

Taama is redefining plant-forward dining in Dubai

SAMIA QAIYUM · 26 MARCH 2025



Hidden within the walls of Sohum Wellness Sanctuary, this homegrown concept approaches food as both a science and art form.

Mindful eating has a new address in Dubai – meet Taama, a homegrown dining concept rooted in nature and offering a peaceful haven in the grind of urban life. The restaurant, they say, isn't just about dining. It's about redefining what conscious living can look like. Taama takes sustainability seriously with every detail, from farm to plate with ethically sourced ingredients. This is a place where every meal is a call to slow down and connect with oneself on a deeper level, translating to a menu designed to replenish the soul and an ambiance that encourages relaxation.

Founded by holistic wellness visionary Tanya Mansotra, Taama is redefining the dining scene with an experience that celebrates nature, open-flame gastronomy, and conscious living to create a culinary journey of flavour and intention. The restaurant stands to transform the general consensus of plant-based dining to prove that the variety is as appealing as it is endless. With wellness rooted in its core, guests are invited to unwind and replenish, both mentally and physically with Taama's warm, inviting ambiance and conscious approach to [dining](#).

Executive Chef Fabienne Saroufim's creative approach draws inspiration from her studies of molecular gastronomy to approach food as both a science and an art form, using an open-flame approach, and unexpected flavour pairings to develop a menu unlike anything else in the UAE. With dishes like the Lion's Mane (slow-roasted over the open-fire to capture a smoky richness to trigger the senses) or the Artichoke Spread (reimagined with bold spices and the delicate textures of mutabbal, hibachi grilled skewer and lime), every creation narrates a story told by the knowledgeable and passionate team of wait staff. Boasting vibrant dishes that showcase an array of striking colours from blues to pinks, each plate is a visual masterpiece and feast for the eyes.

Complementing the impressive menu is the restaurant's signature Lyre's non-alcoholic cocktail list in partnership with including the AI Cozy, a nod to Taama's location in Al Quoz and its cosy ambiance, as well as the Crown Bliss, a butterfly pea tea-based non-alcoholic elixir, all presented with an artistic flair and Insta-worthy qualities.

Focused on promoting health and wellbeing from within, Taama's extensive beverage programme features a range of wellness-oriented attributes aimed at nourishing the body from within using high vibrational ingredients. Championing Ayurvedic ingredients to enhance health and vitality alongside Sohum's Ayurvedic experiences for healing, and reflection, guests can expect to leave fully restored from the inside and out.

The ambiance, meanwhile, complements its culinary offerings, providing an inviting atmosphere that encourages relaxation and connection. Surrounded by the iconic 96-year-old Tree of Life is the garden of Taama, designed following ancient Ayurvedic principles, incorporating the five essential elements – air, fire, water, ether, and earth – creating a space where guests reconnect in an ambiance that feels alive, grounded and spiritual every time.

Discover: Taama. Sohum Wellness Sanctuary, First 13 A Street, Sheikh Zayed Rd, Al Quoz, Dubai. @taama.dxb.

Samia Qaiyum

Samia Qaiyum is a travel and culture writer based in Dubai. A textbook third culture kid with a perpetual thirst for adventure, she has lived in five countries and traveled to 34 others, racking up all sorts of weird and wonderful experiences along the way.

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