



Tabun

SINCE 2008

Arab/Israeli gastronomy

At the Tabun restaurant you find the ideal combination of Middle Eastern flavors and recipes.

In 2008 Tabun opened its doors in the Mall Villa Grande (Envigado). Later for 14 years, it was in Provenza de El Poblado, where we grew in popularity. Now, thinking about continuing to provide the best gastronomic experience, we have established a base in the Palms Avenue Mall, where we offer Arabic food and contemporary Israeli food.

You have at your service a comfortable and pleasant place, with easy access, easy parking and better service with the usual flavors.

We invite you to enjoy an exquisite variety of salads, dishes in the tabun (Israeli clay oven), fresh baked breads, Sabbath meals and modern meals.

We also have catering service and we also celebrate all types of personal and business events.

In Tabun, Arab and Israeli cultures coexist peacefully between recipes, aromas and flavors so you can enjoy a complete Middle Eastern gastronomic experience

EMPANADAS AND ROLLS OF THE ARAB WORLD

FALAFEL (UNIT) \$2.300
Exquisite ball, mixture of chickpeas with parsley and sesame

VEGETABLE SAMBUSAK \$5.400
Israeli pastries filled with potatoes and vegetables

MEAT SAMBUSAKE \$5.900
Iraqi cake filled with meat and vegetables

KIBBE \$6.500
Meat empanada mixed with wheat semolina and spices accompanied by tahini sauce

DOLMEH \$5.500
Fine and exotic grape leaves stuffed with rice, chicken and parsley

TAPUJAJ \$5.600
Filo dough triangle stuffed with potato

JERUSALEM \$5.400
Lentil pie stuffed with vegetables



ENTRIES

HUMMUS \$25.900
Hummus is a cream made from chickpeas, tahini and spices.

ISRAELI RECIPE \$28.900
In the best Tel Aviv style, hummus with falafel

ARAB RECIPE \$32.900
Hummus with meat or chicken of your choice

TAHINI DISH, \$29.900
Lemon Garlic Tahini Sauce

ISRAELI LAHMAJON \$25.900
Baked pita bread with house sauce, ground meat, spices and onion

TURKISH LAHMAJON \$29.900
Baked pita bread with house sauce, minced lamb, spices and onion

FINE HERBS LAHMAJON \$22.900
Baked pita bread with house sauce and zatar



Al-Aqsa Mosque

It is located in Jerusalem, very close to other places of enormous religious relevance for Judaism and Christianity.





For a healthy start, we present our exquisite salads accompanied by hummus and Arabic bread, evoking the magical mysteries of the Middle East

SALADS

PORTION FOR 1 PERSON \$22.900

PORTION FOR 2 PERSONS \$34.200

BABAGNOSH \$19.900

Mix of smoked eggplants, processed with tahini sauce

TABULE \$18.900

Exquisite mixture of tomato, onion, mint and parsley. Finely chopped with wheat semolina and house vinaigrette



ADDITIONS



HOUSE POTATOES \$19.900

Our unique and original potatoes dipped in sweet and sour sauce

FRENCH FRIES \$7.900

ARAB RICE \$13.900

Rice with almonds and spices

MEJADRA \$12.900

Delicious rice with lentils



FRESH BREAD IN THE TABUN

LAFA / ARAB BREAD \$4.900

LAFA WITH ZATAR \$8.500

LAFA \$5.900
With garlic butter



Silwan (Siloe)
Palestinian village in Jerusalem
Its oldest remains date back to
about 5,500 years.



MIDDLE EASTERN CUISINE

Carrying the tradition of Israel, we fill your table with 8 types of salads served per table and made daily to the chef's taste; with hummus and fresh Arabic bread to share.



KEBAP

It means "grilled meat" in Persian. There are many varieties of kebab depending on the country of origin and the meat.

PARGIUT \$46.900

Delicious chicken leg skewers made over charcoal with our unique recipe.



IRANIAN KEBAB \$49.900

Exquisite skewers of ground beef, lamb fat, herbs and spices on almond rice

MIXED KEBAB \$54.400

Grilled mixed meat and chicken skewers

SHAMIT KEBAB \$56.400

Syrian-style ground lamb pancakes, with rustic tomato and onion sauce

SHAWARMA



Shawarma is a well-known dish throughout Middle Eastern countries that consists of fine pieces of lamb or chicken meat seasoned with spices made in a vertical tower.

ISRAELI \$46.900

Fine pieces of chicken fillets with spices made in a vertical tower.

TÜRKIYE \$55.900

Fine pieces of lamb fillets with spices mixed on the grill



Tel Aviv Beaches

Tel Aviv is a city on the Mediterranean coast of Israel. Some of our best beaches: Mezizim Beach, Hilton Beach, Gordon Beach, Jerusalem Beach



MAIN DISHES

TABUN PLATE (1 PERSON) \$45.900

Main course of a kibbe, grape leaf, hummus, house potatoes, Arabic rice and chicken shawarma



SHAKSHUKA \$34.900

Typical Israeli dish consisting of boiled eggs, in a slightly spicy tomato sauce, made with different spices (slow preparation)

MUSAKA \$42.900

Traditional baked Greek dish, made from sliced eggplant and minced meat

KOPETA \$49.900

Meat meatballs, in tomato sauce with garlic and spices, served with white rice



SHABAT CHICKEN

\$45.900

Baked chicken, marinated for 24 hours with cooked potato

MIXTO TEL AVIV \$56.900

Pieces of sirloin, sautéed with vegetables and potatoes

LAMB TABUN \$58.900

Baked lamb, bathed in its own sauce with coconut milk

SCHNITZEL \$48.900

Typical Israeli dish, 300g of chicken breast with our only in-house breading.

