

BREAKFAST

BREAKFAST / FOR TWO ... 74/139 NIS

Two eggs as you like them, a variety of tasty little dishes, green salad, jam, home baked bread A hot drink and fresh fruit juice
Extras focaccia .25NIS / smoked salmon. 9NIS mozzarella cheese 5NIS

FOCACCIA BREAKFAST... 62 NIS
two fried eggs served on A Focaccia with cream cheese, tuna salad and a green salad.
A hot drink/ fruit juice

EGGS BENEDICT... 62 NIS
Poached eggs on brioche, served with cream sauce and A green salad, A hot drink/ fruit juice
Extras spinach . 5 NIS Smoked salmon .9 NIS

CHEF'S BREAKFAST ... 64 NIS
cream cheese, smoked salmon/spinach, scrambled eggs in A Butter croissant and green salad.
A hot drink /fruit juice.

FRENCH BREAKFAST ... 53 NIS
French toast served with maple syrup, cream cheese and fruits of the season.
A hot drink / fruit juice

WORKERS' BREAKFAST ... 64 NIS
Shakshouka with ripe tomatoes and two eggs, served with green salad, homebaked bread and tahini.
Extras spinach . 5 NIS / goat cheese . 9 NIS

MUESLI ... 42 NIS
Natural yoghurt, home-made granola, honey and fruits of the season.

MORNING PASTRIE ... 17 NIS
Chocolate or butter croissant, almond pastry, cinnamon/cheese/pistaphio danish

HOME BAKED BREAD ... 15 NIS
Butter and homemade jam/honey

SALADS

Our salads are served with homebaked bread and butter

Extra Focaccia . 25 NIS

HOUSE SALAD ... 68 NIS
Lettuce, baby greens, cherry, tomatoes, cucumbers, roasted sweet pepper, mixed seeds, sweet potato chips, and red onion, fried feta in citrus vinaigrette

GREEK SALAD ... 64 NIS
Cherry, tomatoes, cucumbers, baby radishes, red pepper, red onion, parsley olives, and feta cheese, in lemon, salt and olive oil dressing

BLUE CHEESE SALAD ... 68 NIS
Lettuce, rocket, seasonal fruits, blue cheese, mushrooms, red onion and pecan nuts, in citrus vinaigrette

NA'AMA'S SALAD... 68 NIS
Lettuce, rocket leaves, cherry, tomatoes, cucumbers, carrot, baby radishes, red onion, avocado (in season), tuna, and hard-boiled egg, in citrus vinaigrette

HALUMI SALAD ... 72 NIS
Halumi cheese and champignon mushrooms tossed in olive oil, lettuce and rocket, cucumbers, cherry, tomatoes, red and spring onion, in citrus vinaigrette,

HOT FROM THE PAN ... 74 NIS
White cabbage, champignon mushrooms, zucchini, red pepper, carrot, mixed, spring onion, seeds, bean sprouts, coriander, tofu / salmon in Asian-style sause

CAPRESE SALAD ... 58 NIS
Muzzarella, tomatoes, cherry, red onion, kalamata olives, pesto, sea salt, balsamic vinegar and olive oil

FOCACCIAS & PIZZAS

focaccias and pizzas are made of high-grade Italian flour, yeast, olive oil, salt and water, and are stone oven-baked on the spot

FOCACCIA AGLIOOLIO ... 44 NIS
Olive oil, sea salt, & rosemary, served with an olive tapenade and pesto spread Sweet roasted pepper spread

FOCACCIA FUNGHI ... 52 NIS
Champignon mushrooms, red onion and olive oil

FOCACCIA ANTIPASTI ... 54 NIS
Sweet pepper, zucchini, mushrooms, red onion and goat cheese

PIZZA MARGHERITA ... 54 NIS
date tomato sauce and mozzarella cheese

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Extras . 8NIS
Mushrooms
green olives
kalamata olives
Anchovy
Tuna
hot pepper
onion

