

Popular Dishes

Food

Lentil Burger (page 2)

Our healthiest patty, made out of sprouted lentils, served in a whole spelt bun with veggies and sauces.

27

Seitan Cheese Burger (page 2)

Our tastiest patty, made out of seitan, served with a vegan cheese slice in a whole spelt bun.

30

Seitan Schnitzel on a Plate (page 3)

Seitan Schnitzel, served with potato - garlic puree and a side salad.

33

Burrito Roastbeef Seitan (page 2)

Seasoned sliced seitan in a whole wheat tortilla with sauces and veggies

32

Spelt Pizza (page 2)

Pizza base made out of 100% whole and organic spelt and ground flax, served with vegan cheese, tomato sauce and toppings of your choice.

32

'Fish' and Chips (page 2)

Okara covered in corn flour, served with mayoneze, teriaki sauce and chips.

27

Lentil and Flax Balls (page 3)

Red lentil and flax balls served in a curry tomato sauce, and brown rice.

38

Hungarian Gulash (page 3)

Stir fried seitan and mushrooms in a peppery gulash cashew sauce, served on brown rice.

38

Eggplant Parmesan (page 3)

Baked eggplants, tomato sauce and 'cheese'.

42

Stuffed Peppers (page 3)

Seitan, rice and greens in baked peppers, served with a side dish of your choice.

44

Beet Kube (page 3)

Kube filled with seitan and rice, served in beet sauce with a side dish of your choice.

44

Drinks

Green Smoothie Melon- Mango- Passionfruit (p' 5)

Based on green apples, with the addition of parsley.

19

Wheatgrass Juice (page 4)

Anti-aging at its best. (Quantity: 50 cc.)

11

Wheatgrass Vodka (page 4)

Both healthy and intoxicating (Quantity: 50 cc.)

19

Mimosa (page 4)

Half cava, half orange / apple / carrot juice.

20

Desserts

Tofu - Chocolate Cylinder (p' 6)

Tofu and a lot of chocolate.

25

Creme Brulee (p' 6)

Made out of sweet potato, coconut and lime.

29

Un-Cheese Cake (page 6)

Traditional Cheese Cake, however without cheese.

29

Un-Cheese Strudel (page 6)

Like the German Quark Strudel, however without cheese. Served with vanilla sauce.

29

Tiramisu (page 6)

The Italian dessert, without eggs or mascarpone.

29

Nugat Cubicle (page 6)

Nut pastry, nugat and nugat mousse, sugared almonds with a little forest fruit sauce.

29

Banana Chocolate Cake (p' 6)

Based on tofu, without sugar, sweetened with maltitol.

29

Italian Ice Cream made by us (p' 6)

14

Explanations

Vegan Nutrition. Why?

Fat

Foods derived from animals are rich in saturated fat causing obesity. Conversely, vegan dishes are low in fat, and most of our own dishes are not fried, but cooked or baked. We fry only dishes we wish to resemble meat, such as seitan steaks, schnitzels and sticks.

Protein

According to hundreds of studies, animal protein causes many diseases, including cancer, diabetes, Alzheimer, Parkinson, osteoporosis, auto-immune diseases, and other Western diseases. So likely you will be better off without animal protein.

Environment

Hundreds of environmental studies, including UN studies, conclude that livestock is the worst polluter on the planet, worse even than the entire transportation sector. Eating a vegan burger causes 50 times less pollution than eating a meat burger.

Our Healthiest Food

Sprouted Lentils

They are inexpensive, tasty, wholesome and don't take much time to make. They abound in minerals, vitamins, protein, and other nutrients our body needs, and all this with a lot of fiber and a low caloric value. They are especially beneficial to anyone who feels that veganism is difficult to practice, since sprouted lentils provide everything the body was used to get from meat, and therefore they relieve the crave for meat.

Spelt-Seitan-Gluten

Spelt

Spelt is a grain similar to wheat, yet it contains much less gluten and hence it is considered healthier. Therefore, our burger buns are made of 100% organic, whole spelt flour and we do offer a sprouted spelt pita as well. In addition, most of our cakes and pastries contain organic whole spelt flour.

Seitan and Gluten

Gluten is the protein part of wheat. Cooked with water and spices, its texture becomes meat-like. This is the texture from which we make our schnitzels, steaks and shwarma.

Gluten-Free

For our gluten intolerant customers we turned many of our dishes gluten-free. These are marked with a "gluten-free" stamp.



It's about having integrity in the most fundamental of our actions - eating.



Openers and Sides

● Baked Cauliflower ●

Baked cauliflower, served in 3 varieties:

- Creamed ● with our "cheese" and garlic.
- Thina ● mixed with our green thina.
- Mustard ● Mixed with our mustard sauce.

20 ₪

Gluten Free

● Stir Fried Veggies ●

Broccoli, cauliflower, peas, green beans and corn, stir fried with soy sauce, teriaki and balsamic vinegar.

Gluten Free

● Puree Balls ●

Fried, served with ketchup.

● Seitan Fingers ●

Served with vegan cheese, ketchup and a side salad. Popular kid's choice.

27 ₪

18 ₪ Half Dish

● Polenta Fingers ●

Corn meal, garlic and parsley, served with tartar sauce and a side salad.

Gluten Free

● 'Fish' & Chips ●

Okara covered in corn meal, served with vegan mayonez, teriaki sauce and chips.

Gluten Free

Sweet Potato Patties ●

Served with tartar sauce and a side salad.

Gluten Free

● Beet and Spinach Tofu Pillows ●

Tofu, beets, spinach, basil, buckwheat flour, and sesame. Served with tartar sauce and a side salad.

