





FOR GOOD START

BEETS AND LENTILS 33

Beet cubes and lentils with basil and reduced balsamic vinegar, served on top of tzatziki / tahini. **New**
*Vegan with tahini.

ARTICHOKE ON ORANGE VEGETABLES 36

Salad of seared artichoke and chickpeas with roquette, cherry tomato and red onion on a bed of Chirshi (orange vegetables spread). **New**

LENTIL HUMMUS WITH MUSHROOMS 41

A Mix of mushrooms sautéed with garlic on a bed of lentil hummus with a touch of moringa parsley oil, balsamic reduction, and garnished with parsley and scallions. Served with a whole wheat tortilla

GRILLED ARTICHOKE 39

Halved artichokes seared “a la plancha”, served with labane cheese, topped with tomato salsa, chickpeas, moringa parsley oil

EGGPLANT AND LENTILS 39

Black lentils, roasted eggplant and tomato spread, parsley and tahini

SWEET POTATO FRITTERS 39

Sweet potato and grain fritters topped with pesto (walnuts), served with lettuce, green onion, parsley, balsamic vinaigrette and your choice of tahini or yogurt

SOUP OF THE DAY 35

Ask your waiter

BREAD AND SPREADS 29

Ciabatta / gluten free Teff flour bread, served with eggplant and tomato spread, garlic spread and kalamata olive-sun dried tomato spread.

KIDS MENU

The menu is for children up to the age of 12

Our kid's menu consists of nutritious, healthy, and fresh ingredients served in a way that we're sure your kids will love! All meals are served with a side of vegetables (cherry tomatoes, cucumber, and kalamata olives), freshly squeezed juice, a scoop of ice cream or mini tapioca dessert, and a gift from us.

GOOD MORNING KIDS 37

Free-range egg, labane cheese, guacamole and a whole wheat bun

STIR-FRY WITH CHICKEN / TOFU 45/41

Rice noodles stir fried with carrot, chicken / tofu and peanut butter sauce

PASTA 35

Organic whole wheat pasta with tomato sauce topped with parmesan cheese.
*Vegan without parmesan

SCHNITZEL 45

Chicken breast coated in whole wheat bread crumbs and panko baked in the oven. served with a side of choice and ketchup

PIZZA 35

Whole wheat crust with tomato sauce, sheep's milk cheese / vegan yellow cheese, topped with onion / Kalamata olives / mushrooms

Bottled beverages 5

Large Juice 5

All Shakes / Frozen Drinks 10



Vegan



Gluten free

CHICKEN AND FISH

CHICKEN WITH WINE AND PEARS 79

red wine-marinated chicken and pear, served with puree and plancha-seared chard, kale and soy beans

MSABBAHA WITH CHICKEN 69

Turmeric, curry and cumin spiced chicken thighs sautéed with chickpeas, tomato and onion, served on whole wheat tortilla bread with lentil hummus topped with tahini and parsley

CRISPY SCHNITZEL 63

Chicken breast coated in whole wheat breadcrumbs and panko oven baked, served with garlic curry spread and puree

SEARED SALMON 89

Pan-fried and baked salmon fillet, served with plancha-seared chard, kale and soy beans, moringa parsley oil, tzatziki and side of choice

SIDE DISH 15nis

Majadra brown, red and wild rice with black lentils

Mashed potatoes with garlic confit

Oven baked vegetables

Green leaf and quinoa Salad lettuce, roquette, quinoa, carrot, cherry tomatoes and onion

Vegetables Salad lettuce, tomato, cucumber, cabbage, carrot, onion, and parsley

POWER BOWLS

MEXICAN BOWL 67

Turmeric, curry, and cumin spiced chicken thighs on a bed of quinoa, onion and adzuki beans, with tomato chipotle sauce, a side of guacamole, cherry tomatoes, pickled nopales (cactus) and red onion

SEA BOWL 67

Pieces of grey mullet with baked cauliflower, cherry tomatoes, tahini and parsley. Served on a bed of majadra with onion chutney and a side of hot sauce

QUINOA AND GREEN'S BOWL WITH CHICKEN / TOFU 63/59

Broccoli, garlic, onion, green peas, black and white quinoa, oats, pesto (walnuts), soy sauce and coconut milk. Topped with chili flakes and scallions

