

BREAKFAST	TLV BREAKFAST	2 eggs of your choice, salad, challah, tahini, cream cheese, butter, jam, hot <u>or</u> cold drink	69
	✔ VEGAN BREAKFAST	scrambled tofu, salad, challah, tahini, avocado, jam, hot <u>or</u> cold drink	69
	AVOCADO & EGGS	2 slices of challah, poached egg, avocado, Parmesan, mixed nuts	65
	✔ OPEN AVOCADO TOAST	avocado on toasted challah, lemon, Parmesan, homemade roasted nuts for crunch	35
	SHAKSHUKA	slow-cooked Israeli tomatoes, 2 eggs, salad, challah, tahini Feta cheese +8	60
	COUPLE'S PLATTER	4 eggs of your choice, vegetables salad & feta cheese, challah, cauliflower & tahini, sweet potato pancakes, our stuffed grape leaves, dips, 2 drinks and a sweet pastry	182
	BOUREKAS TREATS	cheese & spinach Bourekas, hard-boiled egg, fresh grated tomatoes, pickles, tahini\yogurt	42
	FRENCH TOAST	2 slices of fried challah, banana, maple, our crème fraîche, powdered sugar	47
	✔ PORRIDGE	quaker, chia seeds, milk of your choice, homemade granola, seasonal fruit, silan	44
	MUESLI	yogurt, homemade granola, seasonal fruit, silan	44
	✔ OVERNIGHT OATS	oats and chia seeds, almonds milk, homemade granola, seasonal fruits, silan	44
IN A BREAD	AVOCADO & FRIED EGG	avocado, fried egg, aioli, Manchego cheese, arugula	52
	OMELETTE	omelette, cream cheese\tahini, tomato, lettuce	46
	EGG SALAD	egg salad, aioli, tomato, arugula	48
	✔ SCRAMBLED TOFU	scrambled tofu, caramelized onion, green onion, aioli, pickled cucumber, tomato, arugula	52
	TUNA SANDWICH	our tuna salad, pesto aioli, hard-boiled egg, pickled cucumber, tomato, lettuce	56
	CHICKEN SANDWICH	grilled chicken breast, pesto aioli, tomato, lettuce	58
	CRISPY CHICKEN CAESAR	caesar dressing, grilled chicken breast, lettuce, crispy onion bits, Parmesan	59
	CORNED BEEF & FRIED EGG	homemade sliced corned beef, avocado, fried egg, aioli, arugula	58
	ASADO SANDWICH	slow-cooked ontrib, aioli, red onion, arugula	59
SALADS	✔ ISRAELI SALAD	cucumber, tomato, carrot, lettuce, Feta cheese <u>or</u> grilled tofu, nuts, tahini	58
	CHICKEN SHAWARMA	stir-fried chicken with green onion and caramelized onion on a vegetable salad	60
	✔ VEGGIE SHAWARMA	stir-fried tofu and mushrooms, green onion and caramelized onion, on a vegetable salad	60
	OUR CAESAR SALAD	little gem lettuce, hearts of romaine, caesar dressing, Parmesan, croutons grilled chicken +10	58
	CHICKEN SALAD	chicken breast on a vegetable salad, red quinoa, cauliflower, crispy onion, vinaigrette sauce	60
	TUNA SALAD	our tuna salad, pickled cucumber, hard-boiled egg, vegetable salad	58
LIGHTS	ORANGE WINTER SOUP	pumpkin, sweet potato and carrot with cream and Parmesan, croutons\ a slice of challah	39
	✔ WHITE ROOTS SOUP	white winter roots, coconut cream, green onion, croutons\ a slice of challah	39
	✔ STUFFED GRAPE LEAVES	handmade stuffed grape leaves, served with our yogurt	38
	✔ CAULIFLOWER & TAHINI	cauliflower florets, mixed nuts, tahini	42
	✔ SWEET POTATO PANCAKES	baked sweet potato patties, served with our yogurt	43
MAINS	✔ ISRAELI BOWL	quinoa, lettuce, sweet potato, beet sticks, cauliflower, avocado, mixed nuts, raw tahini	59
	CHICKEN SHAWARMA	grilled chicken breast, caramelized onion, green onion, cauliflower, arugula, white\wild rice	60
	✔ VEGGIE SHAWARMA	grilled mushrooms & tofu, caramelized onion, green onion, cauliflower, arugula, white\wild rice	60
	CHICKEN SCHNITZEL	baked schnitzel, served with white\wild rice <u>or</u> rice & beans +2	60
	ASADO BOWL	slow-cooked ontrib, white\wild rice, tomato sauce beans, cauliflower, arugula, red onion	63
	✔ PUMPKIN CURRY	pumpkin and curry stew in coconut milk, tofu, sweet potato, broccoli, green onion, cashews, served with white\wild rice chicken instead of tofu +8	59
	✔ ROSE PASTA	Fettuccine with tomato sauce and cream, Parmesan	56
	✔ TOMATO PASTA	Fettuccine in our tomato sauce, Parmesan	56
	✔ GREEN PASTA	Fettuccine in basil pesto sauce, broccoli, cream, Parmesan	58