Gluten Free

● Thai Roll ●

Tofu, carrots, scallions, red cabbage, bell peppers, rice noodles, basil, coriander, and mint rolled in rice paper. Served with teriyaki sauce, mayonnaise, and a side salad.

Gluten Free

● French Fries / Baked Potatoes ●

Served with our 'cheese' sauce and ketchup.

15 ₪

Gluten Free

● Stir Fried Tofu ●

Tofu cubes stir fried with soy sauce and olive oil, served with our 'cheese' sauce and tartar sauce.

Gluten Free

● Mini - Eggroll ●

Fried, served with tartar sauce and side salad.

Soups

Served between Oct. to March with a slice of toasted bread (containing gluten).

29 ₪

21 ₪ Half Dish

● Broccoli ●

Broccoli, spinach and celery, on the base of a soup stock containing potatoes, carrots, onion, leek and parsley.

Gluten Free

● Butternut Squash ●

Butternut Squash, Coconut Cream, Coriander, on the base of a soup stock as detailed above.

Gluten Free

● Soup of the Day ● Served from November to February.

Burgers

Common Ingredients:

- Organic whole spelt bun (contains gluten),
- Lettuce, tomato, red onion, chives,
- Vegan cheese spread, low-fat thousand-island dressing, and mustard.

27 ₪

Regular

36 ₪

Large

● **Seitan** ● Patty consisting of seitan with celery, onion and garlic. Fried.

● **Lentil** ● Baked patty made out of lentil sprouts, mushrooms, celery, walnuts, onion, wholegrain sesame seeds, tahini, basil.

Gluten-free when ordered with a gluten-free bun.

● **Shnitzel** ● Seitan fried in breadcrumbs.

● **Falafel** ● Like falafel balls, but a burger.

● **Okara** ● Okara is the firm part of the soybeans obtained when making soymilk. Rich in fiber and protein.

Gluten-free when ordered with a gluten-free bun.

● **Tofu Mushroom** ● Button Mushrooms, tofu, carrot and celery.

Gluten-free when ordered with a gluten-free bun.

3 Shekel addition. (Large: 6 Shekel addition.)

● **Tempeh** ● Please be aware that tempeh has a unique taste and texture. No refunds for tempeh dishes.

Gluten-free when ordered with a gluten-free bun.

3 Shekel addition. (Large: 6 Shekel addition.)

Options:

● **Cheese Burger** ● Adding a yellow vegan cheese slice. (3 NIS).

● **Gluten Free Bun** ● Additional 3.5 Shekel.

Gluten Free

● **Diet Burger** ● Any of the burgers, served with ketchup instead of vegan cheese spread and thousand-island dressing.

● **Burger on Lettuce** ● Any of the burgers served on a bed of lettuce and alfalfa sprouts instead of the spelt bun.

Extras:

● **Grilled Portobello Mushroom** ● 5 Shekel.

● **Guacamole (in season)** ● 4 Shekel.

● **Pickled Cucumber** ● 3 Shekel.

● **Fried Onion (without oil)** ● 3 Shekel.

● **Seaweed** ● 3 Shekel.

● **Raw Grated Beets** ● 3 Shekel.

● **Garlic Spread** ● 3 Shekel.

Side Dishes: See Openers and Side Dishes.

Nutritional Values: See page 3.

Most of our patties are made out of legumes, which are also called "powerhouses of nutrition", rich in protein (up to 40%), iron, B vitamins, and antioxidants. They have a low caloric value (due to their high fiber content), and provide a feeling of satiation.

As a result, one buddha burger will provide you with 40% of the recommended daily intake of protein, and 25% of the recommended daily intake of iron.

Buritos

Common Ingredients:

- Whole wheat tortilla,
- Guacamole (in season), salsa, oil-free fried onions, carrots, lettuce,
- Humus, green tahini.

32 ₪

● **Shwarma Seitan** ● Seasoned Seitan slices.

● **Roastbeef Seitan** ● Vegan Roastbeef with mustard.

● **Shnitzel Seitan** ● Seitan Shnitzel.

● **Sausage** ● Made out of pea protein and seitan.

● **Tofu** ● Baked Tofu, with mustard.

● **Buddha Patty** ● Sprouted Lentil Patty.

● **Falafel** ●

● **Chana Masala** ● Garbanzo Beans and Lentils cooked in tomato sauce indian style.

● **Tempeh** ● Please be aware that tempeh has a unique taste and texture. No refunds for tempeh dishes.

34 ₪

Options:

● **Lettuce Burito** ● Your choice of burito, wrapped in lettuce instead of tortilla.

Extras:

The same as with the burgers.

Calcium (mg%) / RDI (1000)	Iron (mg/%) / RDI (18)	Fiber (gr) / RDI (25)	Carbs (gr)	Protein / Calories	Protein / RDI (50)	Fat (gr) / Saturated Fat	Calories	Nutritional Values Buritos" (RDI = Recommended Daily Intake)
154/ 15%	6/ 34%	9.9/ 39%	69	20%	36.5/ 73%	34.5/ 2.5	756	Burito Shwarma 450 gr
129/ 13%	6.50/ 36%	11/ 45%	96	12%	22/ 44%	30/ 2.8	717	Burito Portobello 450 gr
214/ 21%	5.82/ 32%	11/ 45%	70	15%	24.7/ 49%	33/ 3.09	637	Burito Buddha 380 gr
101/ 10%	1.44/ 8%	9.4/ 37%	58	9.6%	13.5/ 27%	33/ 3.29	561	Burito Okara 380 gr
333/ 33%	6.35/ 35%	14.5/ 58%	81	13%	21.6/ 43%	29.8/ 2.77	661	Burito Roastbeef 400 gr
500/ 50%	3.9/ 22%	7/ 28%	60	18%	30.8/ 61%	29.8/ 2.77	652	Burito Tofu 400 gr
135/ 14%	9.2/ 51%	15.5/ 62%	102	14%	25.6/ 51%	22.2/ 2.1	724	Burito Shnitzel 400 gr

Tortilla Rolls

Whole-wheat tortilla wrap, cut like sushi. Served cold.

