

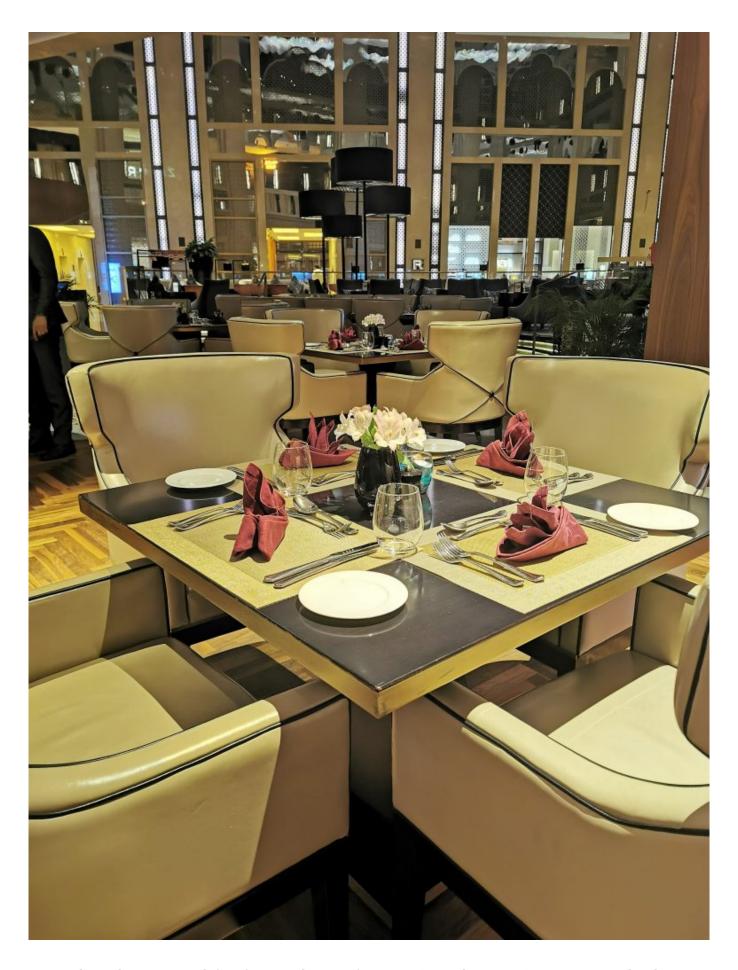
copyright Paolo Rossetti, ask first for reproduction of contents (text, photos, etc.) - prossett@weekenduae.com



Leading off from The H's impressive lobby, the seafood extravaganza prepared by Eat & Meat restaurant makes for an evening of fun accompanied by fine delicacies from the sea.

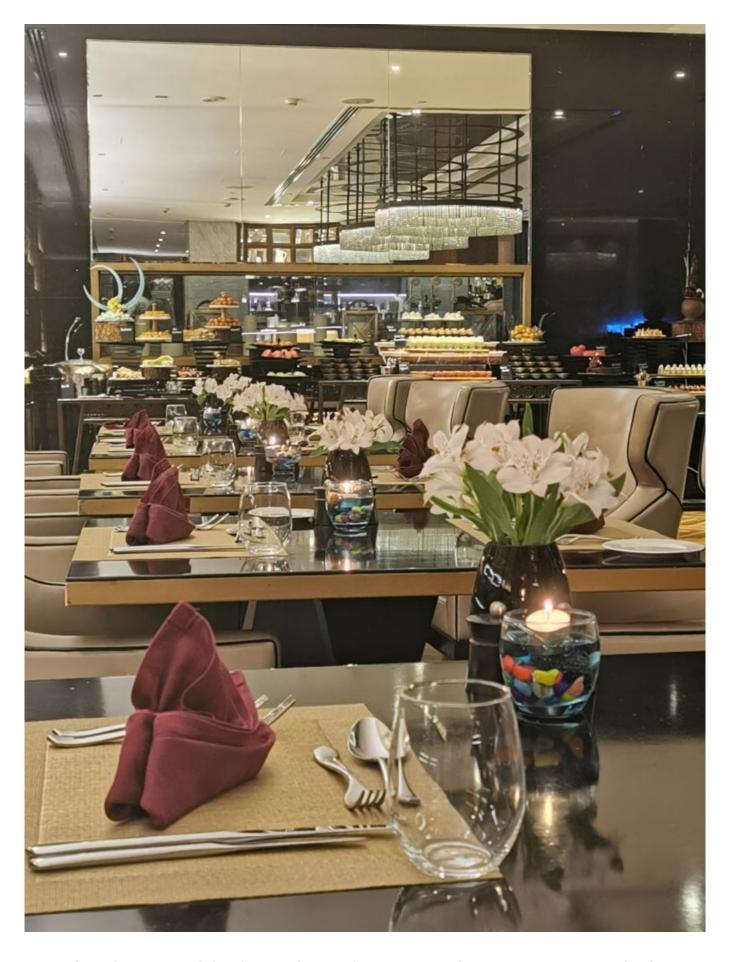
It's an elegant space, and the high ceiling offers a feeling of airiness and relaxation. This is amplified by finely appointed table setting and silverware.





