



## Experience Plant-Based Dining at TAAMA: A New Restaurant in Dubai's Sohum Wellness Sanctuary

Updated: March 25, 2025 · 1 min read

👁 4698

Dubai's food scene just got greener with the arrival of **TAAMA restaurant at Sohum Wellness Sanctuary** in Al Quoz. This plant-based restaurant focuses on mindful eating, offering a peaceful retreat in the middle of the city.

Founded by holistic expert Tanya Mansotra, TAAMA is more than just a place to eat — it's designed to nourish both body and soul. The concept is deeply connected to nature, encouraging guests to slow down and enjoy their meals with intention.



At TAAMA, everything revolves around **plant-based dining with a focus on wellness**. The menu, crafted by Executive Chef Fabienne Saroufim, blends science and art. With a background in **molecular gastronomy**, she brings a creative approach to cooking, using an open-flame technique to enhance natural flavors.

TAAMA's dishes highlight fresh, wholesome ingredients. A few must-try items include:

- **Artichoke Spread** with a flavorful mix of spices, mutabbal, hibachi-grilled skewer, and lime.
- **Lion's Mane Mushroom** slow-roasted over an open flame for a deep, smoky taste.
- **Non-Alcoholic Cocktails** crafted in partnership with Lyre's, these drinks include Al Cozy, inspired by Al Quoz, and Crown Bliss, made with butterfly pea tea and Ayurvedic ingredients.



**TAAMA is located within Sohum Wellness Sanctuary**, which opened in 2024. The center offers a variety of wellness treatments, tailored to individual needs. Guests can also explore therapy rooms, wellness rituals, and a curated shop featuring exclusive products.

**TAAMA is now open** and ready to welcome guests looking for a unique plant-based dining experience in Dubai. Whether you're passionate about wellness or just curious to try something new, this is a place where good food and mindful living come together. Stop by and experience it for yourself!

Download the app

Get access to app-only perks and benefits

Download on the App Store

Get it on Google Play

Latest news

Dubai Mall to Temporarily Close...  
May 12, 14:14

The Growhouse by One Life to Open i...  
May 12, 13:27

8 Best Free-En! Museums in UA...  
May 12, 10:08

>

More news

### You Might Also Like

Robz' Chef's Table: A New Supper Club in Dubai by Ossiano's Former Chef

👁 4761

Robin Höfer, the former chef of MICHELIN-starred Ossiano, has launched his own supper club in Dubai — Robz' Chef's Table. Known for his work in top restaurants around the worl...

Latest News

Dubai Mall to Temporarily Close Grand Parking from June 2025

👁 2490

If you regularly drive to Dubai Mall, there's an important update you'll want to know. As part of the mall's major expansion project, the Grand Parking facility will temporarily...

Latest News

The Growhouse by One Life to Open in Dubai — with Café and Indoor Farm

👁 2768

Dubai's Alserkal Avenue is about to welcome a new concept that brings food and farming under one roof. The Growhouse, a café and indoor farm developed by the team behind One...

Latest News

8 Best Free-Entry Museums in UAE: Dubai, Abu Dhabi, and Sharjah

👁 3253

As the summer heat sets in across the UAE, indoor escapes become an increasingly appealing option. What better way to stay cool while immersing yourself in the rich heritage of the...

Latest News

Don't Miss Out On Exciting Events

Pick the categories you want to receive updates about

☐ Show and Events

☐ Family-Friendly

☐ With friends

☐ Attractions

☐ With kids

Enter your email here

Subscribe now