Common Ingredients:

- Whole wheat tortilla,
- Carrots, lettuce, pickles and red onion.
- Vegan yellow cheese, mayonnaise.
- Mustard-Silan Sauce served on side.

● **Roastbeef** ● Vegan Roastbeef with mustard.

● **Shwarma Seitan** ● Seitan Shwarma with vegan cheese.

● **Sausage** ● Vegan Sausage served with garlic spread.

● **Tofu** ● Baked Tofu with garlic spread.

27 ₪



"There may be times when we are powerless to prevent injustice, but there must never be a time when we fail to protest." ~ Elie Wiesel



Buddha Bowls

Dishes are served on a base of brown rice with a side salad.

● Lentil and Flax Balls in Curry ●

Dumplings made out of red lentils and flax, served in an indian onion - tomato sauce.

● **Hungarian Gulash** ● Seitan cubes, seitan sausage, mushrooms, peas, carrots and green onion in a gulash sauce containing cashew.

● **Asian Style Tofu** ● Tofu, green beans, peppers, green onions, mushrooms and chinese sprouts in a miso, chili and sesame seed sauce.

● **Chana Masala and Lentil Dal** ● Lentils and garbanco beans cooked in tomato sauce

Alternatives for brown rice:

- Organic Quinoa / Whole-wheat Spagetti / Rice Noodles 3 Shekel.
- Raw Grated Zucchini / Gnocchi ● 5 Shekel.

Spelt Pizza

Pizza Base made out of whole and organic spelt flour, vegan cheese, tomato sauce and two toppings of your choice:

Toppings of choice:

- Shwarma Seitan ● Roastbeef Seitan ● Baked Tofu ● Seitan Sausage ● Tomato ● Olives ● Mushrooms ● Corn

● Pizza without Gluten ●

Made out of Buckwheat, tapioca flour, guar gum, and brown rice flour. Choose on of those (gluten free) toppings:

- Baked Tofu ● Tomato ● Olives ● Mushrooms ● Corn

● Tortia Toast ●

Whole weath tortilla with tomato sauce, vegan cheese and two toppings of your choice.

● Spelt Toast ●

Kasten Bread made out of whole organic spelt flour, vegan cheese and two toppings of your choice.

Humus

Made by us, served with:

- Falafel
- Roastbeef Seitan

Calcium (mg) / RDI (1000)	Iron (mg) / RDI (18)	Fiber (gr) / RDI (25)	Carbs (gr)	Protein	Protein / RDI (50)	Fat (gr) / Saturated Fat	Calories	Nutritional Values Soups (RDI = Recommended Daily Intake)
151/ 15.1%	4/ 22%	4.41/ 17.64%	26.39	21.1%	9.74/ 19.5%	6.18/ 0.95	184.96	Broccoli" 500 gr
115.6/ 11.6%	3.4/ 18.9%	6.7/ 26.8%	34.3	10.7%	7.36/ 14.7%	14.25/ 9.15	274.9	Butternut Squash" 500 gr

Buddha Plates

Consisting of a main dish served with a side dish of your choice and a side salad.

Main Dishes for Choice:

● **Seitan Shnitzel** ● Served with tartar sauce, a wedge of lemon and a side salad.

● **Seitan-"Cheese" Shnitzel** ● Served with tartar sauce, a wedge of lemon and a side salad.

● **Stuffed Peppers** ● Peppers stuffed with a mixture of seitan and rice, served with tomato sauce.

● **Beet Kube** ● Kube made out of bulgur and semolina, filled with a seitan and rice mixture, served in a beet sauce.

● **Seitan Steaks** ● Seitan Steaks in pepper sauce.

● **Tofu Slices** ● Baked tempeh fried in a coating of corn flour and nutritional yeast.

● **Tempeh Slices** ● Baked tempeh fried in a coating of corn flour and nutritional yeast.

Please be aware that tempeh has a unique taste and texture. No refunds for tempeh dishes.

Side Dish of choice:

- Baked Potatoes
- Chips
- Potato Garlic Puree
- Stir Fried Veggies consisting of broccoli, cauliflower, green beans, peas and corn.
- Brown Rice
- Quinoa
- Any other side dish or opener from page 2, with a 5 NIS discount.

Calcium (mg) / RDI (1000)	Iron (mg) / RDI (18)	Fiber (gr) / RDI (25)	Carbs (gr)	Protein / Calories	Protein / RDI (50)	Fat (gr) / Saturated Fat	Calories	Nutritional Values Burgers (RDI = Recommended Daily Intake)
67.67/ 7%	3.59/ 20%	3.34/ 13.3%	12.77	34%	11.06/ 22%	5.48/ 0.62	130	Buddha Patty 80 gr
96/ 10%	2.1/ 12%	6/ 24%	31	14.89%	7	4/1	188	Organic Whole Spelt Bun - 80 gr
10.94/ 2%	0.12/ 0%	0.36	3.48	8%	0.88	3.2/ 0.30	44	1000 island dressing 20 gr
25/ 6%	0.26/ 1%	0.78	1.32	11.16%	2.12/ 4%	7.22/ 0.64	76	Vegan Cheese 24 gr
23.20/ 2%	0.48/ 3%	1.50/ 7.5%	4.04	24.8%	1.24	0.22/ 0.05	20	Lettuce 20, tomato 70, onion 10, chives 5 (gram)
222.50/ 22%	6.2/ 34%	12.5/ 50%	54.3	19.50%	22.30/ 44%	20.6/ 2.54	458	Buddha Burger 309 gr
190.10/ 19%	6.1/ 33%	11.53/ 46.1%	54.62	21.18%	18.96/ 37.9%	11.67/ 0.47	358	Diet Buddha Burger
80/ 8%	1.3/ 7%	4.1/ 16%	12.1	16.73%	3.22	1.73/ 0.2	61	Okara Patty 100 gr
237/ 22%	4/ 22%	12.7/ 51%	51.9	14.5%	14.46/ 29%	16.7/ 2.2	389	Okara Burger 329 gr

