

Please help us save the environment and reduce the use of straws.

D R I N K S

D	C O L D D R I N K S	
R	Soft Drink / Iced tea (peach flavored)	13 NIS
I	Perrier Soda (Sparkling water) / Mineral water	13 NIS
N	Perrier Soda (Sparkling water) 750 ml	24 NIS
K	Flavored Water (grapes / peach)	13 NIS
S	Root Beer	15 NIS
	Fresh Lemonade / Mint Lemonade (Lemonana)	15 NIS
	Cold coffee / Cold Chocolate Milk	15 NIS
	Grape Juice / Apple Juice	13 NIS
	Water For Your Dog	0 NIS

N A T U R A L J U I C E S

Carrot Juice / Orange-Carrot juice 🌱🌿	15 NIS
Orange Juice 🌱🌿	15 NIS

I C E D R I N K S

Healthy Green Pre-Shake 🌱🌿	32 NIS
Mango, pineapple, date, banana, spinach leaves, parsley, mint. water based	
Ice Coffee / Ice Vanilla	18 NIS
Ice Mint Lemonade 🌱🌿	19 NIS
Ice Orange-Carrot Ginger 🌱🌿	22 NIS
Ice Açai 🌱🌿	32 NIS
Strawberry, banana, mango – decorated with date honey. A base of either: orange juice / water / milk / soy milk / almond milk / oats milk.	
Vegan tropical shake 🌱🌿	32 NIS
Coconut milk, orange juice, pineapple and mango – decorated with date honey.	
Pre-Shake > 3 kind of fruits 🌱🌿	32 NIS
Options: Mango, banana, date, strawberry, melon and pineapple. Base of either: orange juice / water / milk / yogurt / soy milk / almond milk / oats milk.	
Vegan Tahini Shake 🌱🌿	32 NIS
Banana, date, raw tahini, walnuts. Decorated with date honey. Base: soy milk (can be done on regular milk).	
The Lion Shake 🌿	32 NIS
Ice vanilla, strawberry, jam. topped with whipped cream.	
Ice Vanilla Lotus	32 NIS
Ice vanilla, lotus cookies, dulce de leche, pecan nuts, vanilla chocolate chip ice cream – Topped with whipped Cream.	
Milkshakes (different flavors)	32 NIS
Vanilla / chocolate / strawberry (sorbet) / dulce de leche / vanilla chocolate chip ice-cream	
Surprise Ice	32 NIS
Ice coffee with ice vanilla, pecans, vanilla chocolate chip ice-cream and topped with whipped cream.	

C O C K T A I L S

Frozen Pineapple Margarita	32 NIS
Aprol Shpritz	32 NIS

A L C O H O L

Arak – 60 ml (options: with orange juice/ lemonade)	40 NIS
Whiskey	44 NIS
Vodka - 60 ml (options: with orange juice/ lemonade)	45 NIS
Chaser Arak / Vodka	14 NIS
Chaser Whiskey	22 NIS

W I N E

Sparkling Wine > Prosecco (Tommasi)	28/98 NIS
Pinot Noir Rose > Dr. Loosen – Villa Wolf (German Rose)	35/120 NIS
White Wine	
Recanati French Blend – Semi Dry	35/120 NIS
Mud House (Sauvignon Blanc) – Dry	38/130 NIS
Recanati Jonathan White – Dry	35/120 NIS
Red Wine	
Recanati Jonathan Red – blend of Cabernet Sauvignon and Shiraz.	35/120 NIS

B E E R S

Goldstar from the tap > a third / half	25/28 NIS
Heineken from the tap > a third / half	25/28 NIS
Unfiltered Goldstar > bottle	24 NIS
Heineken > bottle	27 NIS

H O T D R I N K S

You can request to have your hot drink served with low fat milk / decaff coffee / soy milk 🌱 / almond milk 🌱 / oats milk 🌱 (at no extra charge)

Hot Sangria	22 NIS
Espresso > short / double shot	10/12 NIS
Americano > Water based + an espresso shot	12/15 NIS
Macchiato > espresso with a dash of milk froth	10/12 NIS
Cappuccino > regular / large	13/16 NIS
Latte Macchiato > hot latte in a large cup	16 NIS
Our House Coffee > regular / large cappuccino with chocolate (mekupelet)	15/18 NIS
Hot Chocolate > regular / large hot milk with chocolate	15/18 NIS
Black Coffee	10/12 NIS
Tea with Mint leaves > Forest fruit (decaffeinated tea) / Lemon Grass and Louisa / Green Jasmin / English / Earl Grey.	12 NIS
A hot pot of tea infusion > (optional decaff tea) forest fruit / lemon grass and Louisa / jasmine	15 NIS
Irish Coffee > alcoholic	24 NIS
Hot Cider 🌱🌿	16 NIS
Hot Red Wine Cider 🌱🌿	22 NIS
Chai latte > with cinnamon	18 NIS
Whipped Cream can be added to all drinks	3 NIS
Hot water for your firstborn's pacifier	0 NIS



