

# Sip & Savor: Exploring Cafes

## Cafe: Paus

Distance from Knowledge Village: 10 km  
(14 minutes)

Imagine a place with great food, drinks, a spa, and a wellness center that hosts a variety of classes like sound healing and Pilates. Sounds too good to be true, doesn't it? But Paus does it all.

With our stomachs rumbling and mouths watering we got their Eggs Your Way breakfast which is entirely customizable. We opted for scrambled eggs which were buttery, and fluffy and have forever ruined other eggs for us. The dish also comes with sourdough bread and was only 20 AED, and the portion size is massive so you're getting your money's worth.

## Cafe: Heal

Distance from Knowledge Village: 9.5 km  
(14 minutes)

Walking into Heal is like a breath of fresh air, its interior is stunning with floor-to-ceiling windows that have a steady stream of sunlight. Heal is a must-visit place in the summer if you love earthy tones and an energizing aesthetic.

When checking out their most popular menu items, we noticed their Spanish latte was talked about the most. And it completely lived up to the hype! At 28 AED, it was the perfect drink to help beat the heat.

When it came to food, we wanted to branch out and try out their halloumi fries which were more like mozzarella sticks than fries, but we are not complaining.

For drinks, we got their Winnie smoothie which was the best smoothie we've ever had. Bold of us, we know, but it was that good. It had dates, bananas, cacao nibs, tahini and so much more in it. It was 38 AED, and we highly recommend getting it if you visit the cafe.

Paus is the unique cafe you've been looking for because you don't just get great food but also a mind-blowing journey into wellness!



It was worth 32 AED as it was topped with jalapeno sauce and homemade tomato sauce. We can't wait to go back and have it again!

Heal is upscale, aesthetic, and the cafe of your dreams. It's the perfect spot for the summer and one you won't regret visiting!