 $copyright\ Paolo\ Rossetti,\ ask\ first\ for\ reproduction\ of\ contents\ (text,\ photos,\ etc.)\ -\ prossett@weekenduae.com$



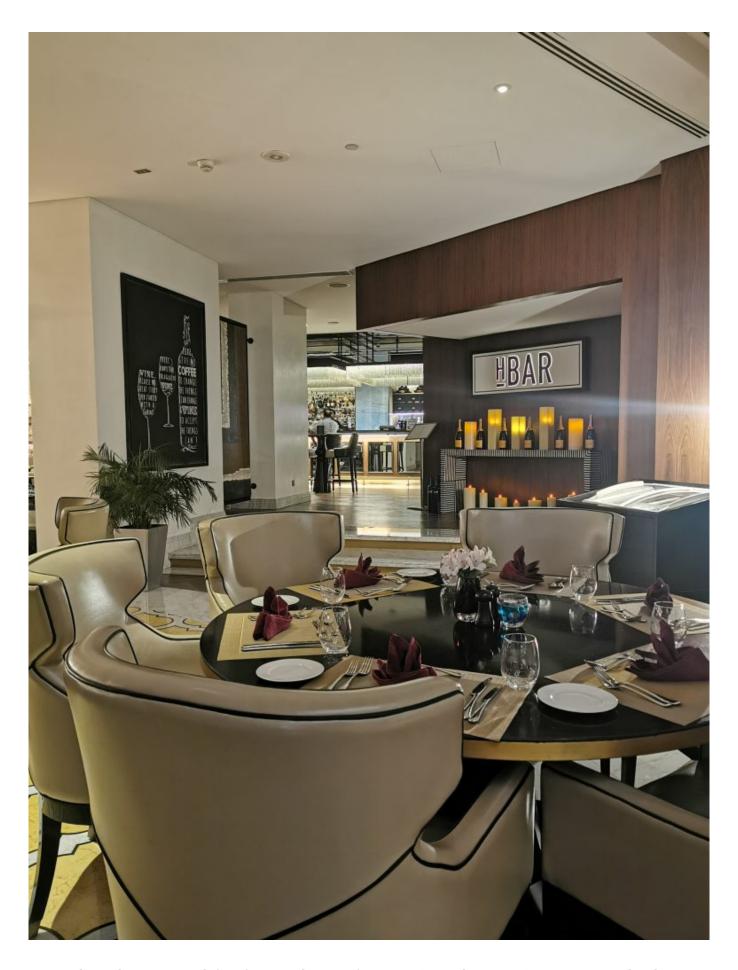


copyright Paolo Rossetti, ask first for reproduction of contents (text, photos, etc.) - prossett@weekenduae.com



You're centrally located within The H, and other facilities beckon nearby, for an aperitif, or simply to meet up before entering the dining area.