Evening Menu

S	Suitable for starting or snacking	
T	Parmesan bread With a salsa dip, tahini and pesto.	29 NIS
A	Eggplant and Labaneh Focaccia 🌱 (Full or half servings)	30/59 NIS
R	Grilled eggplants, caramelized onions, garlic confit, parmesan, kalamata olives and pesto.	
T	Pao De Queijo 🌱	39 NIS
E	Small cheese bread buns (8 pieces) (Served with three spicy dips)	
R	Beetroot and herbs salad 🌱🌱	42 NIS
S	Beetroot, parsley, mint, celery leaves, dried cranberries, walnuts, jallah nuts, grated feta cheese and raw tahini.	
	Polenta and Mushrooms 3 types of mushrooms, onions, asparagus, roasted peanuts and teriyaki sauce on polenta cream.	49 NIS
	Salmon Ceviche 🌱 Diced fresh salmon, diced cucumbers, asparagus, red onion, green onion, diced avocado, chopped coriander, hot peppers. Yuzu vinaigrette, lemon and honey dressing. Served with whole grain rustic bread.	56 NIS
	Orange Risotto 🌱 Risotto bedded on a squash cream, roasted chestnuts, sage, garlic, butter and parmesan cheese.	56 NIS
	Our Aija 🌱🌱 Vegan Aija fritters [potatoes, zucchini, herbs and shredded carrots] Served on a bed of chili and herbs with walnut salad and green tahini.	42 NIS
	Stuffed cauliflower n outer layer of crispy coatings filled with cheddar cheese, cream cheese and parmesan. (Served with cauliflower cream and teriyaki + chili sauce as a topping)	52 NIS

F R E S H F I S H			
Salmon Fillet Anti- Pasti 🌱❤️	105 NIS	Seared Sea Bream and Risotto 🌱	109 NIS
Served with hot quinoa and lentil salad with dried cranberries, garlic confit, roasted vegetables and herbs.		Cauliflower risotto, roasted cauliflower, garlic, cream, parmesan cheese, parsley and gremolata crumbs.	
Salmon Fillet and Gnoochi	105 NIS	Salmon Fillet and Greens 🌱	109 NIS
Served on a bed of sweet potato gnoochi, goat cheese cream, lemon zest, red onions, broccoli, cherry tomatoes, and spinach leaves all stir-fried on a pan.		Squash cream, diced roasted squashes, roasted mushrooms, basil leaves and green vegetables of the season.	

F	Cheese Tortelloni Cream and truffle sauce, seared mushrooms, chestnuts, white wine, basil and parmesan cheese.	72 NIS	Pasta to choose from > Linguine 🌱 / Rigatoni 🌱 / Gluten Free 🌱 Whole-Wheat Fettuccine
R	Jerusalem Artichoke Ravioli Filled with Jerusalem artichokes and ricotta cheese, sage butter sauce, garlic, Alla Romana artichokes, crisped sage, parmesan cheese and gremolata crumbs.	72 NIS	Sauces to choose from >
E	Polenta Ravioli With a spinach coating in cream and thyme sauce, boiled asparagus, garlic, chestnuts and parmesan cheese.	72 NIS	Tomato Sauce 🌱🌱 Garlic, olive oil and basil
S	Sweet Potato Gnoochi Goat cheese cream, roasted mushrooms, caramelized onion, a mix of cherry tomatoes, spinach leaves and pecans.	72 NIS	Sicilian Sauce 🌱🌱 Tomato sauce, parmesan cheese, cherry tomatoes, sliced eggplants, kalamata olives, oregano, garlic, basil leaves and torn up fresh mozzarella cheese.
H	The Black Forest Black radiator pasta with butter, cream and teriyaki sauce, roasted cherry tomatoes, champignon mushrooms and red onions.	72 NIS	Red Cream Sauce 🌱 Tomato sauce, cream and basil leaves.
P	Lasagna of the day Fresh pasta leaves, Neapolitan sauce, cream cheese and parmesan.	72 NIS	Noam's Sauce 🌱 Pesto cream, white wine, cherry tomatoes, garlic, onions and fresh mushrooms.
A			Alfredo Cream Sauce 🌱 Cream and two types of mushrooms.
S			
T			
A			

