



# 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 \$14.190

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

### VEGETABLE SAMBUSAK \$6.490

Israeli pies stuffed with potatoes and vegetables

### MEAT SAMBUSAK \$7.260

Iraqi pie filled with meat and vegetables

### KIBBE \$7.920

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

### DOLMEH \$6.600

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

### JERUSALEM \$6.600

Lentil pie filled with caramelized onions and spices

### MIX OF ENTRIES \$47.190 ▶

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



## Entries

### HUMMUS \$31.790 ▶

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

### ISRAELI RECIPE \$35.090

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

### ARAB RECIPE \$39.600

Hummus with meat or chicken of your choice

### RAW KIBBE \$43.890

▶ Wheat semolina with marinated meat, lemon and parsley

### ◀ ISRAELI LAHMAJOUN \$31.790

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

### ◀ LAHMAJOUN FINE HERBS \$28.490

Baked pita bread with house sauce and zaatar

### TAHINI DISH \$36.300

Tahini sauce with lemon and garlic

### TABUN WINGS \$36.190

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** **\$32.890**  
**\$43.890**

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

**TABUN SALADS** **\$41.690** ▶

8 salads with hummus and bread

**BABAGNOSH** **\$25.190**

Smoked eggplant mix, processed with tahini sauce

**TABULE** **\$24.090**

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



## Additions

**HOUSE POTATOES** **\$26.290**

Our unique and original potatoes dipped in homemade sweet and sour sauce

**FRENCH POTATOES** **\$14.190**

**ARAB RICE** **\$15.290**

Rice with almonds and spices

**MEJADRA** **\$15.290**

Delicious rice with lentils

**MASHED POTATOES** **\$15.290**

Creamy mashed potatoes and butter

**WITHE RICE** **\$15.290**



## Fresh bread at Tabun

**Lafa / Arab Bread** **\$6.490**

**Lafa with Zaatar** **\$6.490**

**Lafa with Garlic Butter** **\$7.590**



### 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** \$61.490  
Exquisite skewers of ground beef, lamb fat, herbs and spices on rice with almonds

◀ **PARGIYOT** \$54.890  
Delicious grilled chicken leg skewers made with our unique recipe.



**MIXED KEBAB**  
\$60.390  
Mixed meat and chicken skewers made on the grill

**SHAMIT KEBAB**  
\$68.090  
Syrian-style ground lamb patties with rustic tomato and onion sauce

**ANTRICOT KEBAB** \$75.790  
Lebanese-style marinated beef skewers with paprika and onion

**LAMB KEBAB** \$76.890  
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** \$54.890  
Finely chopped chicken fillets with spices cooked in a vertical tower.

**TÜRKIYE** \$65.890  
Finely chopped lamb fillets with spices mixed on the grill

◀ **IRANÍ** \$65.890  
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) **\$54.890**

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



### BIRYANI **\$61.490**

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



### SHAKSHUKA **\$41.690**

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

### MIXED TEL AVIV **\$65.890**

Pieces of sirloin, sautéed with vegetables

### SHABBAT CHICKEN ▶ **\$55.990**

Baked chicken, marinated for 24 hours with boiled potato

### LAMB TABUN **\$71.390**

Roast lamb, bathed in its own sauce with coconut milk

### SCHNITZEL **\$59.290**

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

### SWEET AND SOUR CHICKEN **\$57.090**

Israeli recipe with sweet and sour or spicy chicken pieces

### MOUSSAKA **\$53.790**

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

### CHICKEN MOUSSAKA **\$51.590**

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

### MOROCCAN FISH **\$68.090**

With potato, carrot and a touch of spice

### ARABIAN SALMON **\$76.890**

Grilled salmon with almonds, cilantro and parsley

### KOPETA **\$61.490**

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



### 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** **\$47.190**  
Exquisite grilled chicken breast

**BABY BEEF** **\$61.490**  
250g cut of the most succulent meat

**GRILLED SALMON** **\$64.790**  
Salmon with lemon slices and parsley

◀ **SAUTÉED SIRLOIN** **\$71.390**  
Sautéed beef sirloin with tomato and onions, accompanied by white rice