Stir Fries and Noodles

Stir fried Protein, Carbs, Veggies and Sauce, served with a side salad.

Protein for Choice:

- Stir Fried Tofu ● Tofu marinated in soy sauce, balsamic vinegar and maple, and stir fried in sesame oil.
- Seitan ● Wheat Protein spiced like Shwarma.
- Sausage ● Vegan Sausage made out of pea protein.
- Baked Tofu ● Tofu baked in soy sauce, garlic and lemon.
- Baked Tempeh ● Fermented soy beans baked in a soy marinade. Please be aware that tempeh has a unique taste and texture. No refunds for tempeh dishes.

Carb for Choice (gluten free except spagetti):

- Brown Rice
- Organic Quinoa
- Zucchini Spagetti ● raw
- Rice Noodles
- Whole Wheat Durum Spagetti

Sauce for Choice:

- Curry Coconut ● Coconut Cream with coriander, mint, basil, soy sauce, curry paste and nutritional yeast.
- Satay ● Peanut Butter with Coconut and Soy Sauce.
- Soy and Silan ● Soy Sauce with Date Honey.
- Teriaki ● Red Wine, Mirin, Soy, Brown Sugar, Ginger.
- Sweet Chili ● Chili, peppers, sugar, garlic.
- Mexican ● Tomatoes and hot chili.

Veggie Mix contains: Cabbage, mushrooms, carrots, green beans, chinese sprouts, green onion, red bell pepper.

Extras: Roasted Peanuts - 2 NIS, Grated 'Cheese' - 2 NIS

Recommended Combinations:

Classic: Tofu on brown rice with curry coconut.

Asian: Baked Tofu on rice noodles with soy silan.

Combined: Tofu and Seitan on quinoa and brown rice with Teriyaki Sauce.

Thai Noodles: Baked Tofu on rice noodles, seaweed, toasted cashew and satay sauce.

- Hot Mushroom Salad ● Portobello mushrooms, button mushrooms, green beans, stir fried tofu and smoked tofu, stir fried in olive oil, balsamic vinegar and soy sauce, served on baby leaves and lettuce.

Calcium (mg) / RDI (1000)	Iron (mg) / RDI (18)	Fiber (gr) / RDI (25)	Carbs (gr)	Protein	Protein / RDI (50)	Fat (gr) / Saturated Fat	Calories	Nutritional Values Stir Fries (RDI = Recommended Daily Intake)
227/ 22.7%	6.7/ 37.2%	7.5/ 30%	87.3	7.8%	20.2/ 40.4%	69.1/ 26.6	1034	Classic Stir Fry 660 gr
215.8/ 21.6%	4.44/ 24.7%	6.8/ 27.2%	96	7.4%	14.06/ 28%	47.8/ 6.41	758.3	Asian Stir Fry 660 gr
260/ 26%	9.25/ 51.4%	6.5/ 26%	91.8	13%	34/ 68%	64.47/ 9	1043	Thai Noodles 660 gr
171.2/ 17.12%	8.77/ 48.7%	13/ 52%	99	23%	61/ 122%	43.5/ 6.5	1059	Combined Stir Fry 660 gr

"If slaughterhouses had glass walls, everyone would be a vegetarian" ~ Paul McCartney



Lasagna

- **Eggplant Lasagna** ● **Gluten Free** 42 Regular

Eggplants, tomato sauce, and vegan cheese.

- **Seitan Lasagna** ● Seitan, tofu, 55 Large

lasagna pasta, tomato sauce, and vegan cheese.

Ravioli

- **Spinach-Mushroom / "Ricotta" Ravioli** ● 42

Whole wheat ravioli with a filling of spinach and mushroom or butternut squash, served in a creamy sage sauce.

Pasta

Pasta for Choice: 36 24 Half Size

- **Whole Wheat Durum Spaghetti**

- **Grated Zucchini / Rice Noodles** ● **Gluten Free**

Additional Cost of 3 NIS.

- **Gnocchi** ● Additional Cost of 5 NIS.

Common Ingredients:

Stir fried tofu, baked Tofu and sweet potato.

Sauce for Choice:

- **Pomodoro** ● Tomato Sauce with basil, garlic and olive oil. **Gluten free with base of rice noodles or zucchini.**

- **Rose** ● Tomato Sauce creamed with soy milk and nutritional yeast. **Gluten free with base of rice noodles or zucchini.**

- **Bolonez** ● Tomato Sauce with pieces of Seitan.

- **Fungi** ● Button Mushrooms stir fried in olive oil and garlic with mushroom sauce.