SANDWICHES & TOASTS

Multigrain / white / gluten-free bread
Our sandwiches & toasts are served with green salad

SALMON ... 56 NIS
Cream cheese, arugula, smoked salmon and spring onion

GOAT CHEESE ... 54 NIS
Sweet roasted pepper spread, arugula leaves, goat cheese, roasted sweet pepper

OMELETTE ... 49 NIS
Omelette, Cream cheese, tomatoes, lettuce and spring onion

NIÇOISE ... 52 NIS
Tuna, hard-boiled egg, tomatoes, cucumber, spring onion, mayonnaise

HALUMI ... 54 NIS
Pesto, cream cheese, halumi cheese, tomatoes and arugula leaves

AVOCADO (In season)... 52 NIS
Avocado , tomatoes, arugula leaves and olives tapenade

Half A Sandwiche...27 NIS
(served without a salad)

Our toasts are served in A Jerusalem bagel

PIZZA TOAST ... 56 NIS
mozzarella cheese, oregano and tomato sauce

GREEK TOAST ... 56 NIS
kalamata Olives tapenade, feta cheese, tomatoes

CAPRESE TOAST ... 56 NIS
Pesto, mozzarella cheese, tomatoes, and sea salt

VEGAN MENU

VEGETARIAN BREAKFAST... 74 NIS
Vegan omelette with herbs, roasted sweet peppers, avocado (in season), tahini, bulgur salad, fresh vegetables salad, olive tapenade, pesto, Sun-dried tomato spread homebaked bread and fig jam, A hot drink and fresh fruit juice

VEGETARIANS SHAKSHOUKA ... 64 NIS
Shakshouka with ripe tomatoes and vegan omelette served with mixed salad, home baked bread & tahini
Extra Spinach .5NIS

BUSINESS MENU

Green Salad
+
Pasta / Main Course
+
LEMONADE
10 ILS EXTRA FOR BERR / WINE
Sunday to Thursday 12.00 to 18.00
Add 10NIS to the regular pasta / main course price
Sweet Potato Ravioli / Cheese Ravioli (Extra. 5 NIS)
(Does not include Soups)

MAIN DISHES

SOUP OF THE DAY (IN WINTER) ... 36 NIS
served with homebaked bread and butter

BIRYANI RICE ... 74 NIS
White rice, carrot, zucchini, red pepper, white cabbage, bean sprouts, mushrooms, coriander, spring onion tofu / salmon in soy sauce

HOT FROM THE PAN ... 74 NIS
White cabbage, champignon mushrooms, zucchini, sweet red pepper, carrot, mixed seeds, bean sprouts, coriander, spring onion tofu / salmon in Asian-style sause

MANILA NOODLES ... 74 NIS
Egg noodles stir-fried with tofu / salmon, mushrooms, carrots, red pepper, bean sprouts, coriander, spring onion and cabbage in Asian sauce

FISH & CHIPS ... 85 NIS
with Japanese dressing, green salad and French fries

SALMON FILLET IN TERIYAKI / OLIVE OIL & HERBS SAUCE ... 101NIS
With French Fries / Rice / Green Salad

Extras
French Fries 25NIS / Rice 22NIS / Green Salad 18NIS

PASTA

For Your Selection:
Spaghetti / Fettuccini / penne
Sweet Potato Ravioli / Cheese Ravioli (Extra . 5 NIS)

POMODORO ... 60 NIS
Tomato sause, garlic, olive oil and herbs

ARRABBIATA ... 62 NIS
Date tomato sause, garlic, kalamata olives, hot chili, parsley

