

FOOD PRESS RELEASES

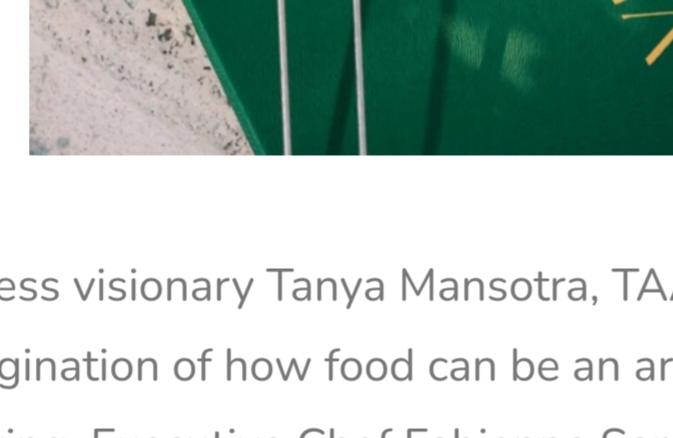
TAAMA: A Culinary Sanctuary Now Redefining Conscious Dining in Dubai

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- TAAMA redefines plant-forward dining with fire, flavor, and mindfulness.
- Executive Chef Fabienne Saroufim crafts bold, open-flame culinary creations.
- Signature non-alcoholic cocktails celebrate Ayurvedic wellness and artistic presentation.
- The 96-year-old 'Tree of Life' anchors a serene, elemental dining space.

Nestled in the heart of Dubai, TAAMA emerges as more than just a restaurant—it's a transformative experience. A harmonious blend of fire, flavor, and mindfulness, this homegrown gem is setting a new standard for contemporary plant-forward cuisine. As the signature dining concept of Sohum Wellness Sanctuary, TAAMA invites guests into a world where nature and nourishment intertwine, offering a retreat from urban chaos into a realm of quiet luxury and holistic well-being.



Founded by holistic wellness visionary Tanya Mansotra, TAAMA is not just about plant-based dining—it's a reimagining of how food can be an art form, a science, and a journey toward mindful living. Executive Chef Fabienne Saroufim, with her deep expertise in molecular gastronomy, crafts a menu that surprises and delights, using open-flame cooking and unexpected flavor pairings to awaken the senses. Take the Lion's Mane mushroom, slow-roasted over an open fire, its smoky depth balanced by a creamy peppercorn sauce and wild garlic butter. Or the Artichoke Spread, a reinvention of classic mutabbal, infused with bold spices and paired with hibachi-grilled skewers and zesty lime. Every dish is a masterpiece, not just in taste but in presentation, bursting with colors that captivate before the first bite.

The dining experience is further elevated by TAAMA's signature non-alcoholic cocktails, crafted in collaboration with Lyre's. Sipping on an Al Cozy, inspired by the restaurant's Al Quoz location, or a Crown Bliss, a butterfly pea tea elixir with an ethereal hue, feels like indulging in a moment of self-care. Beyond taste, TAAMA's beverage program champions Ayurvedic ingredients, designed to heal from within and complement the sanctuary's wellness therapies, ensuring guests leave not just satisfied but rejuvenated.

TAAMA isn't just a restaurant—it's a philosophy. Sustainability is at its core, with every element of the dining experience thoughtfully curated from farm-to-table ingredients to an ambiance deeply rooted in ancient Ayurvedic principles. At its heart stands the 96-year-old 'Tree of Life', a symbol of endurance and renewal, encircled by a garden that mirrors the five essential elements—air, fire, water, ether, and earth—creating an immersive space that feels alive, grounded, and profoundly spiritual.



Whether you're seeking a self-love retreat with holistic treatments at Sohum Wellness Sanctuary or simply looking for an inspiring new culinary adventure, TAAMA is more than a meal—it's an invitation to slow down, connect, and experience food as a form of mindful nourishment. This is Dubai's new frontier of plant-forward gastronomy, where each bite is a celebration of nature, and every moment is a step toward conscious living.

Instagram: [@taama.dxb](#)



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