




### first, coffee

 soy • almond • oat milk **no extra charge**

espresso • macchiato	10 ₪	granita coffee	18 • 20 ₪
double	12 ₪	mint tea	12 ₪
cortado	11 ₪	ginger lemon honey	16 ₪
americano	12 • 14 ₪	herbal tea • iced	16 ₪
cappuccino	14 • 16 ₪	hot salep	18 ₪
nescafé	14 • 16 ₪	hot apple cider	18 ₪
black coffee	10 ₪	turmeric masala • iced	18 ₪
hot chocolate	14 • 16 ₪	chai masala • iced	18 ₪
iced chocolate	16 • 18 ₪	matcha latte • iced	20 ₪
cold coffee	16 • 18 ₪		



### shakes & juices

freshly squeezed juice orange • apple • carrot	16 • 19 ₪
banana lassi yogurt, banana & dates	28 ₪
tropical banana, mango, pineapple, yogurt & orange juice	28 ₪
 nature banana, walnuts, dates, raw tahini & soy milk	28 ₪
banana strawberry & mint dates & yogurt	28 ₪
 green mixed greens, cucumber, green apple, pineapple, dates & matcha	28 ₪
make your own banana • dates • pineapple • strawberry • mango <b>base:</b> orange juices • water • dairy milk • soy • almond • oat milk	28 ₪



### toasts

**kasten bread** with a side of **mixed greens**

 **can be substituted with vegan cheese** (except for open toast)


grilled cheese hard cheese, pesto, tomato and fresh mushrooms	48 ₪
antipasti feta cheese, eggplant, roasted pepper and pesto	52 ₪
goat cheese kalamata olives, tomato, basil and artichoke dip	52 ₪
saint-môr red onion, mushrooms, basil leaves and cherry-tomato jam	52 ₪
open-faced oven-baked bagel grilled cheese, pesto, mushroom cream and green onion	52 ₪




### breakfast

**on weekends** served with delicious **challah bread**  
**omelette toppings 5 ₪** mushrooms • hard cheese • feta cheese • ijee - herb omelette  
**shakshuka toppings 5 ₪** feta cheese • eggplant • roasted pepper • spinach

classic breakfast • couple 62 • 114 ₪  
**2 eggs any style**, cheeses, homemade dips, vegetable salad, bread basket, fresh squeezed juice & coffee

 **vegan breakfast • couple** 62 • 114 ₪  
red lentil & chickpea omelette with herbs and scallions, homemade dips, vegetable salad, bread basket, fresh squeezed juice & coffee

jaffa shakshuka 58 ₪  
glorious shakshuka (eggs in tomato based sauce), vegetable salad ,tahini, olives and a basket of bread

 **vegan shakshuka** 58 ₪  
a stew of tomatoes, peppers and roasted eggplant with tofu, vegetable salad, tahini and a basket of bread

health muesli 46 ₪  
premium granola, yogurt, fresh seasonal fruits and date or regular honey

burekitas trio 46 ₪  
baked bulgarian cheese pastries filled with a hard boiled egg and a fresh tomato, served with salad & hot sauce

khachapuri 49 ₪  
georgian bread filled with cheese spinach and an egg served with artichoke dip & salsa


jachnun **on saturdays** 38 ₪  
served with a brown egg, mince tomato, hot sauce and fresh vegetable salad



### sandwiches

**whole grain** or **white bread** and a **garden salad**  
**gluten-free** bread roll +3 ₪


omlette 46 ₪  
cream cheese, tomato, cucumber and lettuce

 **red lentil & chickpea omelette** 48 ₪  
onion, herbs, tomato, cucumber and lettuce served with artichoke dip

ijee - herbs omelette 48 ₪  
tahini, tomato, pickled cucumber, lettuce and hot sauce

avocado **seasonal** 48 ₪  
hard-boiled egg, tomato, and lettuce

halloumi **substitutable with goat cheese** 48 ₪  
pesto, tomato, kalamata olives, mixed greens and red onion