BITTERSWEET CHICKEN \$46.900

Israeli recipe with sweet and sour or spicy chicken pieces

MOROCCAN FISH \$55.900

With potato, carrot and a touch of spice

ARABIAN SALMON \$65.900

Grilled salmon with almonds, cilantro and parsley

DISHES TRADITIONAL

GRILLED CHICKEN \$39.900

Exquisite grilled breast

BABY BEEF \$53.900

250g cut of the most succulent meat



Athens, Greece

Acropolis, citadel on a hill with ancient buildings from the 5th century BC.



CURRY DISHES

TIKKA MASSALA CHICKEN \$49.900
Slices of chicken breast, marinated with Indian spices and heavy cream

CHICKEN BUTTER \$46.900
Chicken pieces marinated with spices, in tomato and butter sauce

AL KADHAI CHICKEN \$47.900
Delicious and thin slices of chicken, marinated in spices, bathed in tomato-based garam massala and cumin, with a touch of caraway

LAMB VINDALOO \$54.900
Pieces of lamb cooked over low heat, bathed in yogurt and spices



VEGETARIAN DISHES

ARABIC FALAFEL \$39.900
Exquisite chickpea, herb and spice pancakes covered with hummus and tabbouleh

MALAI KOFTA \$38.900
Mashed potato croquettes with cheese in yogurt and tomato sauce, seasoned with Indian spices

AMMÁN \$42.900
Red lentil meatballs with carrot and potato in house sauce

GOLÁN \$39.900
Chickpeas with spinach, in coconut milk and tomato

SAHZI PANEER \$59.900
Exquisite mix of vegetables sautéed with coconut milk, cheese and cherry tomato, with starters of a vegetable sambosak, lentil rice

MIXED DUBAI VEGETARIAN (2 PEOPLE) \$79.900
4 salads, hummus with falafel, 2 vegetable sambusak. For the main course, Golan and Amman, accompanied by Arabic fries with lentil rice



COMBINED

MIXED ARABIC (2 PEOPLE) \$89.900

4 salads with hummus and Arabic bread, 2 kibbes, 2 grape leaves, 2 falafel. For the main course, chicken shawarma and ground beef kebab, with almond rice and house potatoes

MIXED ISRAELI (2 PEOPLE) \$95.900

4 salads, hummus with falafel and Arabic bread. The main course is chicken shawarma and lamb kebab in teriyaki sauce, with house potatoes and mejadra rice.

MIXED ARABIC LARGE (3-4 PEOPLE) \$165.000

The table of 8 salads, hummus with Arabic bread, 3 kibbes, 3 grape leaves, 3 falafel, plate of 6 Arabic chicken skewers, ground beef, sirloin and chicken hearts, accompanied by Arabic rice and homemade potatoes



LARGE ISRAELI MIXED (4 PEOPLE) (SHABBAT DINNER) \$185.900

Our Shabbat table is a Jewish custom. A unique experience!
2 lafa bread and 2 pita from the oven, meat lahamjon, next to 8 fresh salads with hummus and sauces. Strong ones to share: meat meatballs in red sauce with white rice, Moroccan fish with potatoes and carrots with a spicy touch. Baked Chicken Tabun Recipe with Cooked Potato

Cappadocia, Turkiye
Semi-arid region known for its "fairy chimneys": tall, cone-shaped rock formations



TEL AVIV HAMBURGER

\$39.900

Challah bread made daily, house sauce, lettuce, tomato, fried eggplant, breaded breast with house recipe. Comes with house or French fries

The traditional sandwich comes with hummus and tahini, Arabic salad and French fries wrapped in Arabic bread and stuffed with pita bread. You can order the sandwich to your liking, let us know if you want to change the salad or potatoes.



CON LAFA

ARABIC SANDWICH

FALAFEL
\$24.900
Falafel balls



SANDWICH LEBANESE CHICKEN
\$29.900

Fine pieces of chicken with spices



SHISH KEBAB
\$35.900
Ground beef pancakes



TURKISH LAMB SANDWICH
\$39.900

Fine pieces of lamb with spices



CHILDREN'S MENU

CHICKEN FINGERS **\$22.900**
Breaded chicken Milanese with French fries

MINI PARGIYOT **\$24.900**
Chicken skewer with French fries



Beirut, Libano
Capital y principal puerto marítimo del Libano. Posee hermosas mezquitas y magníficas ruinas romanas



Essaouira souks

Port and tourist city located on the Atlantic coast of Morocco. In this market you can find everything from fish, to spices, jewelry and even auction houses.

Mosque-madrassa of Sultan Hasan

It is an imposing mosque and madrassa from the time of the Mamluk sultanate of Egypt located in the historic center of Cairo