HOT WINTER

THE CANAANITE 63

rich stew of onion, tomatoes, garlic, carrot, cauliflower, chard kale, chickpeas, adzuki beans, mujaddara, soy beans and carrot juice, served on a bed of warm Chirshi (orange vegetables spread), with parsley and tahini garnish. **New**

ADASHUKA 59

lentil hummus with shakshuka made from 2 free-range eggs or chard, kale and chickpeas, served with parsley garnish and 2 warm tortillas / gluten free Teff flour bread. **New**

VEGAN PAELLA 65

Brown, red and wild rice, adzuki beans, mix of mushrooms, tofu, green peas, onion, ginger, chili, broccoli, sweet potato, coconut milk, beer yeasts, and scallions.

Chicken additional 12 NIS / Salmon additional 15 NIS

MUSHROOM RISOTTO 63

Trio or grains (spelt, barley, and arborio rice), mushrooms, garlic, carrot juice, vegan cheese and chili flakes. Garnished with scallions and a balsamic reduction.

Chicken additional 15 NIS / Salmon additional 18 NIS

PASTA

KONJAC NOODLES WITH PEANUT SATAY AND CHICKEN / TOFU 69/65

konjac noodles with peanut satay and coconut milk, onion, carrot, mushrooms, garlic, ginger, mangold, kale, broccoli and soy beans. Can be ordered with whole wheat pasta instead (with gluten). **New**

Salmon additional 18 NIS.

NAPOLITANA 63

whole wheat pasta with tomato sauce, garlic, kalamata olives, artichoke a la Romana, pesto (walnuts), roquette and parmesan. **New** *vegan without parmesan.

SWEET POTATO GNOCCHI 63

Sweet potato gnocchi sautéed with onion, zucchini, champignon mushrooms, sheep's milk cheese, basil pesto (walnuts), sundried tomatoes, parmesan and scallions

GNOCCHI WITH COCONUT MILK AND MUSHROOMS 63

Sweet potato Gnocchi baked with champignon mushrooms, peas, onion, garlic, sweet potato, pesto (walnuts) and coconut milk and parmesan cheese. Garnished with scallions

LOUISE PAD THAI TOFU / CHICKEN 69/65

Rice noodles stir-fried in coconut oil with carrots, onions, garlic, broccoli, zucchini, ginger and coconut milk, topped with bean sprouts, scallions and chopped peanuts

Please notice that the dishes may contain allergens such as: peanuts, milk, eggs, sesame, walnuts, and gluten

SALADS

Salads are served with sourdough bread /
gluten free Teff flour bread and garlic spread

CAESAR'S WITH CHICKEN 63

lettuce, cherry tomatoes, onion, croutons and sliced chicken breast with Caesar's dressing and parmesan. Gluten free without the croutons

LOUISE'S NICOISE 63

Hot-smoked salmon, kalamata olives and hard-boiled free-range egg, served on top of green beans, cherry tomatoes, sweet potato, red onion, lettuce and rocket, with olive oil and lemon seasoning.

THAI CHICKEN / TOFU SALAD WITH PEANUTS SATAY 61/57

baked sweet potato, green onion and peanuts, served on top of cabbage, carrot, lettuce, onion, Chinese sprouts, soy beans and green beans with peanut satay seasoning

SUPER HEALTH 57

quinoa, adzuki, rocket, apple, carrot, cranberries, goji berries, Brazil nuts and walnuts with citrus vinaigrette.

ROOT, SEED & GRAIN 57

Quinoa, oats, black lentils, beets, carrots, cherry tomatoes, scallions, parsley and chia seeds on a bed of warm lentil hummus, with a side of tahini / yogurt

5 COLOR VEGETABLE 56

Lettuce, tomatoes, onion, cucumbers, cabbage and carrots seasoned with green salt and served with tahini / labane cheese / goat's milk feta cheese

*chicken / tofu additional 15 NIS | salmon additional 18 NIS



MEET THE SPIRULINA!

Blue-green sweet-water seaweed, contains 65% protein, rice with vitamins, minerals and because of that, considered to be super food.
Can help the absorbing ability of the digestive system.