- **Creamed Pesto** ● Basil, walnuts and olive oil creamed with soy milk and nutritional yeast. **Gluten free with base of rice noodles or zucchini.**

- **Curry Coconut** ● Yellow curry paste, coconut, basil, mint, coriander. **Gluten free with base of rice noodles or zucchini.**

Calcium (mg) / RDI (1000)	Iron (mg) / RDI (18)	Fiber (gr) / RDI (25)	Carbs (gr)	Protein /	Protein / RDI (50)	Fat (gr) / Saturated Fat	Calories	Nutritional Values Pasta / Lasagne Flax Cracker (RDI = Recommended Daily Intake)
140.5/ 14.1%	12.7/ 70.7%	8.33/ 33.3%	165.47	15.4%	39.55/ 79.1%	55.4/ 14.3	1026.38	Pomodoro* 450 gr
169/ 16.9%	12.5/ 69.4%	7.5/ 30%	168.2	15.5%	45.2/ 90.4%	36/ 8.37	1167	Rose 450 gr
122.4/ 12.2%	13.3/ 73.3%	7.72/ 30.88%	154.3	18.2%	48.7/ 97.5%	29/ 3.54	1068	Bolonez 450 gr
143.8/ 14.4%	12.24/ 68%	9.12/ 36.48%	163.78	15.3%	41.54/ 83.1%	31.37/ 5.17	1084	Fungi 450 gr
300.8/ 30.1%	13.6/ 75.6%	7.5/ 30%	185	14.7%	52.9/ 105.8%	55.4/ 14.3	1444	Creamed Pesto 450 gr
154/ 15%	6/ 34%	9.9/ 39%	69	20%	36.5/ 73%	34.5/ 2.5	512	Eggplant Lasagne 450 gr
129/ 13%	6.50/ 36%	11/ 45%	96	12%	22/ 44%	30/ 2.8	717	Spinach Lasagne 450 gr
210/ 10%	3.8/ 21%	32.1/ 128%	3.6	28%	28.5/ 57%	28.5	407	Flax Crackers 450 gr

Raw Dishes

Gluten Free

- **Wheatgrass Juice** ● As healthy as it gets. 11

- **Flax Crackers** ● Flax, soy sauce, garlic, dried onion, oregano. Flavors: Olives / Tomato-Pesto. Serving Size: 150 gr'. 15

- **Onion Crackers** ● Onion, sunflower seeds, flax, olive oil, soy sauce. 17

- **Zucchini Broccoli Cracker** ● Zucchini, broccoli, flax, soy sauce, lemon, basil, nutritional yeast. 30

- **Cracker with Chashew Humus** ● One cracker (of the above listed) and a raw spread made out of cashews, tehina, lemon juice, garlic, olive oil, cumin. 36

- **Avocado - Cucumber Soup** ● Consisting of avocado, cucumber, mint, lemon, soy. Served with grated zucchini on top at room temperature (not warmed).

- **Zucchini Spaghetti** ● Grated zucchini with a sauce of tomatoes, dried tomatoes, walnuts, onion, garlic, olive oil, lemon, soy sauce and basil. 29

- **Raw Carrot Cake** ● Carrots, walnuts, cashew, dates, flaxseed, apple juice, almonds, coconut flakes, dried pineapples, ginger, silan, cinnamon.

Alcoholic Drinks

All juices used in the cocktails are all natural and made on order by us.

- **Cava** ● Spanish sparkled wine. 18

- **Mimosa** ● Half Cava, half juice. 20
Mimosa Classic (Orange) / Mimosa Apple / Mimosa Carrot.

- **Wheatgrass Vodka** ● 19

Wheatgrass Juice and Vodka

- **Arak Orange / Apple** ● 23

Shot Arak, two shot juice and ice.

Red Grapefruit: plus 3 NIS.

- **Vodka Orange / Apple** ● 25

Shot Vodka, two shot juice and ice.

Red Grapefruit: plus 3 NIS.

- **Campari Orange** ● 28

Shot Campari, two shot juice and ice.

Red Grapefruit: plus 3 NIS.

- **Margarita** ● 28

Tequila, Tripel Sec, Lime and Fruit:

Passion Fruit / Mango / Lichi / Berries

- **Dakiri** ● 26

Rum, Lime and Fruit:

Passion Fruit / Mango / Lichi / Berries

- **Lemonarak** ● 23

Arak, Lemon, Mint, Sugar.

- **Beer (1/3)**

Goldstar 16

Tuborg Red/Green, Heineken, Carlsberg 18

Stella, Guinness, Leffe Brown/Blond 22

Salad Bar

20 Small 26 Medium 32 Large 39 Double TA 45 Double

Recommended Salads

Gluten Free

- **Buddha Salad** ● **Sprouts are seen as a "super food" as they are rich in vitamins and enzymes.** Baked Tofu, mung bean sprouts, rye sprouts, lentil sprouts, sunflower sprouts, broccoli sprouts, radish sprouts, alfalfa sprouts, bean sprouts, cherry tomatoes, mushrooms and green mixed salad leaves. 34 Large 40 Double

- **Quinoa Salad** ● **Rich in protein, iron and calcium.** Organic quinoa, dried cranberries, celery, walnuts, chives, parsley and mint.

- **Tofu and Lentil Salad** ● Sprouted lentils, baked tofu, stir fried tofu, fresh beets, dried cranberries and green onion.

- **German Sausage Salad** ● Vegan sausage, vegan cheese, zucchini, sunflower sprouts, bell peppers, pickles, red onion, parsley, chives and mint leaves.

- **Asian Sunflower Sprout Salad** ● Sunflower sprouts, baked tofu, carrots, radish, green onion, red onion, soy sauce, garlic, sesame oil, lemon.