**STIR-FRIED CHICKEN** **\$60.390**  
Stir-fried chicken strips with tomato and onions, accompanied by white rice

**BEEF MEDALLIONS IN WINE** **\$64.790**  
Beef medallions with red wine reduction, accompanied by mashed potatoes and house salad

◀ **PEPPER LOIN** **\$61.490**  
Beef medallions bathed in pepper sauce accompanied by mashed potatoes and house salad

## Pasta Traditional

**AL BURRO** **\$28.490**  
Spaghetti with butter and parmesan cheese

**NEAPOLITAN** **\$33.990**  
Spaghetti, Neapolitan sauce, basil chiffonade and parmesan cheese

**BOLOGNESE** **\$39.490** ▶  
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 \$60.390

Slices of chicken breast, marinated with Indian spices and cream

### CHICKEN BUTTER \$57.090

Chicken pieces marinated with spices, in tomato and butter sauce

### LAMB VINDALOO \$66.990

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



### ▲ CHICKEN AL KADHAI \$58.190

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 \$48.290

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

### MALAI KOFTA \$47.190

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

### AMMÁN \$51.590

Red lentil meatballs with carrot and potato in house sauce

### GOLÁN \$48.290

Chickpeas with spinach, in coconut milk and tomato

### SAHZI PANEER \$72.490

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 \$96.690

(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)

**\$120.890**

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)

**\$116.490**

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)

**\$203.500**

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)

**\$219.890**

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**  
**\$31.790**  
Falafel balls

**SHISH KEBAB**  
**\$42.790**  
Ground beef patties



**LEBANESE CHICKEN SANDWICH**  
**\$37.290**  
Fine pieces of chicken with



## Children's Menu

**CHICKEN FINGERS** **\$25.190**  
4 breaded chicken fillet fingers, accompanied with BBQ sauce, tomato, mayonnaise and French fries

**CHICKEN FINGERS GRILLED** **\$25.190**  
4 chicken fillet fingers, accompanied with BBQ sauce, tomato, mayonnaise and French fries

**CHICKEN MILANESA** **\$27.390**  
chicken milanese with our house breading, with French fries

**MINI PARGIYOT** **\$27.390**  
Chicken skewers accompanied with BBQ sauce, tomato, mayonnaise and French fries

**PASTA BOLOGNESE (SPAGHETTI)** **\$20.790**  
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 \$10.890**  
Mandarin, strawberry, pineapple, mango, passion fruit

**ICED CEYLON TEA WITH MINT \$11.990**

**NATURAL LEMONADE \$11.990**  
**ARABIAN LEMONADE \$13.090**  
**PINK LEMONADE \$13.090**  
**COFFEE LEMONADE \$14.190**  
**COCONUT LEMONADE \$16.390**

**FALUDE, PERSIAN DRINK \$16.900**  
Lemonade with rose water and rice

**ANANÁS \$11.000**  
Pineapple with mint

**WATERMELON \$11.990**  
Watermelon with mint

**MANJU \$11.990**  
Mango with strawberry

**TUT \$11.990**  
Strawberry with banana

**COCUS \$15.290**  
Pineapple, banana and coconut

**LEBANON \$14.190**  
Orange with ginger

**MANGO LASI \$16.390**  
Indian drink with yogurt and cardamom

**MEJASEQ \$15.290**  
Passion fruit, banana, mango, mixed in melon juice

**PASIFLORA \$14.190**  
Passion fruit with banana

**KIWI \$17.490**  
Kiwi with mint

**ZITNNI \$14.190**  
Kiwi, strawberry, banana, mixed in cherry juice

**STRAWBERRY MANDARIN JUICE \$14.190**

**MARRAKESH \$17.490**  
Almonds, vanilla ice cream, water, dates, coconut milk

**ORANGE BLOSSOM MILK \$16.390**  
Yogurt, coconut milk mixed with orange blossom water

**COCA COLA \$9.790**

**SODAS \$9.790**

**FLAVORED SODAS \$15.290**  
Refreshing flavored soda with: cherry, passion fruit, green mango, watermelon, red berries or lychee



**TONIC WATER 976 \$16.390**  
Ginger Beer, Ginger Ale, Indi, Ginger, Lemon, Ocean

**SPARKLING/REGULAR WATER \$9.790**

ALL OUR PRICES  
INCLUDE CONSUMPTION TAX

### Essaouira 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.

