

loveat. food menu 2019

Coffee & Pastry 20 / 28
Coffee & Half Sandwich 24 / 30

Breakfast



Bitsy Breakfast 42

A choice of a free-range egg, farm-style salad, olives, bread, butter, scallion, and cream cheese.

An addition of freshly squeezed juice 8

TLV Breakfast 56

2 free-range eggs of choice, farm-style salad, olives, bread, butter, scallion, cream cheese, and homemade jam.

Choose 2: guacamole, virgin olive oil tuna, labneh and sumac, open fire grilled eggplant, feta cheese topped with zaatar, and grilled vegetables.

An addition of freshly squeezed juice 8

Breakfast for Two 120

4 free-range eggs of choice, farm-style salad, cream cheese, olives, bread, butter, jam, open fire grilled eggplant, virgin olive oil tuna, labneh, tahini, avocado, and pesto.

Served with 2 freshly squeezed juices.

Vegan Breakfast 58

Lentil and mangold fritters, farm-style salad, scallion, tahini, guacamole, open fire grilled eggplant, roasted vegetables, pesto spread, bread, and jam.

An addition of freshly squeezed juice 8

Breakfast dishes are served until 3:00 PM and include a choice of coffee

Shakshuka *loveat.* 48

A slow cooked dish made from free-range eggs and fresh tomatoes. Served with challah bread, farm-style salad, olives, spicy chili oil, and tahini

"Bourekas" Platter 48

Cheese pastry filled with open fire grilled eggplant, tahini, hard-boiled egg, and a spicy tomato salad. Served with homemade pickles and a farm-style salad

Quaker Oats Porridge 38

Choice of cow milk / almond / soy, cinnamon, crunchy granola, seasonal fruits, and a touch of date honey / honey

Muesli 38

Buffalo yogurt, seasonal fruits, goji berries, chia seeds, and crunchy granola.
Served with a choice of honey or date honey

Side Snacks

Homemade Nachos - Served with seasoned sour cream and spicy tomato salsa...24
Oven Baked Cauliflower with Melted Cheese...28
Oven Baked Potato and Sweet Potato Slices – Served with fine herbs aioli...28
Open Fire Grilled Eggplant on a Layer of Tahini...32
Toasts with Butter and Jam...12

Sandwiches



Free-Range Egg Omelet 23/38

Served with pickled cucumber, fresh tomato and lettuce, tahini / cream cheese

Avocado 23/42

Thinly sliced avocado, pesto spread, red onion, fresh tomatoes, spicy chili oil, and arugula

Buffalo Mozzarella Cheese 23/42

With a fresh tomato, pesto spread, and basil

Sabich 22/38

Served with tahini, open fire grilled eggplant, roasted tomatoes, onion, a free-range egg, and parsley. (Can be made vegan without the egg)

Healthy Tuna 23/42

Tahini, virgin olive oil tuna, fresh tomato, pickled lemon, a bit of red onion, and arugula

Chicken Breast 46

Pan seared chicken breast, fine herbs aioli, sumac, fresh lettuce, tomato, and pickled onion

Challah Bread Meatball 48

Slow-cooked meatballs in seasoned tomato sauce. Served in challah bread with pickles.

Smoked Salmon 46

Cream cheese, crunchy radish, cucumber, fresh lettuce, virgin olive oil, lemon, and coarse salt

Salads



Fresh Salads 40

Chopped Mediterranean Style Salad
Cucumber, tomato, onion, parsley, mint, and coriander. Seasoned with virgin olive oil and lemon. Served with a side of tahini.
An addition of chicken / tofu / tuna / feta cheese 10. Hard-boiled egg 5

Chicken Breast / Tofu Avocado and Potatoes 53

Marinated chicken breast with roasted potatoes, avocado, roasted peanuts, lettuce mix, arugula, Asian style vinaigrette, and raw tahini

Super Food 52

Lettuce, red cabbage, arugula, sprouts, carrot, avocado, chia seeds, red quinoa, a mix of seeds, lemon vinaigrette, and raw tahini.
An addition of smoked salmon 15

