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# DELIVERY AND TAKE AWAY MENU

**1-700-706099**

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cafelouise.co.il |  

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Haifa | Tiv'on | Binyamina | Drorim | Ramat HaSharon  
TLV Ramat Hahayal | Rehovot



## FOR GOOD START

### 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

## 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

 Vegan  Gluten free

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

## 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

## 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

### PALEO POWER BOWL - PROTEIN PACKED 55

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

## 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**

### 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**

## 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 roquette 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 roquette.

2 toppings: onion / kalamata olives / champignon mushrooms  
**Extra toppings (3 NIS each): sweet potato / artichoke a la Romana**



### 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.



Vegan



Gluten free

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## 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

## 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 

## 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

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## ICES

take away only

### 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

(freshly squeezed) take away only

### 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

take away only

### 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

take away only

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

## Desserts

<b>RASPBERRY LEMON LAYERED MOUSSE</b> 🌿🌱	43
layers of raspberry mousse, lemon mousse and raspberry coulis, garnished with chia seeds and tart berries	
<b>PEANUT SNEAKERS</b> 🌿🌱	39
Rich chocolate soufflé topped with a peanut butter cream. Served with salted caramel sauce and peanuts (vegan without the caramel sauce)	
<b>RICH HAZELNUT MOUSSE</b> 🌱	43
Chocolate and hazelnuts mousse over a bed of chocolate brownies. Decorated with cocoa powder and coffee beans	
<b>SUGAR FREE CRUMBLE CHEESECAKE</b> 🌿	41
Crumble cheesecake served with tart berries	
<b>TAPIOCA</b> 🌿🌱	35
Tapioca pearls in coconut milk topped with goji berries, cocoa bean flakes and a choice of seasonal / dried fruit with date syrup	

## ASSORTED HERBAL TEAS

take away only

<b>ROYAL DRINK</b>	16
Royal jelly, rosemary and lemon	
<b>TEA WITH MINT / VERBENA / SAGE</b>	12
<b>GINGER LEMON ROYAL JELLY TEA</b>	17
<b>CITRUS TURMERIC TEA (DECAF)</b>	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. <b>New</b>	
<b>MANALI CHAI TEA</b>	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. <b>New</b>	

## WINES

BOTTLE

<b>MERLOT</b>	110
<b>CHARDONNAY</b>	85
<b>GEWURZTRAMINER</b>	110
<b>WHITE SPARKLING WINE</b>	70

## BEER

<b>CARLSBERG / TUBORG</b>	26
<b>WEIHENSTEPHAN 29</b>	29
<b>SKINNY LAGER 28 (89 CALORIES)</b> 🌿🌱	28
<b>SOMERSBY 24 ALCOHOLIC APPLE CIDER</b> 🌿	24



Vegan



Gluten free

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