SANDWICHES

All sandwiches are served with a green leaf and quinoa salad

MEXICAN SHAWARMA 59

Turmeric, curry and cumin spiced chicken thighs wrapped in a whole wheat tortilla, with guacamole, tahini, tomatoes, red onion and pickled nopales (cactus)

SMOKED SALMON 59

Hot-smoked salmon, labane cheese, garlic spread, red onion and tomato

HOT OR COLD FETA CHEESE 54

Goat's milk feta cheese, eggplant and tomato spread, basil pesto (walnuts) and tomato

STIR-FRIED CHICKEN / TOFU 56/52

Chicken / Tofu stir-fried with onions, champignon mushrooms, soy sauce and date syrup, garlic spread, lettuce and tomato

CHICKEN CHUTNEY 56

Strips of roasted chicken breast, garlic curry spread, onion chutney, lettuce and tomato

*bread can be substituted by gluten free Teff flour bread upon request 

PIZZA

All of our pizza crusts are made with whole wheat flour

SICILIAN PIZZA 59

Basil pesto (walnuts), artichoke a la Romana, kalamata olives, fresh cherry tomatoes, sheep's milk cheese and Parmesan. Topped with rocket and a balsamic reduction

VEGAN PIZZA 59

Tomato sauce, basil pesto (walnuts), vegan cheese, broccoli and sweet potato.

PIZZA LOUISE 57

Tomato sauce, pesto (walnut), parmesan and sheep's milk cheese, topped with rocket.

2 toppings: onion / kalamata olives / champignon mushrooms

Extra toppings (3 NIS each): sweet potato / artichoke a la Romana





**Business
Lunch**

All the meals include cold or hot beverage of choice, and served every Sun-Thurs (excluding holidays) between 12:30-17:00

BUSINESS 59

A Dish of Choice: Thai Tofu Salad with Peanut Satay / Super Health Salad / Root, Seed & Grain Salad / 5 Color Vegetable Salad / Chicken Chutney Sandwich / Stir-fried tofu or chicken Sandwich / Hot or Cold Feta Sandwich

BUSINESS 69

Choice of First Course: Eggplant and Lentils / Soup / Green leaf and Quinoa Salad / Beets and Lentils

Choice of Main Course: Adashuka / The Canaanite / Pasta Napolitana / Quinoa and green's bowl with tofu / Gnocchi with Coconut Milk and Mushrooms / Sweet Potato Gnocchi / Mushroom Risotto

BUSINESS 75

Choice of First Course: Eggplant and Lentils / Soup / Green leaf and Quinoa Salad / Beets and Lentils

Choice of Main Course: Quinoa and green's bowl with chicken / Louise's Tofu Pad Thai / Thai chicken Salad with Peanut Satay / Konjac noodles with tofu and Peanut Satay / Vegan Paella

BUSINESS 79

Choice of First Course: Eggplant and Lentils / Soup / Green leaf and Quinoa Salad / Beets and Lentils

Choice of Main Course: Louise's Nicoise salad / Thai Salad with Peanut Satay chicken / Smoked Salmon Sandwich / Msabbaha with Chicken / Crispy Schnitzel / Mexican bowl / Sea bowl / Louise's chicken Pad Thai / Mexican Shawarma roll

additional 5 NIS - Caesar's Chicken salad / Konjac noodles with chicken and Peanut Sate / Chicken with Pears and Wine

additional 10 NIS - Salmon Fillet

ADDITIONAL & EXTRAS

Ices	10
All shakes	10
Large Fruit and Vegetable Juices	5
Soft drinks	5
Kinley Sparkling Water / Neviot Mineral Water - no additional charge	
Glass of red house Wine	15

Please notice that the dishes may contain allergens such as: peanuts, milk, eggs, sesame, walnuts, and gluten

ICES

PURPLE FREEZE 21
Beet, celery, apple and agave

FRUIT ICE 21
lemon-mint / apple / Orange, carrot, goji berry, mint, and agave

ICED COFFEE / FROZEN COFFEE DRINK 18

CHOCOLATE MILK 19
70% dark chocolate or milk chocolate pralines

FRUIT & VEGETABLE JUICES

LOUISE'S BOOST 18
Grated lemon, ginger and apple

PURPLE 18/23
Beet, celery and apple

GREEN 18/23
Apple, cucumber, celery and mint

LEMONADE 15/20
Lemon juice, sugar and water

**CARROT / APPLE / ORANGE / BEET /
CELERY / GINGER / MINT / LEMON JUICE** 17/22



WHAT IS MACA ROOT?

