

*Enjoy all the senses  
in Tabun*



The Tabun restaurant is a place where you find a combination of flavors and cultures of the Middle East. In 2008, the idea of a restaurant that offered a different alternative to the diners began in Villa Grande (Envigado), at the moment The restaurant is located in an exclusive area of the city of Medellín, where it offers a pleasant moment next to a exquisite variety of dishes.

We invite you to enjoy the mixture of colors, aromas and flavors of cultures.

The name of Tabun essentially refers to the denomination of the old furnace where the Arab bread is made, very common in Middle Eastern homes, we use it to make the bread of the house, which can taste next to our variety of Exquisite salads from different Middle Eastern recipes.

The location is divided into two types of environments, contrasting the modernity with the antiquity of the Arab world, where you can especially observe the innuendo of the Bedouin environment in an innovative space full of colors representative of these cultures.

Also enjoy the Great Arab Dance Show on weekends and offering the Valet Parking service for your comfort.

*Tabun*  
*unique experience*

## Empanadas and rolls of the arab world

### FALAFEL (unit)

Chickpea balls with vegetables

\$ 2.200

### VEGETABLES SAMOSA

Hindu pastries stuffed with potatoes and vegetables

\$ 5.400

### CHICKEN SAMOSA

Hindu pastries stuffed with chicken and vegetable

\$ 5.900

### KIBBE

Exquisite meat pie mixed with wheat semolina and spices accompanied of salsa tahina

\$ 6.500

### DOLMEH

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

\$ 5.400

### TAPUJ

Filo Pasta Triangle filled with potato

\$ 5.500

### JERUSALÉN

Lentil Pie stuffed with vegetables

\$ 5.300



*In the Middle Eastern cuisine a good start is essential to eliminate the palate, so we present the most representative entries of ancient cultures*

## Entries

### HUMMUS

Hummus is a cream made from chickpeas, tahini and spices

\$ 19.900

### ISRAELI RECIPE

In the best style of Tel Aviv, Hummus with falafel

\$ 26.900

### ARABIAN RECIPE

In the best style of Jerusalem, Hummus with meat or chicken of your choice

\$ 29.900

### MARRAKECH WINGS

6 units (spicy or bbq)

\$ 24.900

### RAW KIBBE

Raw meat marinated with Arabian spices olive oil and onion hulls

\$ 34.900



## Salads

PORTION FOR 1 PERSON \$ 19.900

PORTION FOR 2 PEOPLE \$ 29.200

**BABAGANOSH** \$ 18.900

Processed smoked eggplant mix with tahina sauce

**TABULE** \$ 18.900

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



Salads

*For a healthy start,  
we present our exquisite  
salads accompanied by  
Hummus and Arabic  
bread that evoke the  
magical mysteries of the Middle East*



## Additions

**HOUSE POTATOES** \$ 16.900

Our unique and original potatoes dipped in sweet and sour sauce

**POTATO CHIPS** \$ 8.000

Crispy sliced breaded potatoes

**ALO GOBI** \$ 11.900

Potatoes with cauliflower mixed in Indian spices

**ARABIC RICE** \$ 9.900

Rice with almonds and spices

**CUSCUS** \$ 13.900

**BASMATI** \$ 12.900

Indian long grain rice

## Bakery

**LAFA / ARABIC BREAD** \$ 4.900

**LAFA WITH ZATAR** \$ 7.500

**NAAN / HINDU BREAD** \$ 4.900

**NAAN WITH GARLIC** \$ 5.900

**PITA BREAD** \$ 2.000



Arabic bread

## Kebab

It means "grilled meat" in Persian. There are many varieties of Kebab according to the country of origin and the meat.

### ISRAELI PARGIUT

Delicious charcoal chicken skewers

\$ 42.900

### IRANIAN KEBAB

Exquisite skewers of ground beef, lamb fat and spices

\$ 49.900

### SHAMI KEBAB

Ground lamb tortillas, Syrian style

\$ 52.400



Israeli Kebab



Iranian Kebab

*The Middle Eastern Cuisine Taking the tradition of the Middle Eastern Culture, we have prepared 8 types of salads to share served per table (a portion of salad for up to 4 people) and made daily to the taste of the chef. Hummus, Arab bread and a companion of your choice for plate*

## Shawarma

It is a dish from the Middle East that consists of thin pieces of lamb, turkey and chicken seasoned with spices.

