



Tabun

SINCE 2008

Middle Eastern Cuisine

At Tabun restaurant you will 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 set up base in the Mall Palms Avenue, where we offer contemporary Arabic 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 (clay oven), fresh baked breads, meals for the Sabbath and modern meals.

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

At Tabun, Arabic culture coexists peacefully among recipes, aromas and flavors so that you can enjoy a complete Middle Eastern gastronomic experience



Middle Eastern empanadas and rolls

FALAFEL \$12.900

5 Exquisite croquettes, a mixture of chickpeas with parsley and sesame seeds accompanied by tahini and garlic sauce

VEGETABLE SAMBUSAK \$5.900

Israeli pies stuffed with potatoes and vegetables

MEAT SAMBUSAK \$6.600

Iraqi pie filled with meat and vegetables

KIBBE \$7.200

Meat pie mixed with wheat semolina and spices accompanied by tahini sauce

DOLMEH \$6.000

Fine and exotic vine leaves stuffed with rice, chicken and parsley

JERUSALEM \$6.000

Lentil pie filled with caramelized onions and spices

MIX OF ENTRIES \$42.900 ▶

3 kibbes, 3 grape leaves, 3 falafel with tahini and garlic sauce



Entries

HUMMUS \$28.900 ▶

Hummus is a cream made from chickpeas, tahini and spices.

ISRAELI RECIPE \$31.900

In the best Tel Aviv style, hummus with 4 falafel balls

ARAB RECIPE \$36.000

Hummus with meat or chicken of your choice

RAW KIBBE \$39.900

▶ Wheat semolina with marinated meat, lemon and parsley

◀ ISRAELI LAHMAJOUN \$28.900

Baked pita bread with house sauce, ground beef, spices and onions

◀ LAHMAJOUN FINE HERBS \$25.900

Baked pita bread with house sauce and zaatar

TAHINI DISH \$33.000

Tahini sauce with lemon and garlic

TABUN WINGS \$32.900

6 wings in house BBQ sauce or sweet and sour sauce, accompanied by French fries



Al-Aqsa Mosque

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





For a healthy start, we present our exquisite salads accompanied by hummus

Salads

FATTOUSH SALAD WITH CHICKEN **\$29.900**
\$39.900

Mixed vegetables accompanied by fried bread, zaatar, green olives and olive oil

TABUN SALADS **\$37.900** ▶
8 salads with hummus and bread

BABAGNOSH **\$22.900**
Smoked eggplant mix, processed with tahini sauce

TABULE **\$21.900**
Exquisite mix of tomato, onion, mint and parsley. Finely chopped with wheat semolina and house vinaigrette.



Additions

HOUSE POTATOES **\$23.900**
Our unique and original potatoes dipped in homemade sweet and sour sauce

FRENCH POTATOES **\$12.900**

ARAB RICE **\$13.900**
Rice with almonds and spices

MEJADRA **\$13.900**
Delicious rice with lentils

MASHED POTATOES **\$13.900**
Creamy mashed potatoes and butter

WITHE RICE **\$13.900**



Fresh bread at Tabun

Lafa / Arab Bread **\$5.900**

Lafa with Zaatar **\$8.500**

Lafa with Garlic Butter **\$6.900**



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





Middle Eastern Cuisine

Kebab

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

◀ **IRANIAN KEBAB** **\$55.900**
Exquisite skewers of ground beef, lamb fat, herbs and spices on rice with almonds

◀ **PARGIYOT** **\$49.900**
Delicious grilled chicken leg skewers made with our unique recipe.



MIXED KEBAB
\$54.900
Mixed meat and chicken skewers made on the grill

SHAMIT KEBAB
\$61.900
Syrian-style ground lamb patties with rustic tomato and onion sauce

ANTRICOT KEBAB **\$68.900**
Lebanese-style marinated beef skewers with paprika and onion

LAMB KEBAB **\$69.900**
Lamb skewers marinated in fine herb oil



Shawarma

Shawarma is a well-known dish throughout the Middle Eastern countries that consists of thin slices of lamb or chicken meat seasoned with spices and cooked in a vertical tower.

ISRAELI **\$49.900**
Finely chopped chicken fillets with spices cooked in a vertical tower.

