

Food & Drink

You'll find menu items like tender and meaty "forest scallops" with oyster mushrooms, Jerusalem artichokes and a macadamia crumble. Try a plate of crispy gnocchi with cherry tomatoes, zucchini, and chickpeas served with a hand-made soy yogurt and tahini cream. Reservations are scarce as everyone is rushing to try it out – so make sure to call and book a spot early!

Meshek Barzilay, 6 Ahad Haam St, Tel Aviv (03-5166329)

This organic vegetarian/vegan bistro, located in the middle of the romantic Neve Tsedek neighborhood, is like a secret vegetarian hideaway. The bright, welcoming restaurant is brimming with garden-fresh ingredients that celebrate Israel's bounty with overflowing salads, impressive breakfasts, and a diverse, cultured menu. Locals and in-the-know visitors are regulars here and non-vegans often comment on the satisfying dishes. Menu options include a decadent pizza with cashew cheese, kalamata olives and artichokes, veggie burgers made with tofu, wild mushrooms, shiitake mushrooms and sprouted lentils in a steamed beet juice roll, or the crunchy yet comforting Indonesian salad with purple and white cabbage, seaweed, sprouts, tofu and cilantro topped off with a savory peanut sauce. The smoothie list is admirable, with options like the Renewal Smoothie (cucumbers, dates, lemons, lettuce, sunflower sprouts, apple, ginger and walnuts) and other equally tempting options. Sit on the patio to soak in the carefree atmosphere bursting with light while you nosh down all the tantalizing, seasonal food in sight. All of the finest vegan foods are at your fingertips: a large selection of nut-based cheeses, delicious homemade breads and desserts, like the sugar-free vegan pecan pie with a whole wheat crust, coconut oil and dates.



Photo by Hani Zakaim

Zakaim

Tenat, 27 Chlenov St, Tel Aviv (054-7599538)

Gather around the table of this southern Tel Aviv foodie gem for a homey, vegan, Ethiopian feast. Set your sights on

the injera bread, a gigantic sourdough flatbread resembling a spongy pancake made from nutrient-rich teff flour. Injera is served in the middle of the table and topped with an assortment of slow-cooked



Photo Courtesy of PR

Meshek Barzilay

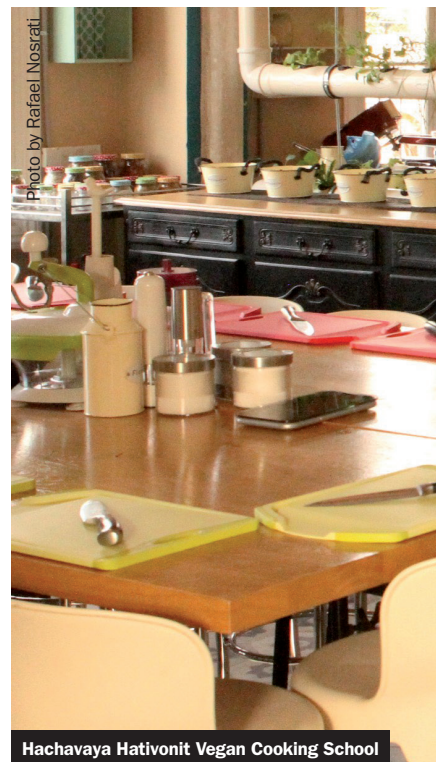


Photo by Rafael Nosrati

Hachavaya Hativonit Vegan Cooking School

stews and toppings. The selection of colorful mixtures includes options such as the Shiro, a spicy pea and hummus stew, cooked chard leaves, and Ethiopian tahini. Use your hands to scoop up the spicy mixture into the injera bread and pop each flavorful combination in your mouth! Although utensils are completely unnecessary at an Ethiopian lunch, you will need them for the Kita Fit-Fit, a comfort dish in which cubes of bread are cooked in sunflower butter with a blend of spices like ginger and garlic and then covered in tomato sauce. For dessert, try the gluten-free, flan-like pudding made from teff flour, ginger, coconut, cinnamon, and walnuts, sweetened with maple syrup.

Café Chia, 30 Binyamin Metudela, Tel Aviv (03-6707999)

Located in Shikun Dan, a residential neighborhood in Tel Aviv, this warm, cozy, restaurant is a vegan paradise featuring hearty mock-burgers, mini homemade schnitzels, fresh-from-the-oven quiches,