

Ladies nights in Abu Dhabi are something of an institution; and having been to a few in our time, we were keen to head to Left Bank at Souk Qaryat Al Beri to celebrate the first birthday of Mingle



A little bird told us Left Bank has new food and beverage menus too – it'd be rude of us not to give them a try!

We get seated on the breezy terrace and start off with the new restaurant menu which is varied and full of surprises – the chicken yakitori, New Zealand rump steak and sticky date pudding all rate a happy mention, and we are pleasantly surprised to see scotch eggs on the menu! After filling our bellies, we're ready to get to it – let's Mingle.

Funky, modern and with a chilled out vibe, Left Bank has a door policy which means when they say ladies night, they mean LADIES night. We see the odd member of the male species, but it is certainly a largely feminine affair, as it should be! And the balloons! Birthday balloons float lazily around the ceiling and decorate the terrace, setting the scene for Mingle's birthday party extraordinaire.

Left Bank's friendly DJ happily takes requests, although by the time 10pm rolls around we have trouble making it to the DJ booth through the crowd of ladies that have poured in the doors since Mingle began at 8pm. With a mix of popular music and older dance tunes everyone seems to be wiggling, either on the dance floor or in their seats. The new beverage menu yields some fruity specialties, and for AED 5 ladies receive five mixed beverages.

Taking a break from the groove inside, we head out to the terrace and take in the view across the water. You could almost be on a tropical island – the view of the water, the fruity beverages, it's just like a holiday!

In just a year Mingle has put itself on the map as one of the most popular ladies nights in the capital by offering the whole package – great food, music and beverage deals for the ladies. We'll be back!

Sarah Widdup

What? A true ladies night

Where: Mingle, Left Bank, Souk Qaryat Al Beri, 8pm every Wednesday

Cost: Mid-range, ladies get five mixed beverages for AED 5

We say: It's a mid-week holiday!

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