

# loveat. summer menu 2019

Coffee & Pastry..... 20 / 28  
Coffee & Mini Sandwich... 24 / 30  
Coffee & Muesli..... 36  
Coffee & Chia pudding..... 38

## Breakfast



- Quick Breakfast** 42  
Free range egg of choice, vegetable salad, olives, bread, butter, green onion, cream cheese. Add fresh juice for 8 ₪
- TLV Breakfast** 56  
2 free range eggs of choice, vegetable salad, green onion, bread, butter, homemade jam, cream cheese  
Choose 2: guacamole / tuna in olive oil / labneh cheese / burned eggplant / feta cheese with fresh za'atar / roasted vegetables. Add fresh juice for 8 ₪
- Vegan Breakfast** 58  
Lentils and mangold fritters, vegetable salad, green onion, tahini, guacamole, burned eggplant, roasted vegetables, bread, homemade jam. Add fresh juice for 8 ₪
- Shakshuka loveat.** 48  
Made from free range eggs and fresh tomatoes. Served with bread, vegetable salad, olives, spicy pepper and tahini
- Morning Salad** 36  
Roughly chopped cucumber, tomato, radish, olives, purple onion, olive oil & lemon, hard boiled egg / feta cheese. Served with tahini and bread. Vegan: Avocado
- Buffalo Yogurt & Granola** 38  
Our homemade buckwheat popcorn & nut mix granola, seasonal fruits, berry confiture & cinnamon
- Oats Porridge** 42  
Cooked with milk / almond / soy, coconut sugar, cinnamon, buckwheat popcorn, seasonal fruit, maple / date honey
- Acai bowl** 45  
Acai, arunia, goji berry, maqui berry, blueberry, banana, pineapple, chia seeds, almond milk, buckwheat popcorn & nut mix

All breakfasts include coffee  
Served until 17:00

## Sandwiches



- Smoked salmon** 23/42  
Cream cheese, green onion and radish
- Lentils and mangold fritters** 45  
with tomato salsa and baby leaves.  
Tahini / aioli
- Free range egg omelette** 38/21  
with pickled cucumber tomato and lettuce.  
Tahini / cream
- Avocado with olive oil** 38/21  
lemon, radish and salt
- Buffalo mozzarella** 22/40  
with tomato, basil and balsamic vinegar

## Salads



- Avocado, Tofu & Potato** 53  
Lettuce, potato, tofu, avocado, tomatoes served with asian tahini sauce
- Feta** 46  
Tomato, cucumber, purple onion, baby radish, olives and a slice of feta cheese, olive oil, lemon and fresh za'atar. Feta can be swapped with tuna in olive oil
- Quinoa Tabbouleh** 48  
With fresh green herbs, baby radish, cranberries and nut mix
- Kale Caesar Salad** 46  
Romaine hearts lettuce, kale, croutons & parmesan cheese
- Superfood Salad** 52  
Lettuce, red cabbage, garden rocket, sunflower and radish sprouts, carrot, avocado, arame seaweed, chia seeds, red quinoa, seed mix & lemon vinaigrette
- Burmese Salad** 46  
Carrot, beetroot, red cabbage, green onion, coriander, chili peppers, cellophane bean noodles, peanuts & asian vinaigrette

## Specials



- Dizi Croque** 56  
Crispy croissant, stir-fried mangold, cream cheese, smoked salmon, poached egg  
Served with baby caesar salad
- Loveat Tofu Wrap** 44  
Roasted peppers, lettuce, pan fried tofu, tahini, beetroot cream, cumin and nut mix
- Open Faced Guacamole Toast** 38  
Toasted bread, guacamole, chili peppers, radish Recommended with poached egg: 8 ₪
- Open Faced Burned Eggplant Toast** 42  
Toasted bread, burned eggplant, spicy tomato salad, tahini Add free ranging egg: 6 ₪
- Open Faced Scrambled Egg Toast** 32  
Scrambled egg, butter, fresh green herbs
- Loveat Superbowl** 52  
Full round rice, cauliflower, sweet potato, roasted tomato, avocado, red cabbage, arugula, pumpkin seeds, green onion. Served with beetroot cream, spinach cream & tahini
- Tofu, Rice & Cauliflower Curry** 54  
Whole grain round rice, cauliflower, coconut cream, lemon grass, chili, broccoli
- Greens Couscous** 52  
whole wheat couscous, seasonal greens, garlic confit, broccoli, chili, buffalo yogurt
- Soup of the day** 32

## +

Smoked salmon... 18 ₪	Tofu... 10 ₪
Toasts butter & jam... 12 ₪	Egg... 4 ₪
Feta cheese... 8 ₪	