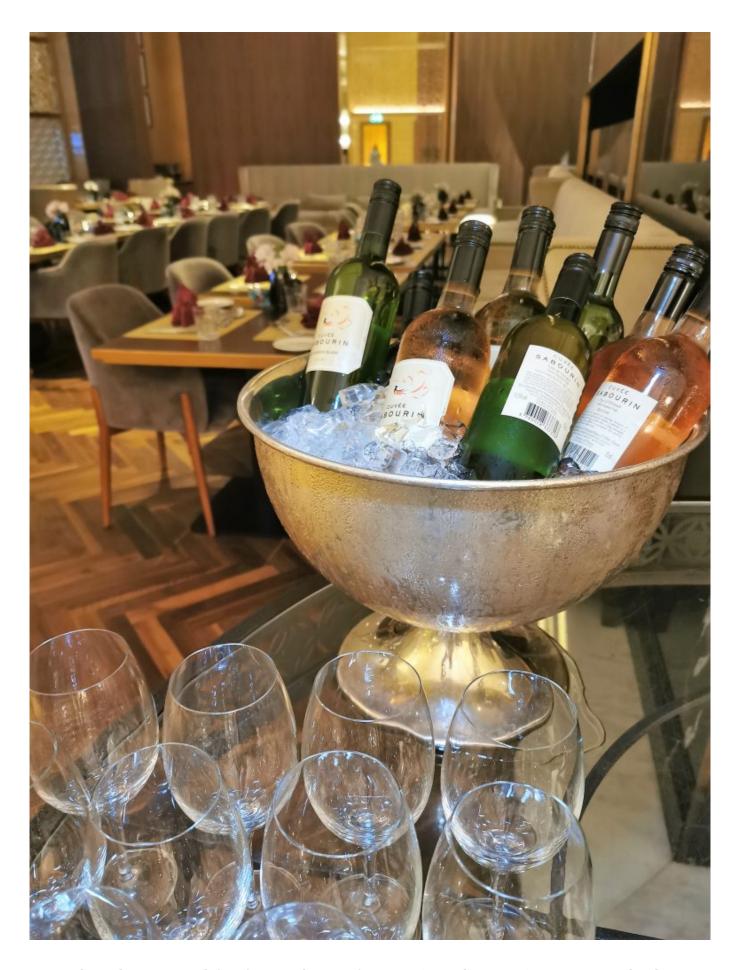


 $copyright\ Paolo\ Rossetti,\ ask\ first\ for\ reproduction\ of\ contents\ (text,\ photos,\ etc.)\ -\ prossett@weekenduae.com$



And naturally also the Seafood Night is fully licensed and chilled, as well as serving a selection of soft drinks.