S A L A D S	
Aviv's Caesar Salad 🌱 Roman lettuce hearts, diced salmon, brioche croutons, parmesan cheese and Caesar seasonings.	72 NIS
The Thai Garden Diced salmon, green papaya, cherry tomatoes, purple cabbage, mushrooms, hot peppers, sprouts, carrots, red onions, green onions, purple basil, radish, nuts, sesame seeds, seasoned with Thai dressing.	72 NIS
Athlete's salad ❤️🌱🌱 Quinoa, green and black lentils, cucumbers, red onion, parsley, mint, dried cranberries, walnuts, cherry tomatoes and jallah nuts on a bed of labaneh and raw tahini drizzled on top. Served with whole grain rustic bread.	62 NIS
Our Caprese Salad 🌱🌱 A mix of cherry tomatoes, kalamata olives, red onions, alla romana artichokes, diced garlic focaccia, mozzarella cheese, pesto, reduced balsamic vinegar and basil.	69 NIS
Nehama's Salad 🌱 Lettuce, rocket and baby leaves, halloumi cheese and champignon mushrooms in teriyaki sauce, cucumbers, cherry tomatoes, carrot, sprouts, micro leaves and roasted sesame seeds. Served with a warm focaccia bread. (Optional with vegan halloumi)	69 NIS
Betzalel's Market Salad 🌱🌱 Everything is thinly diced! - Cucumbers, tomatoes, bell peppers, red onions, carrot, radish, parsley, mint, hardboiled egg, chickpeas, grated feta cheese and roasted eggplants. Seasoned with olive oils, lemon juice and a touch of pesto with tahini on the side. Served on a bed of fresh lettuce and warm focaccia. Additional tuna > 6 NIS [Without the feta cheese and egg the dish is vegan].	69 NIS

S A N D W I C H E S										
Served with a garden salad										
Spinach and cheese danish	59 NIS									
Filo dough stuffed with feta cheese, spinach And ricotta cheese, with labaneh, tomato salsa, beetroot and herbs salad.										
Goat Cheese Sandwich 🌱	49 NIS									
Cream cheese and pesto, roasted peppers, olives, goat cheese and baby leaves. Bread options: (White/ Grains – whole wheat / Gluten free)										
Vegan Anti- pasti Sandwich 🌱🌱	49 NIS									
Tapenade peppers, baked eggplants, fried zucchini and cauliflower, green tahini, fresh spinach leaves, arugula leaves and chilli peppers.										
Vegan Bagel Toast 🌱🌱	49 NIS									
Vegan feta and mozzarella cheese, roasted peppers, eggplant cream, pesto, sliced tomatoes and kalamata olives.										
Israeli Bagel Toast 🌱🌱	49 NIS									
Butter, sliced tomatoes, mozzarella cheese and basil leaves.										
Greek Bagel Toast 🌱🌱	49 NIS									
Bulgarian cheese and pesto, mozzarella cheese, butter, onions with hyssops, sliced tomatoes and kalamata olives.										

F O C A C C I A P I Z Z A										
(Served with a garden salad freshly baked in our stone oven Optional gluten free dough) 🌱										
Margherita Cherry Focaccia/ Pizza 🌱🌱	59 NIS	Four Cheeses 🌱	69 NIS							
Tomato sauce, grated mozzarella cheese, cherry tomato and oregano.		Rose cream, roasted sweet potato, caramelized onion and fine cheeses.								
Vegan Greens Focaccia/ Pizza 🌱🌱	69 NIS	Tartuffo Fungi Focaccia/ Pizza 🌱	69 NIS							
Pesto sauce, green vegetables of the season, vegan mozzarella and feta cheese, arugula leaves and fresh spinach leaves)		Champingnon mushrooms, caramelized red onions, truffle cream, mozzarella, parmesan, rocket leaves and reduced balsamic vinegar.								
Goat Cheese and Antipasti Vegetables Focaccia/ Pizza 🌱	69 NIS	Ben Gurion Focaccia/ Pizza 🌱	69 NIS							
Tomato sauce, mozzarella, a variety of roasted vegetables, goat cheese and basil, drizzled with sweet balsamic vinegar.		Napolitana sauce, tomato slices, garlic confit, herbs (parsley and chives) and Israeli cheeses								
Polenta Focaccia/ Pizza 🌱	69 NIS									
Corn cream (polenta), roasted portobello mushrooms, spinach leaves, asparagus, zucchini rings, mozzarella and parmesan cheese.										

S H A K S H U K A S										
Served on a hot pan, with tahini, pepper tapenade, seasoned labaneh, chopped salad, with homemade bread on the side (white / grain / gluten free) 🌱										
Green Shakshuka ❤️🌱	69 NIS									
Spinach stew, fresh eggs, mushrooms, onions, cherry tomatoes, and chickpeas with a cream sauce. Additional eggplants > 5 NIS										
Itamar's Shakshuka 🌱	65 NIS									
A rich tomato stew with herbs, onions, roasted peppers and fresh eggs. Additional eggplants/ feta cheese > 5 NIS										
Vegan Shakshuka 🌱🌱	69 NIS									
A rich tomato stew with vegan eggs and vegan feta cheese, fresh herbs, onions and cumin. Served with vegan tapenades.										

🌱 **Gluten free option** ❤️ **No added sugar** 🌱 **Vegan/Vegan option**

Your health is important to us, please let us know about any food sensitivity.