

Sampling Selections



The brunch at Selections in the InterContinental is a no-fuss, family friendly food fest that we recently had the pleasure of indulging in.

And indulge we did, as this brunch's options left us frankly stuffed to the gills.

From where we are seated, we can feel the warm sunshine through the sheer curtains and even manage a glimpse of the blue water from the window. We've barely had time to settle in before we are off for a stroll through the endless possibilities waiting to fill our empty plates. The family-style theme leaves it up to you to decide when you'd like to pour yourself some drinks. We delighted in the fact we can make our own strawberry-infused mocktails and we're generously shown how to mix them properly. In addition to the mocktails, there are also other unlimited grape beverages for guests to sample.

We stop at the salads offerings and load up on some delicious caprese salad with mini mozzarella balls, tuna salad and some tangy feta and watermelon salad. Something that is easily overlooked, we don't think it would be a wise move to skip this portion of the meal. The salads are all delicious, fresh and packed with flavour. We absolutely love the feta and cool watermelon, cut conveniently into tiny cubes that slip quite easily down our throats.

There is also an entire section of fresh seafood and sushi, served on ice, but we are simply too stuffed to make a pit stop here. We do, however, find the strength to try out some prime rib with mustard sauce and have some absolutely heavenly lamb shakriya. This Arabic dish of lamb cooked in yogurt sauce was one of our favourites and did call for a very large second helping.

It's easy to see why this brunch has so many families in attendance. In addition to some kid friendly options that included pizza and assemble your own chicken fajitas, there's an entire section of desserts devoted to the little ones. A candy floss machine (that sadly was not on when we arrived), mini cupcakes and miniature chocolate fountain will be more than enough to keep the young (and the young at heart) happy.

Sawaiba Khan

What? Selections Brunch, InterContinental

When? 12pm to 4pm, Friday and Saturday

Cost: AED 230 per person, inclusive of beverages

We say: A feast for the entire family

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