✔ Vegan
✔ Vegan option

Gluten-Free Options | replace challah with gluten-free ciabatta and pasta with rice noodles.

✚ Add-ons: Feta cheese +8 | cream cheese +8
avocado +10 | tofu +16 | chicken +24

בנתאי

ISRAELI NATURAL FOOD

HAPPY CUISINE WITH
FOOD THAT DELIGHTS
THE BODY AND SOUL

OPEN SINCE 2013

WINE

WHITE Maia Mare White	38\165
Marsanne, French Colombard	
ROSÉ Tulip White Franc	38\165
Cabernet Franc, Sauvignon Blanc	
RED Ben David Winery	38\165
Cabernet Sauvignon, Petit Sirah	

DRINK

ARAK LEMONADE	44
premium Israeli arak, lemonade, mint	
HOT SANGRIA	46
red wine, orange juice, cinnamon extract, spices	
YOUNG GREEN	46
local Gin, squeezed cucumber juice, mint	
ZAATAR GARIBALDI	46
Campari styled local bitter by Eyal Drori, fresh squeezed orange juice, Zaatar leaves	

BEER

NEGEV OASIS	32
--------------------	----

HAPPY HOUR
SUN - THU | 17:00 - 19:00
20% OFF ALL FOOD AND ALCOHOL

PASTRIES & CAKES

CINNABON ROLL cinnamon filling, cream cheese frosting	24
CARROT CAKE with sour cream frosting	36
BASQUE CHEESECAKE	36
APPLE TART served with our house crème fraîche	44
CHOCOLATE CRUNCH	24
PISTACHIO WOW CAKE [GF] with lemon glaze and lemon zest	28
BANANA CHOCOLATE CAKE with coconut & oat crumble	24
CHOCOLATE CHIP COOKIE	16
BROWNIES	18
RUGELACH	10

HOT DRINKS

ESPRESSO \ DOUBLE	10\13
CAPPUCCINO	15\18
COLD COFFEE	19
HOT AMERICANO	15
ICED AMERICANO	17
COLD BREW	22
HOT CHOCOLATE	22
CHAI	24
MATCHA LATTE strawberry +2 / mango +2	26
GOLDEN MILK	24
HERBAL TEA ginger, hyssop, sage, mint, lemon	18
GINGER LEMON HONEY	18
BLACK \ GREEN TEA	18

COLD DRINKS

FRESH ORANGE JUICE	19
APPLE JUICE	22
CARROT-ORANGE JUICE	22
OUR LEMONADE	18
ICED TEA WITH HIBISCUS	18
MINERAL WATER	14
SPARKLING MINERAL WATER	15\28
SODA \ COLA \ ZERO	14

HEALTHY SHOT

YELLOW ginger, lemon, olive oil	18
ORANGE turmeric root, lemon, orange, olive oil	19
PURPLE beetroot, apple, ginger, lemon	18
GREEN spirulina, cucumber, apple, lemon	18