

whEAT is fresh and young, and oh-so-tasty!

It is a bakery and bistro café; more than a static sit-down restaurant, and more than a bakery.

whEAT also supplies all the exquisite fresh bread and baked items for the other hotel food outlets at Le Royal Meridien, where it is located.

It is a happy place - a fast-paced, grab your coffee and chat, get a *focaccia* to go, or sit and sip a luscious green tea, kind of place.







Ms Avgi Anagnostopoulou is the dynamo behind whEAT, and she has been part of the concept since start-up. A young veteran of the food & beverage aspect of top hotels, both in her native Greece and Qatar, she keeps everything ship-shape and running smoothly.



With a selection of very carefully targeted products, also available retail, whEAT offers a different option to the normal hotel fare, and besides a quick work lunch, I think it makes an ideal stop on the way home after work for some tasty take-away as well. Bachelors take note!





And as a regular coffee-morning sit-down locale, whEAT has much to offer in terms of the quality of ingredients and professional hotel-grade preparation, that so often is lacking in other “coffee shop-cum-eateries”.



You see, anyone can slap a plastic-wrapped, half-frozen, soggy, factory-made sandwich into a microwave - but café bistros that are also on-site patisserie bakeries are both rare and to be prized.

And just that delicious aroma of freshly-baked goodness in the air is enough to prepare your palate for that first mouth-watering bite of freshness - such is whEAT.



whEAT café, bakery and bistro is easy to find, here is an interactive map:

View [whEAT](#) in a larger map and download the GPS track coordinates [here](#).

whEAT restaurant is part of Le Royal Meridien Hotel, located next to the corniche in Abu Dhabi.

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