

## 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!



مخبز تاوة  
TAWA BAKERY

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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 TEASER

30

Selection of assorted breads, served with extra virgin olive oil & balsamic vinegar

## ALL DAY BREAKFAST

Breakfast you can order all day long

### GRANOLA PARFAIT

AED

30

Greek yoghurt topped with a berry compote and cinnamon granola  
**Choice of yoghurts:** plain, vanilla bean, berries, mango

### EGGS BENEDICT

35

Poached eggs on a toasted English muffin with béarnaise sauce and a side green salad

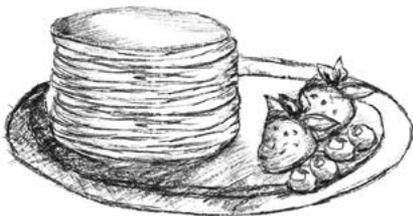
**Add:** Spinach 5  
Smoked turkey ham 8  
Smoked salmon 8

### FRENCH TOAST

35

Served with mixed berries compote & whipped cream. Honey or maple syrup on the side

**Add:** Caramelized bananas 10  
Fresh strawberries 10



### BUTTERMILK PANCAKES

20

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 yogurt 15

### BELGIAN WAFFLES

35

Drizzled with a rich home-made chocolate sauce served with strawberries and whipped cream

**Add:** Vanilla bean ice cream 10

FRESHHHHA

### EGGS ON TOAST

30

Choice of two eggs: fried, scrambled, poached or boiled  
Served with a green salad

### 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  
Served with a green salad  
Each additional ingredient 3

**Add:** Toast 5

### MEXICAN EGGS (HUEVOS RANCHEROS)

32

Baked eggs with fried beans & spicy tomato sauce, served with avocado, sour cream and bread

### EMIRATI EGGS

30

Scrambled eggs with tomato and bread

### TAWA'S SPECIAL FOUL

25

Foul mudammas prepared with our secret recipe & 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



## STARTERS

### GARLIC BREAD

AED

15

### CHEESY GARLIC BREAD

20

### MOZZARELLA STICKS

25

### RISOTTO BALLS (ARANCINI)

35

Crispy risotto balls with a cheesy center served with a home-made spicy tomato sauce

### SMOKED SALMON BAGEL

35

With capers, pickled red onions, cream cheese and dill on a bagel  
Served with a green salad

### SALT AND PEPPER CALAMARI

38

Served with harissa mayo & salad

### ITALIAN BURRATA CHEESE

45

Served with cherry tomato, basil and extra virgin olive oil on a bed of rocket leaves

## SALADS

### KALE CAESAR SALAD

AED

40

Kale leaves with Caesar dressing, parmesan shavings and herb croutons

**Add:** Grilled chicken 15

### GRILLED BEEF SALAD

50

Grilled Angus sirloin strips dressed with pickled vegetables, radish, mixed greens and with vinaigrette

### SPINACH AND GOAT CHEESE SALAD

45

Fresh baby spinach leaves with caramelized onions & crumbled goat cheese

### WATERMELON SALAD

28

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

### GREEN SALAD

25

Mixed greens tossed with cucumber & tomato

## SOUPS

**ONION SOUP** AED 30

Served with cheesy crostini on top

**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

Served with a side of green salad

**STEAK AND CHEESE** AED 45

Grilled Angus steak with melted provolone cheese, caramelised onion, rocket, Dijon mustard & mayo served in a baguette

**GRILLED CHICKEN PANINI** 40

Grilled chicken, spinach, tomato, basil pesto and feta cheese in a multi-seed Panini

**BRESAOLA SANDWICH** 42

Olive garlic and rosemary focaccia filled with Bresaola, fresh mozzarella, tomato, rocket leaves and aioli

**TURKEY PANINI** 40

Smoked turkey ham with avocado, spinach, cranberry sauce and a mustard mayo

**TUNA MELT** 40

Tuna, mayo, paprika, tomato, rocket and melted Provolone cheese in a multi-seed Panini

## HOUSE BURGERS & SPECIALS

**TAWA WAGYU BEEF BURGER** AED 65

Grilled Wagyu with tomato, beetroot, rocket leaves & spicy mayo  
Served with truffle fries

**GRILLED CHICKEN BURGER** 60

Grilled chicken breast with cheese, horseradish mayo, pickled cucumbers and coleslaw  
Served with truffle fries

**VEGGIE BURGER** 40

Served with sweet potato fries

**FISH AND CHIPS** 55

Crispy fried battered cod  
Served with fries, jicama slaw, and tartar sauce



## BUILD YOUR OWN PASTA

**EACH PASTA DISH** AED 45

**Choice of organic pasta (choose one)**

Spaghetti, fusilli, penne, brown rice fusilli

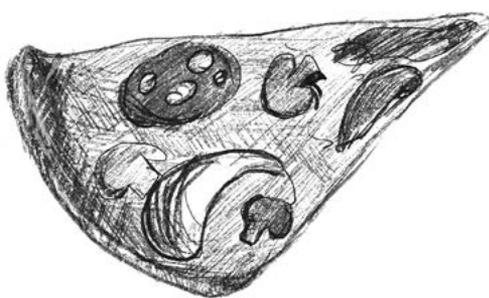
**Choice of sauce (choose one)**

Tomato sauce, arrabiata, pink sauce, creamy mushroom, wagyu bolognese, basil and rocket pesto

**Choice of veggies** 3 Each

Olives, cherry tomato, sautéed mushrooms, grilled onions, roasted bell peppers, spinach, hot peppers

**Extras:** Grilled chicken 15  
Wagyu Meat balls 15  
Garlic prawns 20



## CHEF'S PIZZAS

**MARGHERITA** AED 45

Tomato sauce with basil and mozzarella and roasted cherry tomato

**CAPRICCIOSA** 55

Tomato sauce, artichokes, mushrooms, black olives, smoked turkey ham, and mozzarella

**MEAT LOVERS** 65

Tomato sauce, chicken, wagyu meat balls, salami, smoked turkey ham, mozzarella and Provolone

**VEGGIE** 55

Pesto, mushrooms, cherry tomato, garlic, basil, spinach, roasted bell pepper, olives, rocket and mozzarella

**BBQ CHICKEN** 65

BBQ sauce, chicken, cherry tomato and mozzarella

**SPICY** 60

Spicy tomato sauce, minced wagyu beef, garlic, onion, chili, olive oil and mozzarella

**PESTO PRAWNS** 65

Creamy pesto sauce, prawns, chili flakes, mozzarella, rocket and olive oil

## SIDES

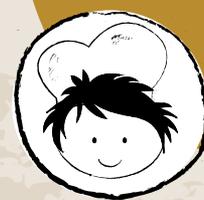
**ONION RINGS** AED 18

**TRUFFLE FRIES** 25

**STEAK FRIES** 15

**SWEET POTATO FRIES** 20

Just for kids!



## KIDS MENU AED

MINI BEEF BURGER WITH FRIES 35

MAC AND CHEESE 35

CHICKEN NUGGETS WITH FRIES 35

FISH FINGERS WITH FRIES 35

MINI MARGHERITA PIZZA 25

PASTA WITH TOMATO SAUCE 30

## DRINKS

APPLE JUICE 8

FRESH JUICE 15

Orange or watermelon

Check our counter for a selection of delicious freshly-prepared desserts

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