

<b>LIGHTS</b>	<b>ORANGE WINTER SOUP</b>	pumpkin, sweet potato and carrot with cream and Parmesan, croutons\ a slice of challah	<b>39</b>
	🌿 <b>WHITE ROOTS SOUP</b>	white winter roots, coconut cream, green onion, croutons\ a slice of challah	<b>39</b>
	🌿 <b>STUFFED GRAPE LEAVES</b>	handmade stuffed grape leaves, served with our yogurt	<b>38</b>
	🌿 <b>CAULIFLOWER &amp; TAHINI</b>	cauliflower florets, mixed nuts, tahini	<b>42</b>
	🌿 <b>SWEET POTATO PANCAKES</b>	baked sweet potato patties, served with our yogurt	<b>43</b>
<b>MAINS</b>	🌿 <b>ISRAELI BOWL</b>	quinoa, lettuce, sweet potato, beet sticks, cauliflower, avocado, mixed nuts, raw tahini	<b>59</b>
	<b>CHICKEN SHAWARMA</b>	grilled chicken breast, caramelized onion, green onion, cauliflower, arugula, white\wild rice	<b>60</b>
	🌿 <b>VEGGIE SHAWARMA</b>	grilled mushrooms & tofu, caramelized onion, green onion, cauliflower, arugula, white\wild rice	<b>60</b>
	<b>CHICKEN SCHNITZEL</b>	baked schnitzel, served with white\wild rice <u>or</u> rice & beans +2	<b>60</b>
	<b>ASADO BOWL</b>	slow-cooked ontrib, white\wild rice, tomato sauce beans, cauliflower, arugula, red onion	<b>63</b>
	🌿 <b>PUMPKIN CURRY</b>	pumpkin and curry stew in coconut milk, tofu, sweet potato, broccoli, green onion, cashews, served with white\wild rice   chicken instead of tofu +8	<b>59</b>
	🌿 <b>ROSE PASTA</b>	Fettuccine with tomato sauce and cream, Parmesan	<b>56</b>
	🌿 <b>TOMATO PASTA</b>	Fettuccine in our tomato sauce, Parmesan	<b>56</b>
	🌿 <b>GREEN PASTA</b>	Fettuccine in basil pesto sauce, broccoli, cream, Parmesan	<b>58</b>
	<b>SALADS</b>	🌿 <b>ISRAELI SALAD</b>	cucumber, tomato, carrot, lettuce, Feta cheese <u>or</u> grilled tofu, nuts, tahini
<b>CHICKEN SHAWARMA</b>		stir-fried chicken with green onion and caramelized onion on a vegetable salad	<b>60</b>
🌿 <b>VEGGIE SHAWARMA</b>		stir-fried tofu and mushrooms, green onion and caramelized onion, on a vegetable salad	<b>60</b>
<b>OUR CAESAR SALAD</b>		little gem lettuce, hearts of romaine, caesar dressing, Parmesan, croutons   grilled chicken +10	<b>58</b>
<b>CHICKEN SALAD</b>		chicken breast on a vegetable salad, red quinoa, cauliflower, crispy onion, vinaigrette sauce	<b>60</b>
<b>TUNA SALAD</b>		our tuna salad, pickled cucumber, hard-boiled egg, vegetable salad	<b>58</b>
<b>TOASTS</b>	<b>CHEESE TOAST</b>	basil pesto, butter, Gouda, Feta cheese, arugula, red onion	<b>48</b>
	<b>CORNERED BEEF GOUDA</b>	homemade sliced corned beef, melted Gouda cheese, aioli, mustard, arugula	<b>54</b>
	🌿 <b>VEGAN TOAST</b>	vegan cheese, basil pesto, tomato, arugula, red onion	<b>48</b>
	🌿 <b>OPEN AVOCADO TOAST</b>	avocado on toasted challah, lemon, Parmesan, homemade roasted nuts for crunch	<b>35</b>
<b>SANDWICHES</b>	<b>AVOCADO &amp; FRIED EGG</b>	avocado, fried egg, aioli, Manchego cheese, arugula	<b>52</b>
	<b>EGG SALAD</b>	egg salad, aioli, tomato, arugula	<b>48</b>
	🌿 <b>SCRAMBLED TOFU</b>	scrambled tofu, caramelized onion, green onion, aioli, pickled cucumber, tomato, arugula	<b>52</b>
	<b>TUNA SANDWICH</b>	our tuna salad, pesto aioli, hard-boiled egg, pickled cucumber, tomato, lettuce	<b>56</b>
	<b>CHICKEN SANDWICH</b>	grilled chicken breast, pesto aioli, tomato, lettuce	<b>58</b>
	<b>CRISPY CHICKEN CAESAR</b>	caesar dressing, grilled chicken breast, lettuce, crispy onion bits, Parmesan	<b>59</b>
	<b>CORNERED BEEF &amp; FRIED EGG</b>	homemade sliced corned beef, avocado, fried egg, aioli, arugula	<b>58</b>
	<b>ASADO SANDWICH</b>	slow-cooked ontrib, aioli, red onion, arugula	<b>59</b>

🌿 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

# 16 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

FRENCH TOAST	47	DESSERTS
2 slices of fried challah, banana, maple, our crème fraîche, powdered sugar		
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] lemon glaze and lemon zest	28	
BANANA CHOCOLATE CAKE with coconut & oat crumble	24	
CHOCOLATE CHIP COOKIE	16	
BROWNIES	18	
RUGELACH	10	

ESPRESSO \ DOUBLE	10\13	HOT DRINKS
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	

FRESH ORANGE JUICE	19	COLD DRINKS
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	