The maca root is an edible plant, native to Andes mountains. The powder is rich with vitamins, minerals, amino acids, fibers and phytosterols, which were found to be effective in the war against cancer.

SHAKES

PINEAPPLE SABRAS SHAKE  29
Sabras powder, strawberries, pineapple, coconut milk, and agave

COCOA MACA SHAKE  29
Soy milk, cacao nibs, maca, dates, chia seeds, agave, and coconut oil

JUNGLE  29
Acai, dates, mango, spearmint, lemon juice, and agave

MORINGA PINEAPPLE  29
Moringa, spirulina, pineapple, dates, and lemon juice

SEAWEED FOR SPEED  29
Fresh spirulina, cucumber, pear, dates, mint and lemon juice

BLACK FOREST 29
Yogurt, berries, banana, dates, and agave.
goats milk yogurt- additional 4 NIS

PASSION FRUIT AGAVE  29
Passion fruit, mango, mint, agave and almond milk

TAHINI SHAKE  29
Soy milk, banana, dates, raw tahini, walnuts, and date syrup

SEASONAL FRUIT SHAKE  29
milk / soy milk / yogurt / almond milk / orange juice based
Goat's milk yogurt - additional 4 NIS

SOFT DRINKS

COCA COLA / DIET COKE / COKE ZERO 13

SPRITE / DIET SPRITE 13

KINLEY SPARKLING WATER 11

NEVIOT MINERAL WATER (500 ML) 11

FERRARELLE 330 / 750 ML 12/21

MULTI- MALT BEVERAGE 13



Vegan



Gluten free

HOT DRINKS

TAPIOCA DRINK	15
Coconut milk, tapioca, cinnamon powder and cacao nibs	
TURMERIC LATTE	15
Frothed almond milk, turmeric, cinnamon and date syrup	
HOT COCOA	19
Made with milk chocolate / 70% dark chocolate praline base	
HOT NATURAL CIDER CINNAMON	19
with wine - extra 10 NIS	
CAPPUCCINO	13/16
ESPRESSO / MACCHIATO SHORT / LONG / DOUBLE	9/9/12
AMERICANO	13
BLACK COFFEE	11

WINES

	GLASS	CARAFE	BOTTLE
HOUSE RED WINE	28	49	
MERLOT	36		110
CHARDONNAY	24	42	85
GEWURZTRAMINER	36		110
WHITE SPARKLING WINE	22		70

BEER

CARLSBERG / TUBORG	26
WEIHENSTEPHAN 29	29
SKINNY LAGER 28 (89 CALORIES) 🌱🍃	28
SOMERSBY 24 ALCOHOLIC APPLE CIDER 🌱	24

ASSORTED HERBAL TEAS

ROYAL DRINK	16
Royal jelly, rosemary and lemon	
TEA WITH MINT / VERBENA / SAGE	12
GINGER LEMON ROYAL JELLY TEA	17
CITRUS TURMERIC TEA (DECAF)	16
Israeli infusion of turmeric, cinnamon, ginger, licorice, lemon peel and orange essential oil, can help the detox process and improve the immune system and improve your mood. New	
MANALI CHAI TEA	16
local infusion of black tea, cinnamon, ginger, cardamom and cloves, can help the digestive system and reduce heartburn and gases, cholesterol level and to improve your memory. New	
GREEN TEA WITH ANNONA	16
100% Ceylon green tea leaves. Contains antioxidants that help to facilitate the digestive system, reduce infection, energize, and improve kidney health and blood flow.	
GREEN TEA	16
Passion fruit, mango, mint, agave and almond milk	
1000 NIGHTS BLACK TEA	16
Black and green tea leaves with Dried marigold flowers, corn flowers and petals of roses. can help strengthen the immune system	
GREEN TEA WITH STRAWBERRY AND KIWI	16
100% Ceylon green tea leaves with pieces of fruit (strawberry and kiwi). Contains folic acids and antioxidants, both are effective in slowing the aging process and strengthening the immune system. Helps lower cholesterol and in weight loss.	

