



Blend & Bite



BLEND & BITE TABOON RESTAURANT

Business Bay
Dubai, United Arab Emirates

FREE HOME DELIVERY

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Food is any substance consumed to provide nutritional support for an organism. Food is usually of plant, animal or fungal in origin, and contains essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals.





Grill Double Burger Spicy | **AED 22**



Grilled Cheetose Burger Beef | **AED 18**



Grilled Cheetose Burger Chicken | **AED 18**



Zinger Double Burger | **AED 18**



Chicken Fillet Burger | **AED 14**

Burgers



Chicken Double Burger | **AED 15**



Beef Double Burger | **AED 16**



Grilled Chicken Burger Spicy | **AED 18**



Grilled Chicken Burger | **AED 17**



Grilled Beef Burger | **AED 18**



Grilled Beef Burger Spicy | **AED 19**



Chicken Burger | **AED 12**



Beef Burger | **AED 12**



Zinger Burger | **AED 14**

One of the most beneficial aspects of burgers is their high protein content. Protein helps build muscle mass and keeps your energy levels up throughout the day. Each burger patty contains around 15-25g of quality protein that has been proven to keep you feeling fuller for longer periods of time.

Veg Burger | **AED 10**



Jumbo Prawns Burger | **AED 18**





Zinger Chicken

CLUB SANDWICH



Zinger Beef

AED 18



Hot Dog Club

AED 15



Jumbo Prawns Club

AED 22



Chicken Fillet Club

AED 18



Fish Fillet Club

AED 20



Vegetable Club

AED 15



Egg Club

AED 12

SANDWICH

AED 15



Zinger Combo

AED 18



Jumbo Prawns Combo

AED 15



Chicken Nuggets Combo

AED 18

Chicken Tikka Combo

AED 16



Chicken Fillet Combo

AED 16

Mathafi Combo



AED 12

Vegetable Combo





BREAKFAST TIME



Poori Bhaji



Dosa Set



Idly Chutney Set



Masala Dosa

Plain Roast	8.00
Ghee Roast	10.00
Egg Roast Porota	10.00
Poha	10.00
Upma (Small)	8.00
Upma (Big)	12.00
Alu Porota	8.00
Cheese Porota	10.00
Paneer Porota	12.00
Mix Porota	12.00
Bread Omlet (White Bread)	8.00
Bread Omlet (Brown Bread)	10.00
Maggi Masala	10.00

BREAKFAST • BREAKFAST • BREAKFAST • BREAKFAST • BREAKFAST • BREAKFAST • BREAKFAST • BREAKFAST • BREAKFAST • BREAKFAST • BREAKFAST • BREAKFAST

Chapati	2.00
Porota	2.00
Dosa (Single)	3.00
Poori (Single)	3.00
Omlet Double	6.00
Egg Burji Double	8.00
Tea	2.00
Tea Big	4.00
Coffee	3.00
Coffee Big	6.00
Chukku Coffee	3.00
Boost	6.00
Horlicks	6.00

The number of times you drink tea in a day can vary based on personal preferences and tolerance to caffeine. However, moderation is key. Drinking 2-3 cups of tea per day is considered reasonable for most people, but excessive consumption may lead to negative effects due to caffeine or other compounds.



VEGETABLES

Dal Makhni	15.00
Cuddy Pakoda	12.00
Rajma Masala	12.00
Chana Masala	12.00
Alu Gobi	12.00
Alu Jeera	12.00
Mix Veg	12.00
Veg Kadai	14.00
Veg Kolapuri	15.00
Mushroom Masala	15.00
Alu Paneer	15.00
Paneer Butter Masala	16.00
Paneer Tikka Masala	16.00



Paneer Kadai **16.00**



Dal Tadka **10.00**



Alu Palak **12.00**

Fruit and vegetables are a good source of vitamins and minerals, including folate, vitamin C and potassium. They're an excellent source of dietary fibre, which can help to maintain a healthy gut and prevent constipation and other digestion problems. A diet high in fibre can also reduce your risk of bowel cancer.

