

The Best Breakfast Spots in Dubai: A Culinary Journey to Start Your Day

Dubai is a city that never sleeps, with its skyline shimmering under the sun and its bustling streets filled with energy. It's a city known for its grandeur, luxury, and a vibrant blend of cultures. As a global hub of food, hospitality, and innovation, Dubai offers a diverse range of dining experiences, and breakfast is no exception. Whether you're looking for a traditional Middle Eastern breakfast, a healthy start to your day, or an indulgent international spread, Dubai has something for everyone. Let's explore some of the best breakfast spots in the city that will set you off on the right foot.

1. Arabian Breakfast at Al Fanar Restaurant & Cafe

Al Fanar Restaurant & Cafe is a hidden gem in the heart of Dubai, offering an authentic Emirati breakfast experience. The charming decor transports you to old Dubai with its traditional wooden beams and rustic ambiance, evoking the city's heritage. The breakfast menu features a variety of traditional Emirati dishes such as *balaleet* (sweet vermicelli with eggs), *khameer* (Emirati bread), and *chebab* (a type of pancake).

Al Fanar's breakfast set comes with a combination of sweet and savory items. The most popular choices include *chickpeas stew*, *moutabbal* (smoky eggplant dip), *saj bread*, and *balaleet*. Don't forget to pair it with a cup of traditional Arabic coffee or *karak tea* (a spiced milk tea), which will give you a taste of the UAE's rich cultural heritage.

2. Healthy Breakfast at Wild & The Moon

For those seeking a more health-conscious and eco-friendly start to the day, Wild & The Moon in Alserkal Avenue is an excellent choice. The cafe specializes in organic, plant-based dishes that are perfect for those looking to fuel up with nourishing ingredients. It's also a popular spot for those following gluten-free or dairy-free diets.

Some of the must-try dishes include the *Acai bowl*, *Avocado toast*, and *Chia pudding*. Wild & The Moon also offers cold-pressed juices, smoothies, and functional drinks like matcha lattes and golden milk to kickstart your day with antioxidants and nutrients. Their commitment to sustainability and quality makes it a favorite among health-conscious locals and tourists alike.

3. International Breakfast at The Sum of Us

The Sum of Us, located in the heart of Dubai, offers an international breakfast spread with a strong emphasis on quality ingredients and comfort food. The café combines a bakery and a coffee shop, offering artisanal pastries, gourmet coffee, and wholesome breakfast options. Its relaxed, rustic atmosphere is perfect for those who want to unwind over a hearty breakfast.

For breakfast, try the *Sourdough French Toast* or *Eggs Benedict*, both crowd favorites. If you're in the mood for something more savory, their *Shakshuka* (a North African dish with eggs poached in a spicy tomato sauce) is a must-try. Their freshly brewed coffee, particularly the *Flat*

White, is known to be one of the best in the city, offering the perfect balance of flavor to complement your meal.

4. Classic English Breakfast at The English Bakery

If you're a fan of a traditional British breakfast, head over to The English Bakery in Jumeirah. This charming bakery and café specializes in classic British fare, and their breakfast menu is no exception. The English Breakfast at this establishment is hearty, featuring eggs, bacon, sausages, beans, grilled tomatoes, and toast, just like you would find in a classic British pub.

For something a little different, their *Smoked Salmon & Cream Cheese Bagel* is a delightful option. Pair it with a cup of freshly brewed tea or coffee, and you're set for a traditional British breakfast experience in the heart of Dubai.

5. Luxury Breakfast at The Burj Al Arab's Sahn Eddar

For a luxurious breakfast experience, nothing compares to a morning at the Burj Al Arab's iconic restaurant, Sahn Eddar. Known as one of the most luxurious hotels in the world, the Burj Al Arab offers a lavish breakfast spread that mirrors the opulence of the building itself. Guests can choose from a wide range of international breakfast options, from freshly baked pastries and cereals to eggs cooked to order and an extensive selection of cheeses and fruits.

The buffet breakfast at Sahn Eddar is complemented by a dedicated champagne station for those who want to start their day with a touch of glamour. Whether you indulge in classic European breakfast dishes, fresh seafood, or an Arabic mezze spread, the experience is unforgettable. The setting, surrounded by stunning views of the Arabian Gulf, adds to the allure of this extraordinary breakfast experience.

6. Mediterranean Breakfast at Shimmers

For a relaxed beachside breakfast, head over to Shimmers at the Jumeirah Beach Hotel. This Mediterranean-inspired eatery offers a laid-back atmosphere with picturesque views of the beach and the turquoise waters of the Arabian Gulf. The menu is filled with Mediterranean flavors, with a range of breakfast dishes that combine fresh, light ingredients.

Popular dishes include the *Shakshuka*, *Eggs on Toast with Avocado*, and *Smoked Salmon* with cream cheese. For a more traditional Mediterranean experience, try the *Borek*, a flaky pastry filled with cheese or spinach. Enjoy your meal while soaking in the sun, making Shimmers the perfect spot to enjoy a leisurely breakfast by the beach.

7. Coffee and Pastry at La Serre Bistro

For a quick yet indulgent breakfast, La Serre Bistro in Downtown Dubai offers some of the best pastries and coffee in the city. This French-inspired bistro is renowned for its croissants, pain au chocolat, and *brioche*. The breakfast menu also features light and delicious options like *Eggs Florentine*, *Avocado Toast*, and the quintessential French *Omelette*.

Pair your breakfast with one of their expertly brewed coffees, such as an espresso or cappuccino, and you have the perfect start to a day of exploring Dubai's attractions. The ambiance at La Serre is chic yet cozy, making it an ideal place to enjoy a peaceful morning in the heart of the city.

8. Traditional Emirati Breakfast at Seven Sands

Located in JBR (Jumeirah Beach Residence), Seven Sands offers a great taste of traditional Emirati flavors with a modern twist. The restaurant serves up a variety of Middle Eastern breakfast dishes such as *balaleet*, *saj* bread, and *fatteh*, a layered dish made with chickpeas, yogurt, and pita bread.

For a more substantial breakfast, try their *Emirati Breakfast Platter*, which includes an assortment of local bread, cheeses, eggs, and meats. The rich flavors and fresh ingredients make Seven Sands a popular spot for anyone looking to explore authentic Emirati cuisine.

Conclusion

Dubai's breakfast scene is a delightful fusion of cultures, offering a variety of cuisines to satisfy every palate. Whether you're in the mood for a traditional Emirati breakfast, a healthy vegan meal, or an indulgent luxury spread, the city has countless options to start your day off right. Each restaurant offers its own unique atmosphere, from cozy cafes to beachfront dining, ensuring that you'll find the perfect spot to fuel up and enjoy the vibrant energy of this dynamic city.

So, next time you're in Dubai, don't just rush through breakfast. Take the time to explore the city's diverse breakfast offerings and savor the culinary delights that make Dubai a global food destination.