- **Legume Salad** ● Soy beans, black beans, white beans, green beans, peas, garbanzo beans, corn, vegan yellow cheese, peppers, chives, parsley, onion.

- **Broccoli Salad** ● **Rich in vitamin C + A, calcium and folic acid.** Broccoli, Smoked Tofu, Sea Weed, Dried Tomatoes, Cherry Tomatoes, Green Onion.

- **Seaweed Salad** ● **Rich in minerals. Seaweed contains double the amount of minerals found in common vegetables.** Wakame seaweed, fresh beetroot, radish, green onion, cucumber, wholegrain sesame seeds, baked Tofu and brown rice noodles.

- **Green Salad** ● **Green leaves are the food group that contains the highest amount of dietary values (and more than 40% protein).** Green lettuce, mixed green salad leaves, sunflower sprouts, red cabbage, mushrooms, spring onion, chives, parsley, baked tofu, stir fried tofu, caramelized almonds and cherry tomatoes.

- **Greek Salad** ● Lettuce, cucumber, tomato, bell peppers, green olives, red onion and bulgarian (salted) tofu.

- **Root Salad** ● Carrot, beets, radish, baby leaves, baked tofu, stir fried tofu and vegan parmesan.

- **Hot Mushroom Salad** ● See Stir Fries. 45 NIS.

- **Slice of Spelt Bread** ● 2 NIS.

- **60 gr' baked tofu** ● 5 NIS.

- **Salad Dressings for your choice** ● Mustard-Silan / Balsamic Vinaigrette / Garlic-Tahini / Mango-Lemon / Miso / Ginger-Carrot / Beet Vinaigrette / Tartar. Third dressing: 2 NIS.

- **Mixing of salad by us** ● 1.5 NIS for salad bar salads.



Green Smoothies

Gluten Free

19 Small 23 Medium 28 LargeTA 39 1 Liter

Smoothies can be a meal by themselves, and of course it would be helpful if this meal will contain as much nutritional value as possible.

The ideal formula was found a few years ago in the US:

Smoothies based on green leaves, being the group of vegetables with the highest nutritional value for human beings. Green leaves are rich in protein (about 50% of their caloric value), minerals, vitamins, enzymes and fiber. The use of a blender promises a thorough grinding of the leaves, and renders available all nutritional content, whose absorption is usually limited because their cell wall.

Therefore we are proud to serve you (and we have been the first here in Israel) green smoothies, combining fruits and green leaves, in our case parsley, which is very rich in Vitamins A and C, and in addition provides a lot of iron (about 25% for each smoothie) and calcium (15%). You can find nutritional values on our web site.

Smoothies based on Oranges:

- **Lassi** ● Parsley, pineapple, mint, tofu, lemon, on the base of orange juice.
- **Mango-Pineapple-Banana** ● Parsley, mango, pineapple, banana, on the base of orange juice.
- **Passion Fruit-Raspberry-Pineapple** ● Parsley, mango, pineapple, banana, on the base of orange juice.
- **Avocado** ● (Available Oct. - June): Parsley, avocado, dates, lemon juice, brown sugar, on base of oranges.

Smoothies based on Lemonade:

- **Mint Lemonade-Melon-Mango** ● Parsley, melon, mango, mint, based on lemonade.
- **Melon-Strawberry-Raspberry** ● Parsley, melon, strawberry, raspberry, based on lemonade.
- **Mango-Pineapple-Strawberry** ● Parsley, mango, pineapple, strawberry, based on lemonade.

Smoothies based on Apples:

- **Melon-Mango-Passion Fruit** ● Parsley, mango, melon, and passion fruit, based on apple juice.
- **Greenish** ● Parsley, mint, melon, kiwi, based on apple juice.
- **Ginger (remedy for headaches)** ● Parsley, ginger, Tofu, cumin powder, based on apple juice.

Smoothies based on Carrots:

- **Spirulina** ● (+3.5 NIS for small and medium smoothie, + 6 NIS for other sizes) Parsley, banana, dates, 5g'10g' Spirulina powder, based on carrot juice.
- **Forest Fruit** ● Parsley, blueberry, raspberry, strawberry, banana and dates on the base of carrot juice.
- **Apple - Banana** ● Parsley, apple and banana, on the base of carrot.

Smoothies based on Soy Milk:

- **Banana-Date-Pecan** ● Parsley, banana, dates, sugared pecans, based on soy milk.
- **Halva** ● Parsley, whole tehina, Silan (Date Honey), Banana, Dates and Walnuts, based on soy milk.
- **Carob Milk** ● Parsley, carob powder, banana, dates, peanut butter, based on soy milk.
- **Tofu** ● Parsley, tofu, peanut butter, flax seed, dates, wheat germ, banana, based on soy milk.
- **Peanut Butter** ● Parsley, peanut butter, dates, banana, on base of soy milk.
- **Granola** ● Parsley, banana, dates, and Granola with oatmeal, nuts, seeds and dried fruit, on base of soy milk.
- **Walnut - Maple** ● Parsley, walnuts, maple syrup and banana, on base of soy milk.

Boosts (for free):

- Extra Green:** A lot of parsley (recommended).
- Iron:** Lentil sprouts, rich in minerals and vitamin C, furthering the absorption of iron and calcium. Recommended.
- Omega-3:** 5 g' ground flax improving mental capabilities and prevents heart disease. Added automatically.

