

Authentic food is an expression of culture, and Lola represents the culinary traditions of a people's history by employing a whole team of Spanish and Latin American hospitality professionals, from Barcelona, Spain, to Quito, Ecuador.

They not only interpret the cuisine, but also present authentic glimpses of their native culture - and in this case they specialize in delicious food and good-natured fun!

Dining at Lola's is a lively affair!

But first, the premises...



Lola Taberna Española is delightfully appointed, with excellent use of natural light and shadows.



The interior decor is tasteful and welcoming, and the outside garden enclave offers an open air option, while the well-stocked bar caters to all preferences.

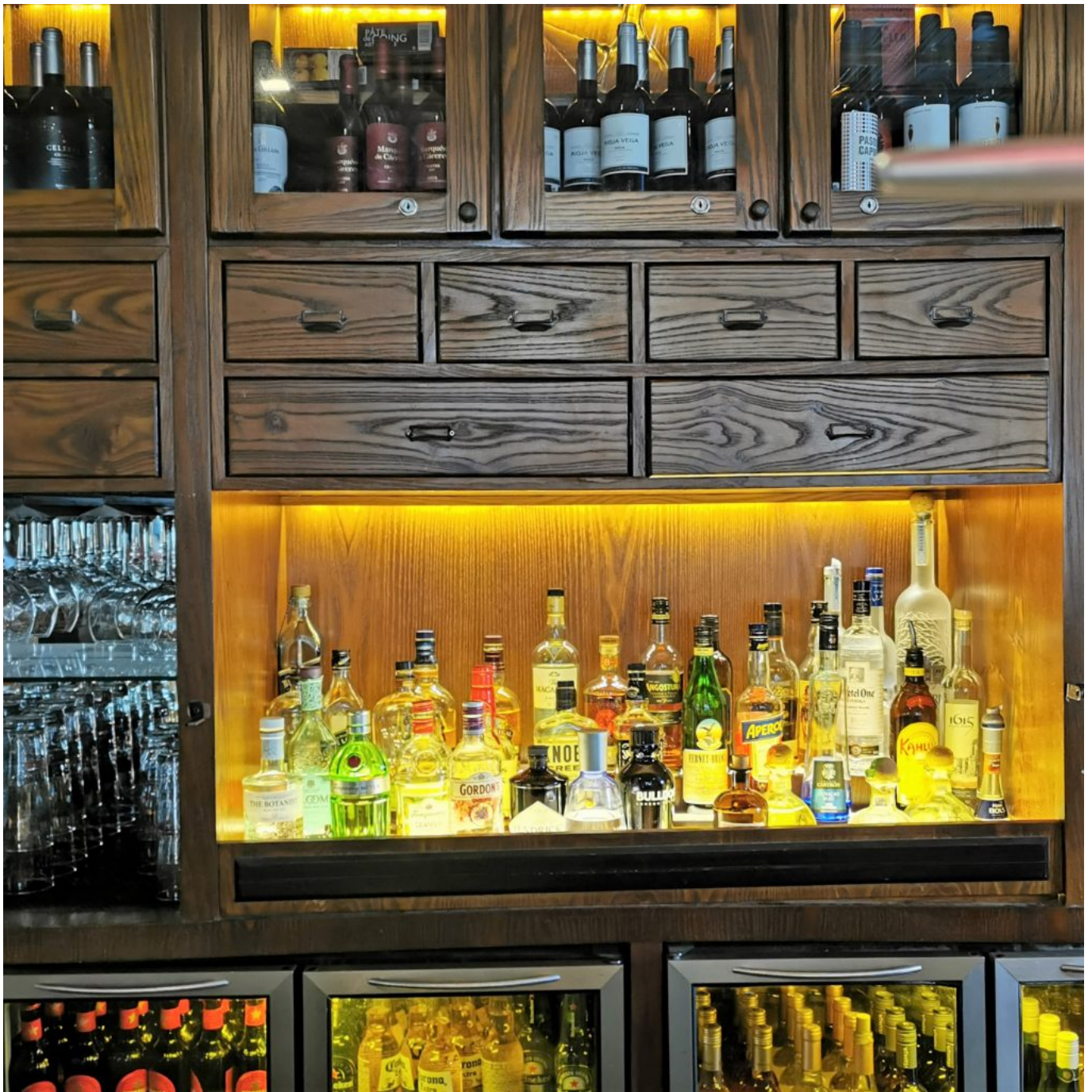






TRYP by Wyndham hotel is itself a spectacularly modern glass building, and Lola offers a wonderful contrast with its use of natural wood and warm earthy tones.





But, there's a man standing on a step-ladder...!



Well, more about Martin, and that magical glass amphor in his right hand later - for now, let's focus on the food!





Authenticity is immediately felt in the ingredients - and Lola Taberna Española is a direct conduit of yumminess from Spain!

Jamon Iberico, Manchego cheese, and Pan con Tomate are staples of the Spanish tapas appetizers, and Lola Taberna delivers with exceptional flavors.

Who would have known that simple ripe tomatoes, olive oil and crusty bread could taste so good?



And besides the mixed platter (tabla de charcutería y quesos), Lola's menu presents epicureans with several deeper levels of choice with regards to hams and sausages from various regions; and selections of prized cheeses, such as San Simón, Garrotxa, Idiazabal, and Mahón, as well as the internationally well-known Manchego.



So already at starters, based on the quality and care of selection of the ingredients presented at the table, you know Lola is for real.

Glass of chilled Sangria constantly on automatic refill, and the good folk in the kitchen start sending out waves of delights!

From a wide selection of delicate and exquisite raw dishes,



to traditional and well-loved classics:



Fresh green salads alternate with more complex dressed versions of potato salad with tuna,



And of course luscious Patatas Bravas!



With its closely-related cousin featuring egg and Iberian sausage!



But the man on the high step, with the magical bottle?

Later, later - now it's Paella time!!





And it is a masterpiece!

Cooked with perfection in the traditional way, so that the rice beneath crisps and burns lightly - called *soccarat* - the seafood paella was proudly displayed before being served at the table.

And indeed it was worthy.



Because it is true that one can buy all sorts of the best, most authentic, and expensive imported ingredients - but that is only the first step, and for the true cultural experience of a world cuisine, one must have the native knowledge and expertise in the kitchen.

And Lola Taberna Española could be located in Catalonia Square in Barcelona, or in Plaza Mayor in Madrid, or perhaps facing the Catedral de Santiago de Compostela, and be completely in character.

In fact, around us, numerous fellow diners were speaking their native language - they know where to find the real, authentic Spanish food in Dubai.



And so the meal takes on an epic proportion, and you feel transported thousands of miles away, to the land of Salvador Dali, Raphael Nadal, and Penelope Cruz...

And although Dali has been credited with saying to “have no fear of perfection - you’ll never reach it,” while enjoying the delicious dishes and drinks at Lola, you are as close as can be!

And then Martin pours a magical Spanish concoction down your throat!!!







And then, for that fleeting moment, you have actually reached weekend brunch fun perfection...



Overall, for a lively and fun, and 100% authentic Spanish dining experience among the tall modern buildings of Dubai Al Barsha Heights, Lola Taberna Española delivers an exciting menu of delicacies in both an outdoor garden enclave as well as an elegant interior dining hall - another must-try Dubai restaurant!