TÜRKIYE **\$59.900**
Finely chopped lamb fillets with spices mixed on the grill

◀ **IRANÍ** **\$59.900**
Fine pieces of sirloin steak with spices mixed on the grill



Tel Aviv Beaches

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



Main Dishes

TABUN PLATE (1 PERSON) **\$49.900**

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



BIRYANI **\$55.900**

Stir-fried vegetable rice with chicken, lamb, beef and spices



SHAKSHUKA **\$37.900**

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

MIXED TEL AVIV **\$59.900**

Pieces of sirloin, sautéed with vegetables

KOPETA **\$55.900**

Meatballs in tomato sauce with garlic and spices, served with white rice ▼



SHABBAT CHICKEN ▶ **\$50.900**

Baked chicken, marinated for 24 hours with boiled potato

LAMB TABUN **\$64.900**

Roast lamb, bathed in its own sauce with coconut milk

SCHNITZEL **\$53.900**

Typical Israeli dish. 300g of chicken breast with our unique house breading

SWEET AND SOUR CHICKEN **\$51.900**

Israeli recipe with sweet and sour or spicy chicken pieces

MOUSSAKA **\$48.900**

Traditional Greek baked dish, made from slices of eggplant and minced meat

CHICKEN MOUSSAKA **\$46.900**

Traditional Greek baked dish, made from eggplant slices and chicken juliennes

MOROCCAN FISH **\$61.900**

With potato, carrot and a touch of spice

ARABIAN SALMON **\$69.900**

Grilled salmon with almonds, cilantro and parsley ▼



Athens, Greece

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

Traditional Dishes

Thinking of satisfying the taste of all palates, we offer exquisite options of traditional cuisine

GRILLED CHICKEN **\$42.900**
Exquisite grilled chicken breast

BABY BEEF **\$55.900**
250g cut of the most succulent meat

GRILLED SALMON **\$58.900**
Salmon with lemon slices and parsley

◀ **SAUTÉED SIRLOIN** **\$64.900**
Sautéed beef sirloin with tomato and onions, accompanied by white rice

STIR-FRIED CHICKEN **\$54.900**
Stir-fried chicken strips with tomato and onions, accompanied by white rice

BEEF MEDALLIONS IN WINE **\$58.900**
Beef medallions with red wine reduction, accompanied by mashed potatoes and house salad

◀ **PEPPER LOIN** **\$55.900**
Beef medallions bathed in pepper sauce accompanied by mashed potatoes and house salad

Pasta Traditional

AL BURRO **\$25.900**
Spaghetti with butter and parmesan cheese

NEAPOLITAN **\$30.900**
Spaghetti, Neapolitan sauce, basil chiffonade and parmesan cheese

BOLOGNESE **\$35.900** ▶
Traditional spaghetti, red sauce with ground beef, fine herbs and parmesan cheese

Mina District, Qatar

Tourist district located in the Old Port of Doha, Qatar. It is characterized by its pastel-colored buildings, cobblestone streets, shops, restaurants, and the largest fish market in the city

Curry Plates

Con opcion de picante



◀ CHICKEN TIKKA MASSALA \$54.900

Slices of chicken breast, marinated with Indian spices and cream

CHICKEN BUTTER \$51.900

Chicken pieces marinated with spices, in tomato and butter sauce

LAMB VINDALOO \$60.900

Slow-cooked lamb pieces bathed in tomato, yogurt and spice sauce



▲ CHICKEN AL KADHAI \$52.900

Delicious and thin slices of chicken, marinated in spices, bathed in garam masala and cumin based on tomato, with a touch of caraway

Vegetarian dishes

ARAB FALAFEL \$43.900

Exquisite chickpea cakes, herbs and spices covered with hummus and tabbouleh

MALAI KOFTA \$42.900

Mashed potato croquettes with cheese in a yogurt and tomato sauce, seasoned with Indian spices

AMMÁN \$46.900

Red lentil meatballs with carrot and potato in house sauce

GOLÁN \$43.900

Chickpeas with spinach, in coconut milk and tomato

SAHZI PANEER \$65.900

Exquisite mix of vegetables sautéed with coconut milk, cheese and tomato wedges, accompanied with vegetable sambosak, falafel cake and rice with lentils

DUBAI MIXED VEGETARIAN \$87.900

(2 PEOPLE)

4 salads, hummus with falafel, 2 vegetable sambosak, 2 falafel cakes. Main course Golan and Amman, accompanied by house potatoes and lentil rice



Dubai

Emirate city of the United Arab Emirates known for its luxury shopping, ultra-modern architecture and lively nightlife.