Please notice that the dishes may contain allergens such as: peanuts, milk, eggs, sesame, walnuts, and gluten

Breakfast is served Sunday thru Thursday until 12:30 and until 13:00 on Friday and Saturday

GOOD MORNING

POACHED BREAKFAST 62

2 plancha seared ciabatta slices with guacamole and hot-smoked salmon on top, poached free-range eggs and roasted mushrooms with tzatziki. served with vegetable salad and a freshly squeezed juice / hot beverage. **New**

NORWEGIAN 63

Croissant / gluten free Teff flour bread with hot-smoked salmon, guacamole, poached free-range egg, rocket, scallion and herb goat's milk cheese and a touch of tzatziki. Served with a side salad and a freshly squeezed juice / hot beverage

SHAKSHUKA WITH FREE-RANG EGGS / VEGAN CHEESE / TOFU 59

served with a vegetable side salad, tahini, kalamata olives, whole wheat / gluten free Teff flour bread and a freshly squeezed juice / hot beverage. **Extra: Feta / kale and chard - additional 6 NIS**

OMELETTE SANDWICH 32

Free-range egg omelette, labneh cheese, garlic spread, tomatoes, lettuce and red onion. can be substituted by gluten free Teff flour bread upon request. **New**

MORNING POWER BOWL

PALEO POWER BOWL - PROTEIN PACKED 57

Hard-boiled free-range egg, guacamole, hot-smoked salmon, goat's milk and herbs cheese, topped with scallions, on a bed of cabbage, carrot, cucumber, tomato, lettuce and kalamata olives. Served with a freshly squeezed juice / hot beverage

ISRAELI POWER BOWL - LIGHT AND INVIGORATING 51

Tomato, carrot, red onion, cucumber, and parsley on a bed of quinoa, topped with tahini and a sunny side up free-range egg / 2 sweet potato fritter. Served with a freshly squeezed juice / hot beverage

MUESLI SABRAS POWER BOWL 51

Yogurt with red sabras, Louise's granola, goji berries, cacao bean chips, seasonal fruit and with your choice of sweetener agave / Royal Jelly / date syrup. Served with a freshly squeezed juice / hot beverage.

goat's milk yogurt extra 4 NIS

 Vegan  Gluten free

Breakfast for one or two are served with: One side salad of choice per person - vegetable salad / green leaf and quinoa salad, freshly squeezed juice, hot beverage and Louise's sourdough bread / gluten free Teff flour bread

BREAKFAST FOR ONE OR TWO 69/122

Two free-range eggs per person with 2 toppings of your choice: onion / herbs / tomatoes, or poached eggs in a Kadaif nest on a bed of rocket with a touch of tzatziki (**additional 8 NIS per person**)

Extra toppings (4 NIS): goat's milk feta cheese / sheep milk cheese / mushrooms

Spreads for one: goat's milk feta cheese, labane cheese with nigella oil, eggplant and tomato spread, guacamole, Beet with herbs, homemade confiture and a mini tapioca dessert.

Spreads for two: goat's milk feta cheese, labane cheese with nigella oil, goat's milk and herb cheese, eggplant and tomato spread, guacamole, Beet with herbs, Chirshi (orange vegetables spread), homemade confiture and 2 mini tapioca desserts

** gluten free except the Kadaif nest

VEGAN BREAKFAST FOR ONE OR TWO 69/122

sweet potato, oatmeal, and quinoa fritters with pesto (walnuts) on a bed of carrot and cabbage

Spreads for one: vegan seasoned cheese, lentil Hummus, eggplant and tomato spread, guacamole, Chirshi (orange vegetables spread), homemade confiture and a mini tapioca dessert

Spreads for two: vegan seasoned cheese, lentil Hummus, eggplant and tomato spread, guacamole, Chirshi (orange vegetables spread), Beet with herbs, tahini, homemade confiture and 2 mini tapioca dessert

SMALL BITES

Morning Pastry 16 Coffee with a Morning Pastry 25

Mini Sandwich 19 Coffee and Mini Sandwich 26

Vegan mini sandwich  - eggplant and tomato spread, lentil Hummus and tomato. Served with olives. **New!**

Feta cheese mini sandwich - Goat's milk Feta cheese, tomato and kalamata olives spread, pesto (walnuts) and tomato. Served with olives

Free-range egg mini sandwich - Hard-boiled free-range egg, tahini and cucumber. Served with olives

ADDITIONAL & EXTRAS

Bottled beverages / Large Juice 5

All Shakes / Frozen Drinks 10

Please notice that the dishes may contain allergens such as: peanuts, milk, eggs, sesame, walnuts, and gluten

