

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

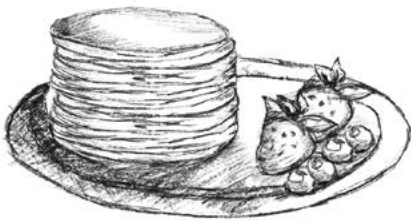
Add: Spinach 5
Smoked turkey ham 8
Smoked salmon 8

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

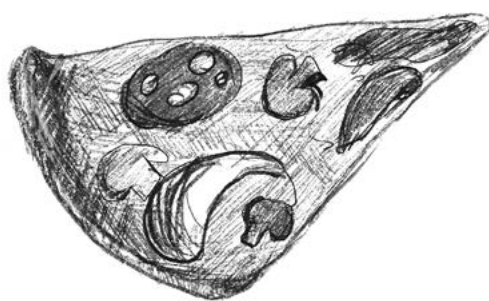
Choice of veggies **3 Each**

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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