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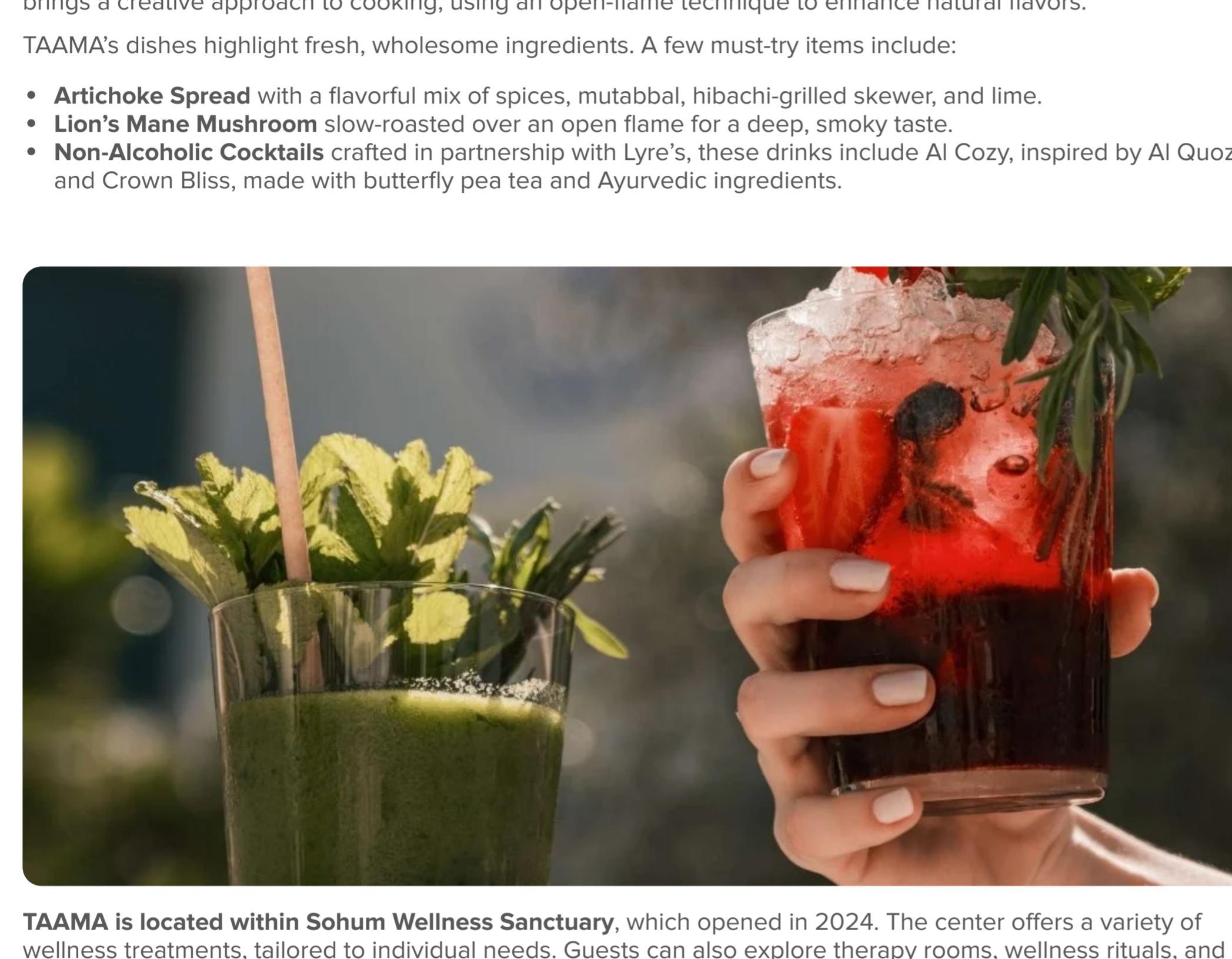
Experience Plant-Based Dining at TAAMA: A New Restaurant in Dubai's Sohum Wellness Sanctuary

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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!

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