

So what is gluten?

Gluten is the name given to two proteins found in wheat, rye and barley. It helps food to maintain its shape, but many people can't eat it or try to avoid it. At Tawa Bakery, we have mastered a diverse range of foods that are wholesome, delicious and 100% gluten-free. We are confident that you will enjoy them, and will wonder if you ever needed gluten in the first place!



-   @tawabakery
-  www.tawa.ae
-  800 TAWA
-  Hello@tawa.ae



We are committed to ensuring that every single item on this menu is **100% gluten-free** without compromising taste or quality. So please order with confidence knowing that every ingredient used at Tawa is **100% gluten-free** and all menu items have been prepared in a **100% gluten-free** kitchen.

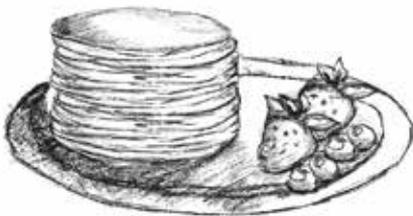
BREAD BASKET AED 30
Selection of assorted breads served with house dips

ALL DAY BREAKFAST
Breakfast you can order all day long

Granola Parfait AED 30
Multi seed & nuts granola, served with greek yoghurt and topped with a berry compote
Choice of yoghurts: plain, strawberry or vanilla

EGGS BENEDICT 35
Poached eggs on a toasted english muffin with béarnaise sauce
Add: Spinach 5
Guacamole 7
Smoked turkey ham 8
Smoked salmon 10

FRENCH TOAST 35
Served with mixed berries compote & whipped cream. Honey or maple syrup on the side
Add: Caramelized bananas 5
Fresh strawberries 5



BUTTERMILK PANCAKES AED 25
Lightly frosted with a choice of honey, maple or home-made chocolate sauce
Add: Caramelized banana, strawberries and whipped cream 15
OR
Berries toasted nuts and a sweet greek yoghurt 15

BELGIAN WAFFLES 35
Drizzled with a rich home-made chocolate sauce served with strawberries and whipped cream
Add: Home made Vanilla ice cream 5 per scoop

BREAKFAST TRIO 15
Toasted bread, butter and jam

EGGS ON TOAST 30
Choice of two eggs: fried, scrambled, poached or boiled

3X3 EGG OMELET 30
Three egg omelet with a choice of three ingredients from: onion, chili, tomato, bell pepper, mushroom, spinach, turkey ham and cheese
Additional ingredient 3aed/each
Add: Toast 5

MEXICAN EGGS (HUEVOS RANCHEROS) 30
Baked eggs with fried beans, spicy tomato sauce, topped with provolone cheese, served with sour cream and bread
Add: Guacamole AED 7
Add: Avocado 8

EMIRATI EGGS 35
Scrambled eggs with tomato, chilli, onion and bread

TAWA'S SPECIAL FOUL 30
Foul mudammas prepared with our secret recipe, olives, garlic and served with bread

CHEESE MANAESH 20

ZAATAR MANAESH 15

THE UAE'S FAVOURITE SWEET DISH

LEGAYMAT 30
Fried cardamon & saffron infused dough tossed in date syrup and sesame



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STARTERS

GARLIC BREAD AED 15

CHEESY GARLIC BREAD 20

MOZZARELLA STICKS 27
Cheesy mozzarella sticks, served with a garlic tomato sauce

RISOTTO BALLS (ARANCINI) 38
Crispy risotto balls with a cheesy center served with a home-made spicy and garlic tomato sauce

SALT AND PEPPER CALAMARI 42
Served with harissa mayo & salad

SALADS

KALE CAESAR SALAD AED 40
Kale leaves with caesar dressing, parmesan shavings and herbed garlic croutons

Add: Grilled chicken 15

GRILLED BEEF SALAD 50
Grilled Angus striploin strips with pickled vegetables, radish, mixed greens and house dressing

SPINACH AND GOAT CHEESE SALAD 45
Fresh baby spinach leaves with caramelized onions & crumbled goat cheese

WATERMELON SALAD 32
Diced watermelon with strawberries on a bed of greek yoghurt with toasted almonds, mint and basil leaves

GREEN SALAD 25
Mixed greens with cucumber, cherry tomato and house dressing

SOUPS

LENTIL SOUP	AED 30
Served with lemon wedge	
SPICY PUMPKIN SOUP	30
Roasted creamy pumpkin soup with a dash of truffle oil	
WILD MUSHROOM SOUP	35
Creamy mixed mushroom soup garnished with sautéed mushrooms	