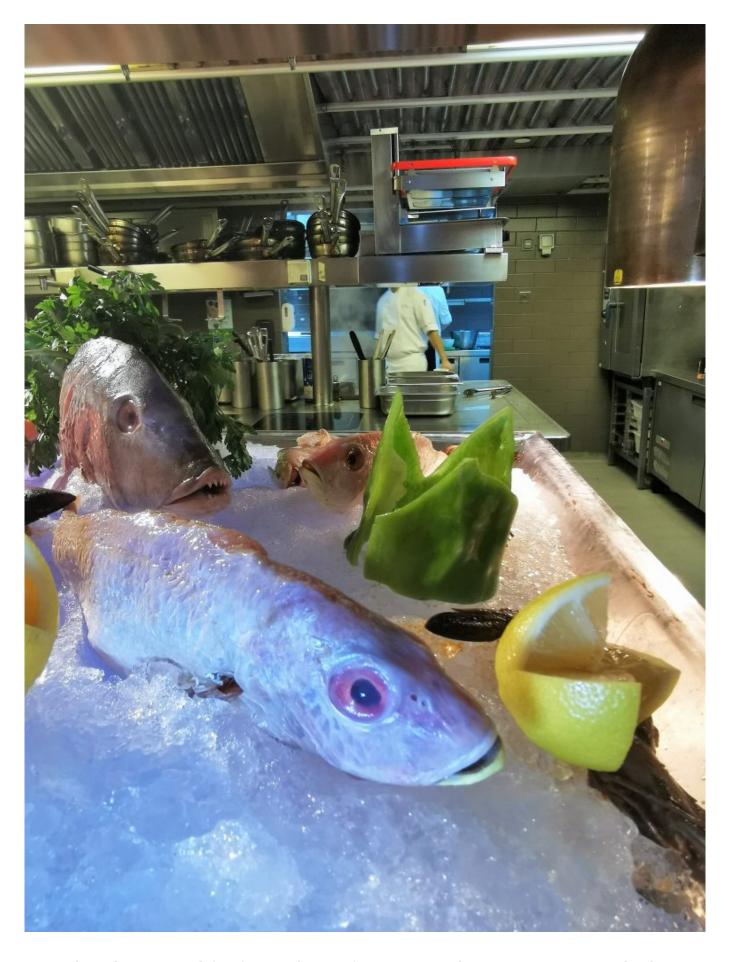


copyright Paolo Rossetti, ask first for reproduction of contents (text, photos, etc.) - prossett@weekenduae.com



The dining experience is a combination of a lavish buffet, and live cooking of seafood of your choice, served at your table – so it is the best of both worlds!





copyright Paolo Rossetti, ask first for reproduction of contents (text, photos, etc.) - prossett@weekenduae.com



Besides the live cooking - more on that later - the evening presented an enticing variety.

Sushi was present.





copyright Paolo Rossetti, ask first for reproduction of contents (text, photos, etc.) - prossett@weekenduae.com



And in quantity, too!





copyright Paolo Rossetti, ask first for reproduction of contents (text, photos, etc.) - prossett@weekenduae.com



Iced mountains of crab and shrimp and mussels, also!



copyright Paolo Rossetti, ask first for reproduction of contents (text, photos, etc.) - prossett@weekenduae.com





copyright Paolo Rossetti, ask first for reproduction of contents (text, photos, etc.) - prossett@weekenduae.com



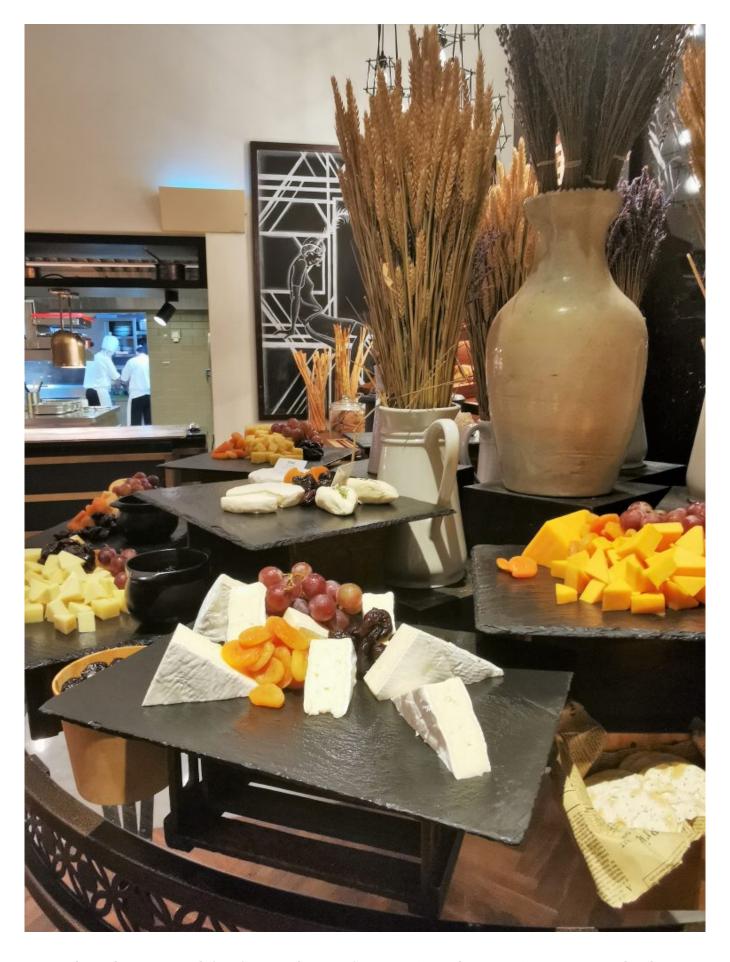


copyright Paolo Rossetti, ask first for reproduction of contents (text, photos, etc.) - prossett@weekenduae.com