### LEBANESE

Thin pieces of chicken fillets with spices

\$ 42.900

### TURKEY

Thin pieces of spiced lamb fillets

\$ 49.900



Shawarma Turkey

# *The kitchen of the Middle East*

## Main Dishes

**TABUN DISH**  
(1 person) **\$ 39.900**  
4 salads, main dish of a kibbe, grape leaf, hummus, house potatoes, arabic rice and chicken shawarma

**SHAKSHUKA** **\$ 33.900**  
3 Eggs cooked in tomato sauce made with different spices (slow preparation)

**MUSAKA** **\$ 42.900**  
Traditional Greek dish, made with slices of eggplant and minced meat, baked

**MOROCCAN SALMON** **\$ 58.900**  
Grilled salmon with almonds, coriander and parsley

**MIXED TEL AVIV** **\$ 52.900**  
Pieces of sirloin sautéed in Wok with vegetable mixtures



Tabun dish



Moroccan Salmon



Mixed  
Tel Aviv



Couscous  
with Lamb

**LAMB TABUN** **\$ 55.900**  
Baked lamb bathed in its own sauce with coconut milk

**SCHNITZEL** **\$ 47.900**  
250 g chicken breast with our unique house breaded

**BITTERSWEET CHICKEN** **\$ 46.900**  
Israeli recipe for bittersweet or spicy chicken pieces

## Traditional Dishes

**GRILLED CHICKEN** **\$ 39.900**  
Exquisite grilled chicken breast

**BABY BEEF** **\$ 51.900**  
Cut 250 gr of the most succulent meat

## Curry Dishes



Pollo Tikka  
Massala

**TIKKA MASSALA  
CHICKEN** \$ 46.900

Marinated chicken breast slices with  
Hindu species and milk cream

**LAMB VINDALOO** \$ 54.900  
Pieces of lamb simmered, bathed in yogurt  
and spices

**KURMA MUTTAN** \$ 54.900  
Celestial balls of tender ground lamb,  
dipped in curried coconut sauce with  
traditional spices from North India and a  
touch of black sesame seeds

**CHICKEN BUTTER** \$ 45.900  
Chicken pieces marinated with spices in tomato  
and butter sauce

**BIRYANI** \$ 52.900  
Basmati rice sautéed with vegetables, chicken, turkey,  
lamb, teriyaki sauce and Indian spices

*The Hindu Kitchen  
From the magical India, we have brought to the Tabun  
restaurant, a fantastic experience of colors, textures, smells and  
ancient flavors, which are shown in our various dishes ready to  
delight your palate, which will transport you to the most  
mysterious places*

**AL KADHAI CHICKEN** \$ 42.900  
Delicious and thin slices of chicken marinated in  
spices, bathed in garam massala and tomato-based  
cumin with a touch of caraway



Pollo  
Al Kadhai



Fish curry

**FISH CURRY** \$ 55.900  
Traditional Indian recipe of fresh fish in tomato and  
curry sauce

## Vegetarian Dishes



Golan



Sahzi Paneer



Musaka of vegetables

### GOLÁN

\$ 39.900

Chickpeas with spinach in coconut milk and tomato

### MUSAKA OF VEGETABLES

\$ 42.900

Traditional Greek dish, made with slices of baked eggplant and vegetables

### COUSCOUS WITH VEGETABLES

\$ 47.900

Traditional Moroccan dish made from wheat semolina, couscous served with sautéed vegetable mix

### BERENJENAS MEATBALLS

\$ 39.900

Receta hindú de deliciosas bolitas de berenjenas en salsa hindú

### MIXED VEGETARIAN DUBAI

\$ 79.900

(2 people)

4 salads, Hummus with falafel, 2 Tapuaj, 2 Jerusalem. Golan and Amman main course, accompanied by Arab fries with Basmati rice

### ARAB FALAFEL

\$ 37.900

Exquisite tortillas of chickpea, herbs and spices covered with hummus and tabule

### SAHZI PANEER

\$ 53.900

(Hindu)

Exquisite mix of vegetables sautéed with coconut milk, cheese and cherry tomato with entrances of a vegetable Samosa and a corn makka with Basmati rice