GOURMET SANDWICHES

STEAK AND CHEESE	AED 45
Grilled Angus sirloin strips with melted provolone cheese, caramelised onion, rocket and whole grain mustard mayo served on a baguette	
GRILLED CHICKEN PANINI	40
Grilled chicken, spinach, tomato, basil pesto and feta cheese in a multi-seed panini	
TUNA MELT	40
Tuna, mayo, paprika, tomato, rocket and melted provolone cheese in a multi-seed panini	
VEGGIE SANDWICH	35
Roasted bell pepper, tomato, spinach and avocado served in a panini	
MAKE YOUR OWN BAGEL	15
Toasted bagel & salad	
Add:	
Cream cheese	5
Guacamole	7
Smoked Salmon	10

HOUSE BURGERS & SPECIALS

TAWA WAGYU BEEF BURGER	AED 65
Grilled Wagyu burger with tomato, beetroot, provolone cheese, rocket leaves & spicy mayo Served with parmesan truffle fries	
GRILLED CHICKEN BURGER	60
Grilled chicken breast with cheese, horseradish mayo, pickled cucumbers and coleslaw Served with parmesan truffle fries	
VEGGIE BURGER	40
Chickpea and vegetable patty, on a bed of hummus, beetroot, tomato and rocket leaves, served with sweet potatoes fries	
FISH AND CHIPS	55
Crispy fried battered cod Served with fries, jicama slaw, and tartar sauce	
SEAFOOD RISOTTO	60
Arborio risotto cooked to perfection mixed seafood, onion, garlic, parmesan cheese and lemon zest	

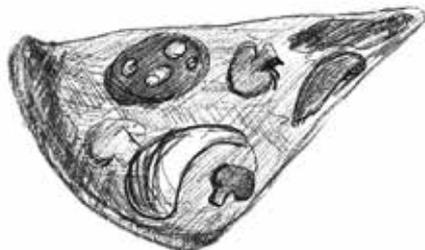
GRILLED SALMON	AED 90
Grilled Norwegian salmon with sautéed asparagus and broccoli, served on a bed of sautéed lentils with capsicum	

BLACK ANGUS STEAK	135
Grilled grain-fed Black Angus entrecote, served with wild mushrooms & porcini sauce, with a choice of green salad or steak fries	



BUILD YOUR OWN PASTA

EACH PASTA DISH	AED 45
Choice of organic pasta (choose one) Spaghetti, fusilli, penne, brown rice fusilli	
Choice of sauce (choose one) Tomato sauce, arrabiata, pink sauce, creamy mushroom, basil and rocket pesto	
Choice of veggies	3aed/each
Olives, cherry tomato, mushrooms, grilled onions, roasted bell peppers, spinach, hot peppers	
Extras:	
Grilled chicken	15
Wagyu meatballs	15
Garlic prawns	20



CHEF'S PIZZAS

MARGHERITA PIZZA	AED 45
Tomato sauce with basil, mozzarella and roasted cherry tomato	
CAPRICCIOSA PIZZA	55
Tomato sauce, artichokes, mushrooms, black olives, smoked turkey ham, and mozzarella	
MEAT LOVERS PIZZA	65
Tomato sauce, chicken, minced wagyu, pepperoni, smoked turkey ham, mozzarella and Provolone	
VEGGIE PIZZA	55
Creamy pesto, mushrooms, cherry tomato, garlic, basil, spinach, roasted bell pepper, olives, rocket and mozzarella	

BBQ CHICKEN PIZZA	AED 65
Tomato and BBQ sauce, chicken, cherry tomato and mozzarella	

PEPPERONI PIZZA	60
Tomato sauce, pepperoni, and mozzarella	

SEAFOOD PIZZA	65
Tomato sauce, mix seafood, garlic, chili oil and mozzarella	

SIDES

ONION RINGS	AED 20
PARMESAN TRUFFLE FRIES	25
STEAK FRIES	15
SWEET POTATO FRIES	20

EXTRAS

	AED Each
SAUCES	
béarnaise, black peppercorn, mushroom, truffle mushroom	7
VEGETABLES	
broccoli, sautéed mushroom, sautéed spinach	5
asparagus, avocado	8
PROTEINS	
chicken, pepperoni, smoked salmon, smoked turkey ham, tuna	10
grilled chicken breast, sirloin	
beef strips	15
beef patty	30
CHEESE	
cream cheese, feta cheese, goat cheese, mozzarella cheese, provolone cheese	5
FRUITS	
banana, berry compote, fresh strawberries	5
CONDIMENTS	
butter, homemade chocolate sauce, honey	3
nutella, maple syrup	5
butter and jam	6

Check our counter for a selection of delicious freshly prepared desserts and baked breads!



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