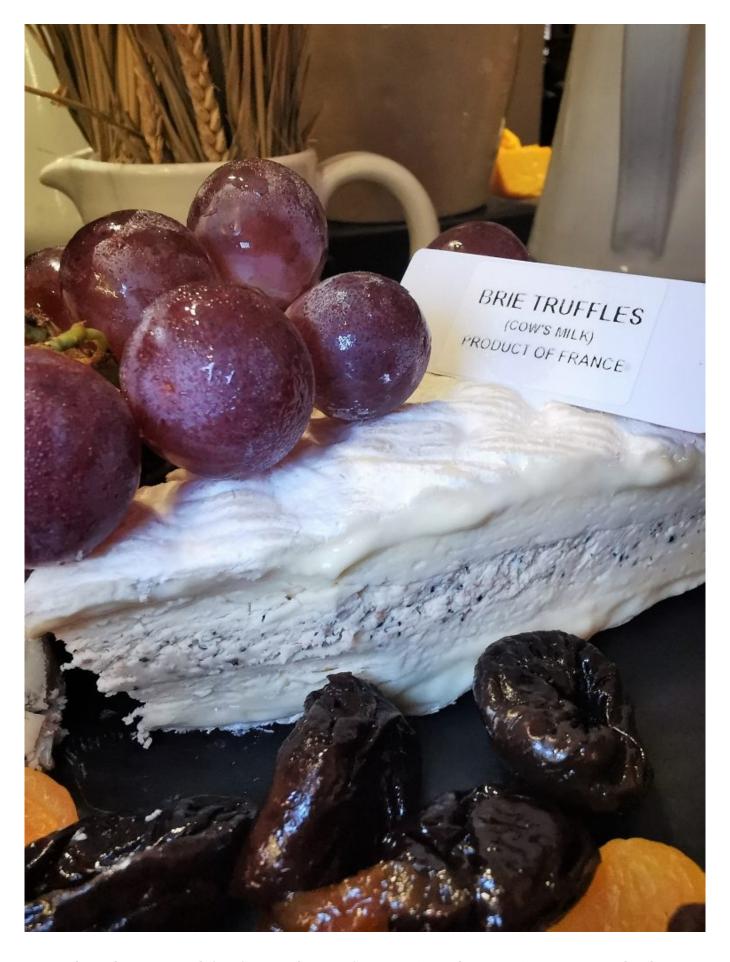
And beyond the seafood selection, also the cheeses featured prominently.





copyright Paolo Rossetti, ask first for reproduction of contents (text, photos, etc.) - prossett@weekenduae.com

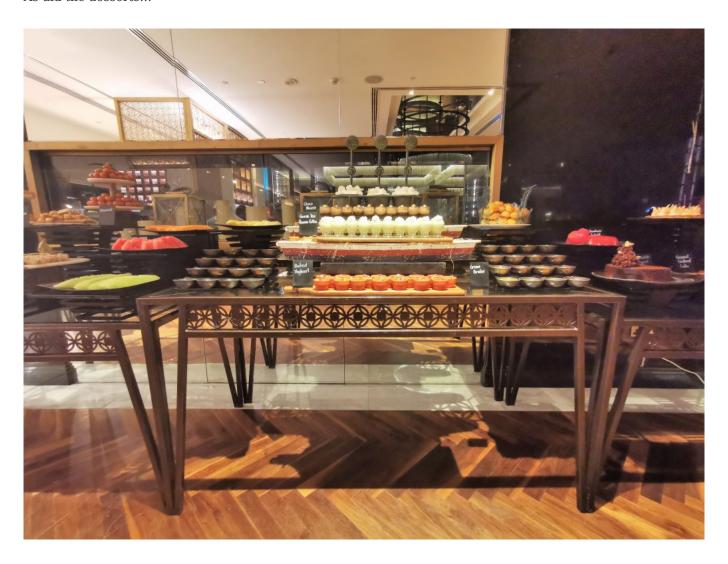




copyright Paolo Rossetti, ask first for reproduction of contents (text, photos, etc.) - prossett@weekenduae.com



As did the desserts...







copyright Paolo Rossetti, ask first for reproduction of contents (text, photos, etc.) - prossett@weekenduae.com



But it was the live cooking that stole the show.