ROSÉ ... 63 NIS
Date tomato sause, cream, garlic and herbs

MUSHROOM CREAM ... 63 NIS
Chanpignon mushrooms, garlic and cream



BREAKFAST IS THE MOST FUN MEAL OF THE DAY

ITALIAN MEAL

GREEN SALAD
+
PASTA POMODORO/
PIZZA MARGHERITA
+
LEMONADE/
10 ILS EXTRA FOR BERR / WINE

64 NIS

Extra pizza topping 8 ILS

Sunday to Thursday 12.00 to 18.00

HOT DRINKS

CAPPUCCINO / CAFFEINE-FREE 13NIS	VANILLA /NUTTS COFFEE ...20 NIS Extra whiped cream .5NIS
MUG OF CAPPUCCINO ...16 NIS	NESCAFÉ ...16 NIS
CAPPUCCINO IN AN ESPRESSO CUP...10 NIS	MOCHA MILK ... 20 NIS chocolate sprinkles, espresso, milk froth
LATTE ...16NIS	HOT CHOCOLATE... 20NIS Extra whiped cream .5 NIS
SHORT /LONG ESPRESSO ...10 NIS	SAHLAB ... 22 NIS
DOUBLE ESPRESSO ... 12NIS	HOT CIDER ..22 NIS Extra red wine .10NIS
SHORT /LONG MACCHIATO... 11 NIS short espresso with a dash of milk froth	CHAI LATTE ...22 NIS
DOUBLE MACCHIATO...13 NIS	TEA...12NIS mint / lemon
AMERICANO ...13 NIS espresso, hot water	EXTRA FRESH WHIPED CREAM... 7 NIS
COMPANNA... 17 NIS short espresso, whiped cream	
ITALIANO ...13 NIS short espresso, milk froth	
BLACK COFFEE ...10NIS	
AFFOGATO ...26 NIS shot of espresso and vanilla ice cream	

DESSERTS

Hot chocolate soufflé ... 42NIS Served with vanilla ice cream and whipped cream	Cookies- Dates and nuts ... 12NIS
Apple pie... 42NIS Served with vanilla ice cream	Alfajores ... 10 NIS
Cheese cake... 39 NIS Cream,crumb topping	Chocolate ball ...6 NIS
Lemon pie ... 40 NIS	Brownie ...17NIS
Apple pie sugar -free ... 40 NIS	Macaroon ... 8 NIS
Cheese strawberry ...42 NIS	Tahini /Jam ... 3 NIS

The food and drinks may contain nuts, peanuts, Gluten and Lactose

COLD DRINKS

LOW FAT ICED COFFEE ... 19 NIS	ICE COFFE VANILLA /NUTTS ... 21 NIS
ICED COFFEE ... 16 / 19 NIS	MILKSHAKES ...32 NIS Vanilla, strawberry, banana, chocolate
ICED AMERICANO ... 16 NIS	COLD COFFEE ... 19 NIS
ICED COFFEE WITH SUGARED PECANS, . . 20 / 23 NIS	COLD CHOCOLATE MILK ...18 NIS
COLD TEA ... 15	

SOFT DRINKS

COCA COLA /COCA COLA ZERO / SPRITE
SPRITE ZERO / FANTA / ICE TEA ...13 NIS
LMEONADE / MINT LEMONADE ... 16 / 18 NIS
ICE BLENDED MINT LEMONADE (EXTRA VODKA / ARAK ... 10 NIS)... 27NIS
NATURAL MINERAL WATER ...10NIS
SODA ... 12 NIS
FLAVORED MINERAL WATERS ...12NIS
SAN PELLEGRINO LARGE / SMALL ...25 / 15 NIS

ALCOHOL

GOLDSTAR / CARLSBERG / TUBORG / STELLA ... 26NIS
CAVA(GLASS) ...32NIS
WINE BY THE GLASS: RED /WHITE /ROSÉ... 32NIS
BOTTLE OF WINE/ CAVA... 121...NIS

Freshly
Squeezed
to Order

NATURAL JUICES

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BETROOT & GRANNY SMITH APPLE ... 23/27 NIS
ORANGE / CARROT ... 19/22 NIS
APPLE ... 21/23 NIS
SMOOTHIE ... 27 NIS Orange, Carrot & Apple

— CAFE — Heleni MENU