VEGETABLES • VEGETABLES • VEGETABLES • VEGETABLES • VEGETABLES • VEGETABLES • VEGETABLES • VEGETABLES • VEGETABLES • VEGETABLES • VEGETABLES •



Chicken Masala **15.00**



Mutton Masala **18.00**



Prawns Masala **22.00**



Beef Masala **22.00**

NON VEGETABLE

Chicken Curry	12.00
Chicken Kadai	16.00
Chicken Kolapuri	14.00
Butter Chicken	18.00
Chicken Chilli	16.00
Chicken Munchurian	16.00
Chicken Tikka Masala	18.00
Mutton Rogan Josh	22.00
Mutton Pepper Masala	22.00
Mutton Kadai	22.00
Prawns Curry	22.00
Beef Kadai	22.00
Beef Curry	18.00
Beef Rogan josh	22.00

Eating curry powder regularly has the potential to combat cancer cells. This effect is also due to the curcumin in turmeric. Across a variety of studies, curcumin has been found to suppress many types of cancer cells, including breast, ovarian, prostate, lung, colon, and bladder cancer. Support digestive health.

NON VEGETABLES • NON VEGETABLES • NON VEGETABLES • NON VEGETABLES • NON VEGETABLES • NON VEGETABLES • NON VEGETABLES • NON VEGETABLES • NON VEGETABLES •

NON VEG SOUP

SOUP



Mutton Soup **AED 18**



Chicken Hot & Sour Soup **AED 16**



Chicken Corn Soup **AED 16**



Chicken Clear Soup **AED 14**



Chicken Munchow Soup **AED 16**

VEGETBLE SOUP



Veg Clear Soup **12.00**



Veg Corn Soup **14.00**



Mushroom Soup **14.00**



Tomato Soup **14.00**



Veg Hot & Sour Soup **14.00**



Veg Munchow Soup **14.00**

Starters

The appetizers have many advantages as they are not just useful for taking the time until the main dishes are ready. To begin with, they are most useful in assisting to jump-start your digestion process in the body. If you take a small, tasty snack before dinner.



Chicken 65 **16.00**



French Fries Big **12.00** Small **8.00**



Chicken Lollipop **15.00**



Crispy Honey Chicken **20.00**



Calamari (Salt & Pepper) **22.00**



Potato Wedges Big **12.00** Small **8.00**



Mix Pakoda **10.00**



Paneer Pakoda **15.00**



Golden Fried prawns **22.00**



Coriander Chicken Dry **20.00**

Let's Have Lunch

Not only does your body love a healthy lunch each day, your mind, your sense of wellbeing, and your wallet can benefit too: Have a break. If you take time to eat your packed lunch away from your desk, you are letting your mind and body refresh for an afternoon of work.



Chicken Biryani **15.00**



Mutton Biryani **20.00**



Prawns Biryani **22.00**



Veg Biryani **14.00**



Paneer Tikka Biryani **16.00**



Veg Thali **15.00**



Non Veg Thali **18.00**



Plain Rice **8.00**



Jeera Rice **10.00**



Curd Rice **12.00**

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fried rice

It contains carbohydrate, fat, calcium, phosphor, iron, Vitamin A, and Vitamin C. Fried rice is known for its high protein compounds, and it's recommended mostly for those who are involved in muscle formation programs. It helps in the development of muscle due to its richness in protein.



Veg Fried Rice **14.00**



Egg Fried Rice **15.00**



Chicken Fried Rice **15.00**



Beef Fried Rice **18.00**



Prawns Fried Rice **18.00**



Mix Fried Rice **20.00**



Shezwan Veg Fried Rice **16.00**



Shezwan Egg Fried Rice **18.00**



Shezwan Chicken Fried Rice **18.00**



Shezwan Beef Fried Rice **20.00**



Shezwan Prawns Fried Rice **20.00**



Shezwan Mix Fried Rice **22.00**



Noodles



Chicken Noodles **16.00**



Mix Noodles **22.00**



Veg Noodles **16.00**



Egg Noodles **16.00**



Beef Noodles **18.00**



Prawns Noodles **22.00**



Shezwan Egg Noodles **15.00**



Shezwan Chicken Noodles **18.00**



Shezwan Prawns Noodles **20.00**



Shezwan Mix Noodles **22.00**



Shezwan Veg Noodles **16.00**



Shezwan Beef Noodles **18.00**



Hakka Chicken Noodles **18.00**



Hakka Beef Noodles **20.00**



Hakka Prawns Noodles **20.00**



Hakka Mix Noodles **22.00**



Hakka Veg Noodles **16.00**



Hakka Egg Noodles **16.00**

Noodles Combo

Many people like to eat noodles. Noodles play an irreplaceable role in the diet of people in the north of China.