### MALAI KOFTA

\$ 37.900

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

### AMMÁN

\$ 39.900

Red lentil meatballs with carrot and potato in house sauce



Malai Kofta



## Combined

### MIXED ARABIC (2 people) \$ 85.900

4 salads with Hummus and Arabic bread, 2 Kibbes, 2 Grape leaves, 2 Falafel. From main course Shawarma chicken and ground beef Kebab, with almond rice and house potatoes



Hindu Mixed

### HINDU MIXED (2 people) \$ 89.900

4 Indian salads with Raitha and naan bread, 2 Vegetable Samosas, 2 Chicken Samosas, 2 Corn Makkas with mango and mint chutney. Of main course chicken and lamb curry and spices, with basmati rice and aloo gobi

### MIXED TURKEY (2 people) \$ 95.900

4 salads, Hummus with meat and Arabic bread. Main course shawarma of lamb and lamb kebab in teriyaki sauce, with house potatoes and Arborio rice



Arab Mixed



Large Arab vMixed

### LARGE ARAB MIXED (3 people) \$ 145.000

The table of 8 salads, Hummus with Arabic bread, 3 Kibbes, 3 grape leaves, 3 falafel, plate of 6 Arab skewers of chicken, ground beef, sirloin and chicken hearts, accompanied by Arabic rice and house potatoes

### HINDU BIG MIXED (3 people) \$ 147.000

The table 8 Indian salads with Raitha and naan bread, 3 Vegetable Samosas, 3 Chicken Samosas, 3 corn makkas with mango and mint chutney. From main course chicken to kadai, Malai Kofta, Kurma Muttan, accompanied by basmati rice and aloo gobi potatoes

## Arab Sandwich

	With lafa	With pita
<b>FALAFEL</b> Chickpea Balls	\$ 19.900	\$17.900
<b>LEBANESE CHICKEN SANDWICH</b> Fine chicken pieces with spice	\$ 28.900	\$19.900
<b>SHISH KEBAB</b> Ground Beef Cakes	\$ 35.900	\$28.900
<b>LAMB TURKISH SANDWICH</b> Thin pieces of lamb with spices	\$ 39.900	\$34.900



Falafel en pita

*The traditional sandwich comes with Hummus and tahina. Arabic salad and French fries wrapped in Arab bread. You can order the sandwich how ever you like . inform if you want to change salad or potatoes*



Lebanese Chicken Sandwich



Shish Kebab



Shawarma en pita

## Children's menu

<b>CHICKEN COLOMBINES</b> Delicious breaded chicken wings with French fries	\$ 24.900
<b>CHICKEN FINGERS</b> Breaded chicken fingers with French fries	\$ 22.900

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

### TRADITIONAL JUICES

Tangerine, strawberry, pineapple, mango, passion fruit

\$ 7.900

### CEYLON COLD TEA WITH PEPPERMINT

\$ 8.900

### ARAB LEMONADE

\$ 8.900

### PINK LEMONADE

\$ 9.900

### COCONUT LEMONADE

\$ 11.900

### FALUDE, PERSIAN DRINK

Lemonade with rose water and rice paste

\$ 10.900

### ANANÁS

Pineapple with Peppermint

\$ 9.000

### MANJU

Strawberry mango

\$ 9.200

### TUT

Strawberry with banana

\$ 8.900

### COCUS

Pineapple, banana and coconut

\$ 11.900

### LEBANON

Orange with ginger

\$ 9.600

### LASI DE MANGO

Hindu drink with yogurt  
and cardamom

\$ 11.900

### MEJASEQ

Passion fruit, banana, mango,  
mixed in melon juice

\$ 8.900

### PASIFLORA

Passion fruit with banana

\$ 8.900

### KIWI

Peppermint Kiwi

\$ 11.900

### ZITNNI

Kiwi, strawberry, banana, mixed in cherry juice

\$ 9.900

### MARRAKESH

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

\$ 14.900

### POSTOBON and COKE

\$ 6.900

### SODAS

\$ 6.900

### FLAVORED SODAS

Refrescante soda saborizada de:  
cherry, passion fruit, mango biche, watermelon,  
red fruits, grape, pineapple or lychee

\$ 11.900

### AGUA TÓNICA 976

Ginger beer, Jengibre, Limón

\$ 12.900

### SODA WATER/STILL WATER

\$ 7.900

Juices

Lemonades

Falude