus. (D, G, N)

FROM THE FARM

NICARAGUAN STEAK PLATTER 253
***Good for Two**:* 400g of striploin served with chimichurri sauce, sweet plantains & gallo pinto (rice & beans).

GIGI'S STEAK & FRITES 145
180g tenderloin, served with our house special sauce on top & ancho chili fries. (D, G, N)
Upsize to 280g + 38 AED

DUCK PAPPARDELLE PASTA 119
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 153
Served with squash purée, orange and Honduran coffee reduction. Topped with cacao nibs & chanterelle mushrooms. (D, G, N)

SMOKY TAMARIND GLAZED TENDERLOIN 199
A sweet heat mulato sauce, parsnip purée & grilled mixed mushrooms. (N)

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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

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