Veg Munchurian Noodles Combo **AED 18**



Chilli Paneer Veg Noodles Combo **AED 18**



Chicken Chilli Noodles Combo **AED 22**



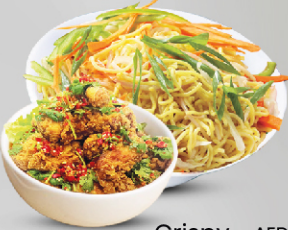
Chicken Munchurian Noodles Combo **AED 22**



Chicken 65 Noodles Combo **AED 24**



Honey Chicken Noodles Combo **AED 24**



Crispy Corriander Chicken Noodles Combo **AED 25**



Veg Munchurian Shezwan Noodles Combo **AED 22**



Chilli Paneer Shezwan Noodles Combo **AED 22**



Chicken Chilli Shezwan Noodles Combo **AED 24**



Chicken Munchurian Shezwan Noodles Combo **AED 24**



Chicken 65 Shezwan Noodles Combo **AED 24**



Honey Chicken Shezwan Noodles Combo **AED 24**



Crispy Corriander Chicken Shezwan Noodles Combo **AED 25**

Rice Bowl



Cuddy Pakoda Rice Bowl **AED 10**



Dal Tadka Rice Bowl **AED 10**



Chana Masala Rice Bowl **AED 12**



Rajma Rice Bowl **AED 14**



Alu Palak Rice Bowl **AED 10**



Mix Veg Rice Bowl **AED 15**



Palak Paneer Rice Bowl **AED 15**



Paneer Tikka Rice Bowl **AED 18**



Paneer Makhni Rice Bowl **AED 18**

Is rice nutritious? Rice is a rich source of carbohydrates, the body's main fuel source. Carbohydrates can keep you energized and satisfied, and are important for fueling exercise. Brown rice, especially, is an excellent source of many nutrients, including fiber, manganese, selenium, magnesium, and B vitamins.

RICE BOWL NON VEG



Chicken Curry | AED **15**
Rice Bowl



Butter Chicken | AED **18**
Rice Bowl



Chicken Tikka Masala | AED **18**
Rice Bowl



Mutton | AED **20**
Rice Bowl



Mutton Kadai | AED **22**
Rice Bowl



Mutton Kolapur | AED **22**
Rice Bowl



Prawns Masala | AED **22**
Rice Bowl



Prawns Curry | AED **22**
Rice Bowl

Roll Sandwich

Sandwiches are easy to prepare and can be made in advance, even the night before. Plus, they are a convenient platform to supply energy, fiber, calcium, iron, protein, and B vitamins to your child's diet.



Chicken Roll | AED **12**



Egg Roll | AED **08**



Egg Burji Roll | AED **10**



Chicken 65 Roll | AED **14**



Prawns Roll | AED **14**



Beef Roll | AED **14**



Mutton Roll | AED **16**



Vegetable Roll | AED **10**



Paneer Roll | AED **14**

Salad



Green Lover Salad Medium | ^{AED}**20** Large | ^{AED}**25**

Fatoush Salad Medium | ^{AED}**18** Large | ^{AED}**24**



Chicken Pasta Salad Medium | ^{AED}**18** Large | ^{AED}**24**

Express Pollo Salad Medium | ^{AED}**20** Large | ^{AED}**25**

Costa Brava Salad Medium | ^{AED}**18** Large | ^{AED}**24**

Tunaripic Salad Medium | ^{AED}**18** Large | ^{AED}**24**



Fruity Salad Salad Medium | ^{AED}**18** Large | ^{AED}**24**

Express Pollo Salad Medium | ^{AED}**20** Large | ^{AED}**25**

Avocado Prawns Salad Medium | ^{AED}**18** Large | ^{AED}**24**

Super Caesar Salad Medium | ^{AED}**18** Large | ^{AED}**24**



Surf And Turf Salad ^{AED}**26**

Salmon Ninja Salad ^{AED}**26**



Many people know that having a salad can be a healthy choice, especially if you are focused on clean eating. But what makes having a salad so beneficial to your health? Here, we explore that exact question, helping you see what healthy salads can do for you. Some people struggle when it comes to eating enough fruits and vegetables to maintain a healthy diet. Having a fresh salad every day can make it easy to get all of the servings you need, plus it supports a clean eating lifestyle.

