

New-generation, energetic and young, Milas represents the evolution of traditional Emirati cuisine into a modern and vibrant presentation of old-time favorites, version 2.0!





Milas in Dalma Mall, Abu Dhabi

With sophistication and class, of course.



While the innovation is fresh, the dishes are truly delicious, showing a depth of exploration and not just a superficial passing - although the location in a bustling shopping mall may give an incorrect impression of food court glitz, this is not the case at all with Milas.

In fact, the mall is the comfort zone of Emiratis under age 30 - this is their domain, where they go in their free time, to hang out, see and be seen, and to look at the lively offerings - and so, in this light, the location of their favorite restaurant in the mall is actually perfect.













I loved the freshness of the decor, and also appreciated its contrast with other Emirati cuisine restaurants, who tend to emphasize their connection with the past with decorations of heavy, dark wood, dry palm fronds, and other heritage items – instead Milas is looking towards the future, optimistic, and presenting the future of Emirati culinary traditions.

Along similar lines, the menu is very creative!

Let's say you order a salad...





Milas in Dalma Mall, Abu Dhabi

...this arrives at your table!

Yes, your salad, version 2.0





And superbly dressed, with a homemade dill sauce, stuffed in a crispy zatar bread - very well balanced in flavors, and with a wonderful texture contrast with the crunchy bread.

A salad which tells the world: "I'm ready - the future is what I make of it, and the possibilities are endless!"

To drink for me, Vimto, of course! But I must point out the full options of juices, from an exotic Spicy Date Margarita to a healthy Basil Celery Boost, and more.



The culinary surprises continue, and choosing from the impressive selection is a challenge – I would say several visits to Milas are required!

Appetizers include a fantastic improvement over the popular “Dynamites” and at Milas the batter hugs the softness of calamari on the inside, and the sauce is superb.





Another highlight was an inventive adaptation of the Pani Puri, of Indian origin but a firm favorite throughout the region – at Milas, it has grown in size and expanded in flavors: an exciting and delicious starter.



The mains are again numerous, and all look amazing on the iPad menu... it's difficult to choose, and so we rely on the helpful server to decide – so far everything has been so tasty, I think you could just point at the menu blindly and be very happy with your chance selection!

A genius rendition of a seafood risotto arrived –





Soft yellow rice, super-creamy saffron sauce and then cut with a zesty lemon taste, superbly executed, and absolutely flavorsome – a masterpiece from the Milas kitchen!

And generous on the ingredients, too.



Other mains we tried followed the course set by Milas – make it special, make it innovative, make it sparkle!







Excellent prawn biryani, and a juicy Mubahar Lahem – lamb – big juicy chunks of lamb! And intelligently served with two kinds of sauces for those who want to add some spice.





And dessert closes off a splendid meal of modern Emirati cuisine:





And as a closing, a lovely surprise at the time of departing, fully satisfied... high quality perfumes are presented at the table, as a way of honoring your visit.



All in all, Milas represents a new generation of Emirati cuisine, a welcome coming-of-age onto the restaurant scene, and a dining option that will delight not only the Emiratis themselves, who will appreciate the vibrant adaptations of their grandparents dishes - the restaurant was full of young Emiratis! - but also invite the UAE's expat residents to drop in and get to know just how awesome modern Emirati dishes are!