Additional Boosts:

- We are not strong believers in supplements, since in our believe the isolated supplement will be by far less effective than in it's natural condition within the whole fruit or vegetable.**
- Soy Protein - 2 NIS:** for a heaped tablespoon of 10 gr'. Isolated Soy Protein is regarded by many as more effective than whey protein.
- Tofu - 2 NIS:** only contains a few calories (about 80 for 100 gr'), 50% protein and a lot of iron and calcium.
- Ginger - 3 NIS:** for one centimeter. Ginger is an integral part of chinese medicine for more than 2500 years, and has been proven as very helpful for the digestive process and as a cure for all sources of nausea. Ginger is widening the blood vessels and is therefore also effective in reducing headache. It's anti-inflammatory qualities make it also a very effective remedy in curing muscle and joint aches.

Custom Made Smoothies

20 Small 24 Medium 29 LargeTA 40 1 Liter

Bases: Carrot | Orange | Apple | Soy Milk | Water.
Fruit (up to 3 of your choice): Banana, mango, blueberry, raspberry, dates, melon, kiwi fruit, pineapple, passion fruit, strawberry.
We are adding parsley and ground flax seeds to all of our smoothies. Please tell us, if you don't want to have those ingredients included.

Calcium (mgr) / RDI (1000)	Iron (mg/gr) / RDI (18)	Fiber (gr) / RDI (25)	Carbs (gr)	Protein /	Protein / RDI (50)	Fat (gr) / Saturated Fat	Calories	Nutritional Values Green Smoothies, 0.5 l' (RDI = Recommended Daily Intake)
151/15%	3.6/20%	3.97/15%	39.7	13%	6.2/12%	2.4/0.4	190	Vegan Lassi
87/9%	2.8/16%	5.6/22%	59.6	7%	4.2/8%	1.3/0.2	243	Mango Pineapple Banana
70/7%	2.2/12.4%	2.8/11.2%	53.8	7%	2.3/4.8%	1.15/0.16	217	LemonMint Meloñ Lichi
115/11%	2.9/16%	4.5/18%	52.8	6%	3.1/6%	1/0.1	218	Greenish
104/10%	3.25/18%	5/20%	55.9	9%	5.3/11%	2.2/0.4	244	Lichi Mango Passionfruit
475/47%	4.91/27%	10.8/43%	83.2	10%	12.6/25%	19.1/1.9	508	Banana Date Pecan
470/47%	6.94/39%	8.9/35%	80.7	10%	12.5/25%	20.8/14.9	514	Pina Colada
660/66%	5.8/32.2%	11.5/46%	69.5	12.8%	11.5/46%	21.4/2.7	499	Avocado
695.6/69.6%	5.66/31.4%	7.27	72.3	13.3%	18/36%	23.7/2.48	541.9	Walnut - Maple
651/65.1%	5.86/32.6%	11.22/44.88%	70.14	16.3%	20/40%	19/2.96	491	Carob Milk
717/71.7%	8/44.4%	13.9/55.5%	60.4	22%	30/60%	25.4/3.6	546.4	Tofu
179/17.9%	4.74/26.3%	15.24/61%	8.81	9.2%	8.8/17.6%	6.6/0.66	446	Cherry Apple
334/33.4%	5.63/31.3%	32.3/129%	106.1	10%	12/24%	6.9/0.79	477.7	Forest Fruit - Carrot
132/13.2%	3.48/19.3%	16.6/66.3%	63	8.3%	6.13/12.3	6.5/0.68	363	Ginger
730/73%	10.1/56.1%	16/64%	127	12.9%	29/58%	36/4.13	899	Granola
974/97.4%	8.1/45%	20.37/81.48%	125.6	11.8%	32.1/64.1%	57.3/7.3	1167	Halva
102/10.2%	3/16.7%	7.39/29.56	49.8	6.8%	4.17/8.3%	5.46/0.05	246	Melon Strawberry Raspberry
351/35.1%	6/33.3%	30.44/121.7%	115	10%	12.8/25.6%	6.7/0.82	511	Spirulina
268.3/26.8%	4.42/24.6%	20.13/80.52%	54.23	12.4%	8.67/17.3%	6.13/0.7	359.4	Papaya
123.2/12.3%	4.73/26.3%	14.52/58.1%	54.14	10.8%	7.5/15%	5.88/0.55	334.7	Passionfruit Raspberry Pineapple
656.3/65.6%	5.8/32.2%	10.5/42%	69.7	16%	19.6/69.7%	18.8/2.95	487.2	Peanut Butter

50: Eating vegan uses 50 times less resources (water, food, fossiles) than eating animal 'produce'.



Juices

All Juices squeezed on order.

- Carrot ● 13 | 15 | 20 | 25
- Orange / Carrot-Orange / Apple ● 15 | 17 | 23 | 29

Optional: Gespritzt: Half juice, half soda water.

- Juice Cocktails ● 17 | 19 | 25 | 33

For your choice up to 3: Carrot, apple, beetroot, orange, tomato, cucumber, celery, parsley, cabbage.

Addition of Ginger: 3 NIS.

Recommended Juices:

- Classic ● Carrot, beetroot, celery, parsley.
- Green Waldorf ● Apple, celery, lemon.
- Red Waldorf ● Apple, carrot, beetroot, lemon.
- Green Cleansing ● Cucumber, celery, mint, parsley, lemon.
- Red Cleansing ● Cucumber, beetroot, carrot.
- Ginger Ale ● Apple juice with ginger and soda.
- Alkaline Improver ● Cabbage and celery.

Immunizing Juices

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The following juices have qualities helpful for the prevention and treatment of cold symptoms. We are adding Echinacea, being a plant stimulating the body's immune system, to each juice.