Wrap SANDWICHES



Zinger Wrap | **AED 16**



Spanish Wrap | **AED 18**



Omlet Wrap | **AED 15**



Egg Wrap | **AED 15**



Nuggets Wrap | **AED 16**



Prawns Wrap | **AED 18**



Hot Dog Wrap | **AED 16**



Falafel Wrap | **AED 15**



Vegetable Wrap | **AED 14**



Tax Max Steak Wrap | **AED 15**



Chicken Avacado Pesto Wrap | **AED 15**



Chipotle Prawns Wrap | **AED 15**



Verdure Wrap | **AED 13**



Smoked Chicken Wrap | **AED 15**

These healthy wraps are a perfect packed lunch! Flavorful and satisfying, they're stuffed with greens, avocado, and a honey-Dijon chickpea salad. Versatile and convenient, serving as a base for a variety of healthy fillings like vegetables, lean proteins, and healthy fats. Can be high in fiber if made from whole grains, supporting digestive health and promoting regular bowel movements



Mutton Kali Mirch Bowl | **AED 22**



Mutton Kali Mirch | **AED 18**

Club SANDWICH

Bread, especially wholemeal, is an important source of dietary fibre which helps to keep our digestive system healthy, helps control blood sugar and cholesterol levels and makes us feel fuller for longer. On average in the UK, bread provides 17-21% of fibre intake across all age groups. Sandwich bread is a staple in many households, available in numerous varieties to suit different dietary needs. Sandwich bread is a staple in many households, available in numerous varieties to suit different dietary needs. Understand the nutritional differences between types and discover the best storage practices to keep bread fresh longer.



Cheese Sandwich | **AED 12**



Chicken Sandwich | **AED 12**

Hot Dog Sandwich | **AED 10**



Omlet Sandwich | **AED 10**



Vegetable Sandwich | **AED 10**



Egg Sandwich | **AED 10**

ACAI



Acai Pomba	28.00
Acai Dream	28.00
Berry Lover Bowl Acai	28.00
Amazon Bowl Acai	28.00
Signature Bowl Acai	28.00
Capacabana bowl Acai	28.00
Going Nuts Acai	28.00
High Five Acai	28.00

TIME TO MOJITO



Red	15.00
Blue	15.00
Green	15.00
Strawberry	15.00

Blue Berry	15.00
Lemon Mint	15.00
Passion Fruit	15.00



By drinking juice, your body can absorb nutrients quickly, without having to digest fibers and other components in whole foods. Moreover, it helps you get a larger intake of vitamins and minerals—more so than you may be getting in your regular diet.



Orange | AED 12

Watermelon | AED 10

Carrot | AED 10

Carrot Ginger | AED 12

CRUSH MILK



Oreo | AED 18



KitKat | AED 18



Lotus | AED 18



Galaxy Crush Milk | AED 18

HEALTHY JUICE

Juicing can play a role in a balanced diet. For instance, it can help you get fruits and vegetables if you don't enjoy eating them. Juicing also can give the digestive system a rest from digesting fiber. This may help some people who have certain health conditions or who receive certain medical treatments.



PURPLE PINE
Pineapple, Black Grape | AED **15**



VITAMIN LOAD
Pineapple, Mango,
Grape, Banana, Orange
AED **15**



WEIGHT LOSS
Strawberry, Orange, Apple | AED **15**



IRON BOOSTER
Beetroot, Carrot, Apple,
Watermelon | AED **15**



LIVER CURE
Beetroot, Apple,
Lime | AED **15**



JUICE SALVATION
Apple, Pineapple,
Ginger | AED **15**



ABC
Apple, Beetroot,
Carrot | AED **16**

SPECIAL JUICE



Abood | AED 18

Galaxy Special Juice | AED 18

Thabakath | AED 18

Adding fresh juice to your daily routine is a tasty and easy way to give your health a boost. Fresh juice, especially when made from a variety of fruits and veggies, delivers a powerful dose of vitamins, minerals, and antioxidants to help you feel your best. At Refresh Juice, we're all about the transformative power of fresh juice, and we're excited to share the top 10 health benefits you can enjoy by sipping on a bottle every day.



Burj Al Arab | AED 18



Green Apple Refresher | AED 15



Red Velvet | AED 16



Citrus Cooler | AED 12



Aboodh | AED 18



Cashew Velvet | AED 18



Cocktail Juice | AED 15

Milk Shake

Drinking milk daily can contribute to overall health and provide essential nutrients, but it doesn't guarantee prevention from all diseases. Milk is a good source of calcium, vitamin D, protein, and other nutrients important for bone health, immune function, and overall well-being.

Avocado Shake	15.00
Mango Shake	15.00
Banana Shake	12.00
Sweet Melon Shake	15.00
Pappaya Shake	15.00
Apple Shake	15.00
Chikku	15.00
Tender	15.00



Lassi Shack

Fruit Lassi	10.00
Mango Lassi	10.00
Banana Lassi	10.00
Strawberry Lassi	10.00
Sweet Lassi	10.00
Salt Lassi	10.00





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