Combos

◀ ARAB MIXED (2 PEOPLE) \$109.900

4 salads with hummus and Arabic bread, 2 kibbes, 2 grape leaves, 2 falafel. Main course chicken shawarma and ground beef kebab, with almond rice and homemade potatoes

ISRAELI MIXED (2 PEOPLE) \$105.900

4 salads, hummus with meat and Arabic bread. Main course: chicken shawarma and lamb kebab in teriyaki sauce, with homemade potatoes and mejadra rice

LARGE ARAB MIX (3 PEOPLE) \$185.000

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) \$199.900

Our Shabbat table is a Jewish custom. **A unique experience!**

2 lafa bread, meat lahamjon, along with 8 fresh salads with hummus and sauces.

Main dishes to share: meatballs in red sauce with white rice, Moroccan fish with potato and carrot with a spicy touch.

Chicken in Tabun oven recipe with boiled potato



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



Arabic Sandwich

The traditional sandwich comes with hummus and tahini, Arabic salad and French fries wrapped in Arabic bread.

You can order the sandwich to your liking, please let us know if you want to change the salad or fries.



FALAFEL
\$28.900
Falafel balls

SHISH KEBAB
\$38.900
Ground beef patties



LEBANESE CHICKEN SANDWICH
\$33.900
Fine pieces of chicken with



TURKISH LAMB SANDWICH
\$44.900
Fine pieces of lamb with spices



Children's Menu

CHICKEN FINGERS **\$22.900**
4 breaded chicken fillet fingers, accompanied with BBQ sauce, tomato, mayonnaise and French fries

CHICKEN FINGERS GRILLED **\$22.900**
4 chicken fillet fingers, accompanied with BBQ sauce, tomato, mayonnaise and French fries

CHICKEN MILANESA **\$24.900**
chicken milanese with our house breading, with French fries

MINI PARGIYOT **\$24.900**
Chicken skewers accompanied with BBQ sauce, tomato, mayonnaise and French fries

PASTA BOLOGNESE (SPAGHETTI) **\$18.900**
Mince and seasoned beef with spices and red tomato sauce

*The photograph of the sandwiches shows the ingredients with which they are prepared on the side. Therefore, it does not represent how they are served.

Beirut, Lebanon

Capital and main seaport of Lebanon. It has beautiful mosques and magnificent Roman ruins





Tabun Juices

Our juices made with 100% fresh fruits, unique blends and an exquisite variety of lemonades

TRADITIONAL JUICES \$9.900
Mandarin, strawberry, pineapple, mango, passion fruit

ICED CEYLON TEA WITH MINT \$10.900

NATURAL LEMONADE \$10.900

ARABIAN LEMONADE \$11.900

PINK LEMONADE \$11.900

COFFEE LEMONADE \$12.900

COCONUT LEMONADE \$14.900

FALUDE, PERSIAN DRINK \$14.900

Lemonade with rose water and rice

ANANÁS \$10.000

Pineapple with mint

WATERMELON \$10.900

Watermelon with mint

MANJU \$10.900

Mango with strawberry

TUT \$10.900

Strawberry with banana

COCUS \$13.900

Pineapple, banana and coconut

LEBANON \$12.900

Orange with ginger

MANGO LASI \$14.900

Indian drink with yogurt and cardamom

MEJASEQ \$13.900

Passion fruit, banana, mango, mixed in melon juice

PASIFLORA \$12.900

Passion fruit with banana

KIWI \$15.900

Kiwi with mint

ZITNNI \$12.900

Kiwi, strawberry, banana, mixed in cherry juice

STRAWBERRY MANDARIN JUICE \$12.900

MARRAKESH \$15.900

Almonds, vanilla ice cream, water, dates, coconut milk

ORANGE BLOSSOM MILK \$14.900

Yogurt, coconut milk mixed with orange blossom water

COCA COLA \$8.900

SODAS \$8.900

FLAVORED SODAS \$13.900

Refreshing flavored soda with: cherry, passion fruit, green mango, watermelon, red berries or lychee



TONIC WATER 976 \$14.900

Ginger Beer, Ginger Ale, Indi, Ginger, Lemon, Ocean

SPARKLING/REGULAR WATER \$8.900

ALL OUR PRICES
INCLUDE CONSUMPTION TAX

Essabouira Souks

A port and tourist city located on the Atlantic coast of Morocco. This market sells everything from fish to spices, jewelry and even auction houses.





Sultan Hassan Mosque-Madrasa

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