 **vegan shawarma** 52 ₪  
stir fry soy stripes and onion, tahini, pickled cucumber, tomato, lettuce and hot sauce



## mezze

mezze combo 3 mezze + home bread 94 ₪

🌱 walnut pâté with toasts & cherry tomato jam	36 ₪
🌱 bruschetta with garlic, basil, tomatoes & roasted sesame	32 ₪
🌱 broiled cauliflower with tahini & parsley	32 ₪
🌱 broiled sweet potato date honey, raw tahini & roasted almonds	32 ₪
artichoke in labneh with scallions & za'atar (hyssop)	34 ₪
baked beetroot & feta cheese with basil, walnuts & sumac	36 ₪
caprese salad mozzarella, tomatoes & basil in balsamic sauce	32 ₪
baked potatoe with sour cream, salsa & scallions	36 ₪
stuffed grape leaves in tzatziki & scallions	32 ₪
🌱 baked eggplant in tahini with tomato salsa, peppers & parsley	32 ₪



## salads

served with bread

saint-môr & baked beetroot	58 ₪
tender lettuce, small radish, purple onion, green apple saint-môr cheese rings and nuts in a reduced balsamic and citrus sauce	
🌱 stir-fry mushroom & tofu	56 ₪
salad mix with sprouts, cherry tomatoes, bell pepper, caramelised onion, sautéed mushrooms and tofu in an asian-style sauce	
classic greek	54 ₪
tomato, cucumber, peppers, little radish, purple onion, kalamata olives and bulgarian cheese in a lemon & za'atar olive oil dressing	
grilled halloumi fattoush	58 ₪
lettuce mix, cucumber, tomato, radish, purple onion, grilled halloumi cheese, topped with za'atar seasoned croutons in a lemon olive oil dressing	
🌱 quinoa and dried blueberries	56 ₪
baby greens, cherry tomatoes, roasted sweet potato, scallions, toasted almonds, parsley, quinoa and blueberry raisins topped with citrus vinaigrette and date honey	
🌱 classic israeli	52 ₪
tomato, cucumber, onion, parsley, olive oil and lemon. served with tahini	



## snacks

🌱 house bread	23 ₪	nachos	34 ₪
served with salsa and pesto		salsa, sour cream, guacamole	
🌱 edamame	32 ₪	🌱 soup of the day	38 ₪
		served with bread	



## drinks

soda • mineral water • tonic	12 ₪	growper organic soda	14 ₪
lemonade • grapefruit • grapes • coca cola • sprite			
fuze-tea • root-beer			13 ₪



## main courses

🌱 vegan shawarma	66 ₪
soy stripes stir-fried with mushrooms and onion, served with baked potato	
🌱 classic vegetable couscous	58 ₪
🌱 thai massaman curry	66 ₪
rich curry paste, coconut milk and peanut butter sauce with tofu, carrots, sweet potato, cashews and green onion. served with rice	
🌱 stir-fry tofu & vegetable	64 ₪
stir-fried rice noodles with vegetables and tofu in an asian sauce, topped with cashews and green onion	
rigatoni pasta	54 ₪
fungi • mozzarella rosè • 🌱 primavera • 🌱 pomodoro	
🌱 health bowl	62 ₪
roasted sweet potato, radish, green beans, rice and roasted beets. served with a choice of fried egg or grilled tofu	
🌱 vegan burger	66 ₪
served with tomato, pickles and lettuce, accompanied by baked tofu and caramelised onion	
toppings: sautéed mushrooms • cheese • guacamole	5 ₪
pizza margherita 🌱 <b>vegan option</b>	66 ₪
toppings: onion • mushrooms • tomato • olives • feta cheese • artichoke	5 ₪
personal vegetable salad • baked potatoes • rice • green beans	18 ₪



## alcohol

cocktails	46 ₪	jack daniels • belvedere	38 ₪
carlsberg	24 • 29 ₪	bushmills • smirnoff	
tuborg	24 • 29 ₪	cuervo • gordons	34 ₪
blanc french wheat beer	26 ₪	bacardi • campari	
estrella damm light lager beer	26 ₪	baileys • ouzol2	34 ₪
corona	26 ₪	arak	29 ₪
apple cider spiced 4.8%	26 ₪	chardonnay white	29 • 98 ₪
warm apple cider and wine	36 ₪	gewürztraminer white	29 • 98 ₪
		pinot noir red	29 • 98 ₪
		malbec red	29 • 98 ₪



## desserts

hot chocolate cake flourless	42 ₪	banoffee pie	42 ₪
biscuit cake	42 ₪	🌱 apple pie	42 ₪
lemon pie	42 ₪	layered cake carrot & cheese	44 ₪
		baked cheese cake with a cream topping	42 ₪
		<b>additional choices from our sweet showcase</b>	