It's always a thrill to select your own seafood and see it cooked fresh right at that moment!

Or you simply ask for a platter and it arrives at your table, piping hot.

And not just fish...



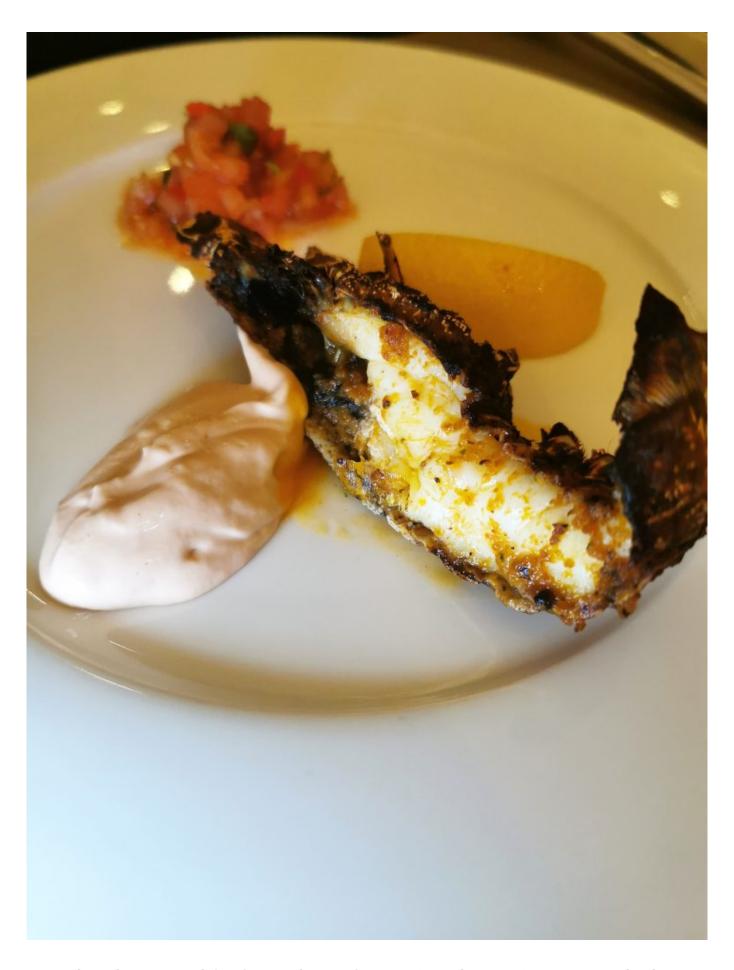


copyright Paolo Rossetti, ask first for reproduction of contents (text, photos, etc.) - prossett@weekenduae.com



Delicately pan-fried scallops,





copyright Paolo Rossetti, ask first for reproduction of contents (text, photos, etc.) - prossett@weekenduae.com



lobster tails unlimited,





copyright Paolo Rossetti, ask first for reproduction of contents (text, photos, etc.) - prossett@weekenduae.com



and all manners of sea creatures!





copyright Paolo Rossetti, ask first for reproduction of contents (text, photos, etc.) - prossett@weekenduae.com



And I don't know who she is - but she's hot, and rich, and a pirate!!! How exciting!

Although, I must admit her shoe size is somewhat scary...





copyright Paolo Rossetti, ask first for reproduction of contents (text, photos, etc.) - prossett@weekenduae.com



All in all, The H delivered a fantastic evening dedicated to seafood at Eat & Meat, only on Thursdays at the moment – and so if you're a seafood lover, book a table for you and your friends and enjoy a lovely dining experience at Sheikh Zayed Road, number one.