- Immunizer with natural Vitamin C ● Apples, Beets, Carrots, Parsley (very rich in vitamin C), Ginger and echinacea.
- Immunizer and Cleaner ● Beets, red grapefruit (in season) or oranges, lemon, ginger, hot pepper, echinacea.
- Cough Clearer (hot) ● Apples, lemon, ginger, hot pepper and echinacea. Served hot.
- Throat Ache Killer (hot) ● Apples, pineapple, ginger, water, garlic and echinacea. Served hot.

Warm Beverages

- Organic Coffee

We use only organic coffee from Brazil, being regarded as cleaner and as of higher quality, ensuring with this fair trade and protection of the rain forest.

Espresso / Americano / Black Coffee - Small | Double 9 | 11
Macchiato - Small | Double 10 | 12
Capuccino / Latte / Decaf - Small | Large 13 | 15
Chai Latte / Hot Chocolate / Chico 15

- Tea ● Luisa, Lemonmint, Green, Caramel, Earl Grey, Berries, Chamomill 12
- Apple Cider ● Apple juice, apple cubes, red wine, cardamon and a cinnamon stick 19
- Punch ● Red wine, apple juice, banana and cherries 19

Cold Beverages

- Mineral Water | Flavored ● 7 | 10
 - Coke / Sprite ● 10
 - Black Beer ● 12
 - Lemonade ● 12 | 14 | 19 | 23
 - Iced Lemonmint ● 14 | 16 | 21 | 25
 - Ice Coffee ● 16 | 19 | 22 | 25
- Classic: Espresso, soy milk, blended vegan cream, sugar, ice.
Cherry Chocolate: Classic with cherry and cacao.
Moccha Mint: Classic with cacao and mint leaves.
Maple: Classic with walnuts and maple syrup.
- Cold Coffee ● Espresso, soy milk, ice 14

TA of Materials

- Seitan Shwarma, Sausage and Shnitzel

● 6 months in the freezer, 4 days in the fridge. 36 NIS for 1/2 kilo of sausage or shnitzel, 27 NIS for 1/2 kilo of seitan shwarma.

- Patties ● Lentil, Okara, Seitan and Tofu-Mushroom. 6 months in the freezer, 4 days in the fridge. 25,- for 5 lentil or okara. 36,- for 5 Seitan patties, and 40,- for 5 tofu-mushroom patties.

- Salad Sauces ● 14 days in the fridge. 24 NIS for 1/2 liter bottle. Miso Sauce: 28 NIS.

- Sauces and Spreads ● Vegan Cheese Spread, Green Tehina, 1000 Islands, Garlic Spread, Un-Liver Spread. 4 days in the fridge. 19 NIS for 1/4 kilo.

- Yellow Vegan Cheese ● Product of 'Japanese Tofu', 500 gr', sliced. 42 NIS.

- Tofu ● Regular (hard), 1 kilo. 25 NIS.

- Baked Tofu ● Product of 'Japanese Tofu' 500 gr'. 42 NIS.

- Soy Mayonez ● Product of 'Japanese Tofu', 500 m"l. 22 NIS.

- Soy Cream ● Product of 'Japanese Tofu', 500 m"l. 28 NIS.

- Seitan ● Product of 'Teva Deli', Frozen, 1,5 kilo. 44 NIS.

- Soy Milk ● Product of 'Tnuva'. 1 liter. 10 NIS.

- Sweet Cream ● Product of 'Tnuva', 500 m"l. 16 NIS.

- Nutritional Yeast ● Powder or Flakes, 1 kilo. 85 NIS.

- Cakes ● 5 days in the fridge. Starting with 140 NIS.

Deserts

- Cookies ● Chocolate, Oats, Coffee Cashew, Tehina, Date Balls, Poppyseed Balls 4.5
- Truffels and Almond Balls **Gluten Free** 9
- Tartlet with oats and berries 12
- Peanut Butter - Chocolate tartlet 11
- Tofu Brownies 7
- Tapioca / Mousse ● 19
- Chocolate - Vanilla, Coffee, and Halva. **Gluten Free** 29
- Cakes 29
- Cheese Cake without cheese
- German Cottage Strudel without cottage
- Oat and Berry Crumble Cake
- Chocolate Tart with pecan and almonds **Gluten Free**
- Nugat Cubicle
- Carrot Cake
- Viennese Apple Strudel
- Chocolate Mousse and Forest Fruit Mousse Cake **Gluten Free**
- Nugat and Marzipan Chocolate Cake **Gluten Free**
- Chocolate Souffle
- Tiramisu
- Belgan Waffle ● Vegan Belgian Waffle with warm chocolate, vanilla ice cream, bananas and sugared almonds. 38
- Chocolate Fondue with Fruits ● Pineapple, banana, apple, and a seasonal fruit served with a bowl of melted chocolate. **Gluten Free**

Buddha Burgers Ice Cream

Italian Ice Cream made by us with a soy base and the use of fructose (instead of glucose) and therefore will have on average less than 140 calories for 100 gr:

- Tartuffo (Chocolate with hazelnut pieces)
- Nugat
- Capuccino
- Lemon (sorbet, based on water)
- Berries (based on vegan cream, without soy)
- Halva (based on vegan cream, without soy)
- Vanilla (based on vegan cream, without soy)

- Vanilla ice cream balls with passion fruit filling and a cover of sugared almonds 17 | 30

TA: 3/4 liter for 45 NIS, 1,5 liter for 80 NIS.

Vegan Health Cookies for Dogs (and their owners)

Dogs can live vegan, however like us it is important to provide them with quality ingredients, like in our cookies, containing: Whole Spelt Flour, Okara, Wheat Germ, Ground Flaxseeds, peanut butter, nutritional yeast and canola oil.

"Never doubt that a small group of dedicated citizens can change the world. Indeed, it's the only thing that ever has." ~ Margaret Mead