Tabule Quinoa 48

Fine herbs, crunchy radish, cranberries, cucumber, fresh tomato, dates, celery, a mix of seeds, and local feta cheese

Wraps



Avocado and Chicken 48

Roasted strips of chicken, a touch of mayonnaise, fresh guacamole, tomatoes, and arugula

Chicken / Tofu Shawarma 46

Chicken or tofu shawarma, tahini, fresh arugula, oven baked sweet potato, pickled cucumber, and spicy chili oil

Omelet and Avocado 48

Free-range egg omelet, fresh guacamole, tomato, and arugula

Wraps are served with a chopped Mediterranean style salad

Specialties



Jaffa Croque 58

Poached egg, smoked salmon, spinach stew, and cream cheese. Served in a warm croissant and a side of seasoned guacamole

Open-Faced Guacamole Toast 38

Toasted slice of challah bread, guacamole, spicy pepper, and crunchy radish. Recommended with an addition of poached egg / over easy 8

Shawarma Salad 54

Whole wild rice with sautéed seasoned chicken breast / tofu, pickled onion, tahini, spicy chili oil, and parsley

Meatballs / Mangold and Lentil 55

Slow cooked in an Italian cherry tomato sauce with a touch of local sweet harissa, whole wild rice, and parsley.
Served with tahini and spicy chili oil

Loveat Super Bowl 52

Whole rice, cauliflower, sweet potato, grilled tomato, avocado, red cabbage, arugula, pumpkin seeds, and scallion.
Served with beets crème fraiche, and tahini.
An addition of smoked salmon. 15

Roasted Chicken Breast 58

Oven roasted chicken breast in fine herbs and sumac. Served with a farm-style salad, a duet of oven baked sliced potato and sweet potato, quality tahini, and seasoned pickles

Roasted Chicken Breast 46

Mangold and Lentil Patties in Challah Bread
Served with a spicy tomato and arugula salad.
A choice of tahini / fine herbs aioli

*make your day
deliciously delightful!*



COFFEE

Espresso Short / Double	12 / 10
Macchiato Short / Double	14 / 12
Cappuccino Regular / Large	16 / 14
Latte Regular / Large	16 / 14
Latte Macchiato	16
Cortado	12
Americano Regular / Large	13 / 11
Turkish Coffee	11

WARM INDULGENCE

Belgian Hot Chocolate Milk Chocolate / Dark Chocolate	18
White Hot Chocolate White Chocolate, Espresso, and Cinnamon	20
Hot Apple Cider	20
Chocolate and Coffee Mocha	20
Chai Latte with Fine Herbs	20
Tea Infusions Mint and Verbena, Green, Bedouin, Black,	14

COFFEE BY WEIGHT

100% Organic	250 g / 1 kg
Home Blend (Chocolate Cream)	44 176
French Blend	44 176
Turkish Coffee	44 176
Decaf Coffee	48 188
Italian Blend	44 176
Single Bean Coffee (Varies)	48 188



ICED

Cold Brew	16
Iced Americano	16
Cold Coffee	20
Granita	20 / 15
Iced Watermelon	22
Iced Apple and Cinnamon	22
Iced Melon and Ginger	22
Iced Mint Lemonade	22
Banana Almond Banana, milk, almond milk, date honey, and roasted almonds	25
Wonderful Roots Apples, carrot, beet, and ginger	25
Deep Green Apples, spinach, ginger, lemon, and celery	25
Iced Loveat Espresso, cow milk, and Belgian dark chocolate	25
Iced Espresso Long double espresso from an organic mixture on blended ice	16



An addition of alcohol – Arak 12₪ Vodka 15₪

JUICE

Our juices are freshly squeezed daily

Orange	20 / 15
Lemonade	14
Grapefruit	14
Carrot	16
Apple	18
Cold Tea	14

SWEET

Chia Seed Pudding 28
Almond milk, cocounut cream, chia seeds, cinnamon, mix of nuts, and super food

loveat. Malabi 30
Dairy-free almond milk malabi, Indian chai syrup with fine herbs: cinnamon, cardamom,