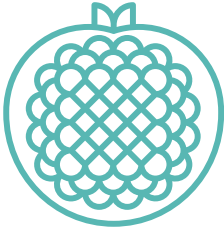


URBAN BREAKFAST



TEL AVIV – SET*

shakshouka – savoury sauce made of fried tomatoes with peppers, onions and fresh coriander, hummus, falafels, baba ghanoush, tabbouleh (couscous with crunchy vegetables and fragrant herbs), green salad with vinaigrette, Israeli pita – 31

EILAT – SET

granola with orange chunks, candied walnuts and apples, oat milk (hot or cold), vegan cheese spread seasoned with caraway, hummus, vegetable fingers, green salad with vinaigrette, grilled bread – 25

NETANYA – SET* **new**

chorizo (savory vegetable sausages with roasted tomatoes and melted cheddar), bbq and mango chipotle sauces, jalapeño salsa, tabbouleh (couscous with crunchy vegetables and fragrant herbs), green salad with vinaigrette, ciabatta – 28

VEGAN BLT SANDWICH **new**

vegan pastrami, tomato, cucumber, sunflower sprouts, red onions, caper sauce, salad mix, grilled ciabatta* – 18

A weekend without a feast is not a real weekend.

A day with no breakfast will no longer be the same.

We serve breakfast every day until 2 p.m.!



CAN'T-MAKE-UP-MY-MIND BOWL **bestseller**

falafels, shawarma, beetroots balsamico, white radish, cucumber, tomatoes, red onions, hummus, salad mix, multigrain mix (quinoa, lentils, rice), vinaigrette – 28

HUMMUS TRICOLOR

classic, with dried tomatoes, with green peas – 19

BREAKFAST SHAKSHOUKA

warm savoury sauce made of fried tomatoes, onions, and peppers with fresh coriander, tofeta cheese, cheddar, red onions, Israeli pita* – 19

PORRIDGE WITH GOLDEN MILK & FRUITS **new**

mango, orange, pineapple, apple, walnuts with oat milk with a pinch of curcuma and a drop of agave syrup – 13

SHALOM!

Tel Aviv is the capital of food. And we do love food, but we love to feed you even more. Tahina flows in our veins. We're obsessed with hummus and falafel. This is why we opened Tel Aviv Urban Food – a place where we can share our favourite flavours with you.

Brag, tell a joke or complain about your life: we will give you our full attention and fill you with delicious food. Sit down, eat something tasty and relax – you're in Tel Aviv!



MINDFUL COOKING

None of the ingredients in your dish was put there accidentally – we promise. We know that all the talk about how our consumption of food affects the environment of our planet is not just empty words. We avoid palm oil for the sake of animals that inhabit tropical forests. We don't serve meat nor any animal products either – because we care about your health, the happiness of cows and the wellbeing of our planet.



LIFE IN PLASTIC – NOT FANTASTIC.

It's not easy to totally give up on plastic in a single day but here, in Tel Aviv, we are convinced that a big change is a sum of smaller actions. That's why we said goodbye to plastic straws. #SuckingSucks. Now we wonder on how to eliminate plastic from the packaging that we use – if you've heard of a talented producer of plastic-free packaging or if you have any ideas about how to completely and successfully get rid of plastic, do let us know!

We use reusable packaging for deliveries and during the daily operations of our restaurant. We take part in the Makro project “We don't waste, we pack” – we believe it's better to waste time than food, so feel encouraged to take away whatever you didn't eat.

MEZZE – ENTRÉES

MEZZE BOARD

MIZRAHI*

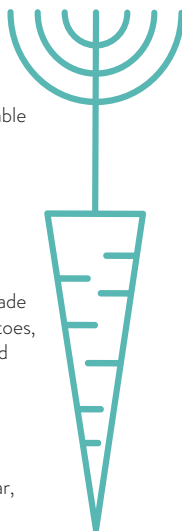
falafels, two types of hummus, dolma with fragrant, red-vegetable sauce, Arabic pickles, Moroccan carrot with roasted cumin, balsamico beetroots, tapenade, vegetable fingers, tabbouleh, harissa sauce, pita lafa — 35

MAROKAI*

marinated shawarma, two types of humus, muhammara (dip made of baked peppers and walnuts), chickpea salad with dried tomatoes, tabbouleh, vegetable fingers, lemon-flavoured olives, marinated radish, amba sauce, pita lafa — 35

SEFARDI*

vegan chorizo, two types of hummus, baked artichokes, cheddar, spiced pumpkin, potato wedges, tabbouleh, vegetable fingers, mango chipotle sauce, jalapeño salsa, pita lafa — 35



EXTRAS

vegetable fingers — 5

Israeli pita 
(thick crust) — 4

pita lafa 
(thin crust) — 4

gluten-free bread roll — 6

marinated radish — 4

jalapeño salsa — 6

tabbouleh 
couscous with crunchy vegetables and fragrant herbs — 8

chickpea salad
with dried tomatoes and coriander — 6

potato wedges
seasoned with ras el hanout — 11

choose the solo option or add to the mezze board!

DIPS

baba ghanoush

dip of grilled eggplant and aioli — 12

muhammara **new**

dip made of roasted red peppers and walnuts — 11

tapenade **new**

savoury black olive dip — 11

CHEESES

cheese spread

vegan cheese spread with caraway — 6

tofeta

marinated tofu, feta-style — 8

cheddar — 8

JUST ONE BITE

falafel

7 chickpea patties + sauces: aioli and harissa — 14

choriqeso

chorizo, cheddar, jalapeño salsa — 13

sambousek

baked dumplings with green peas, mint, lentils, nigella, coriander and lemon sauce — 13

vegan shawarma

spicy vegan patties with amba and harissa sauces — 11

baked artichokes — 9

dynia

marinated pumpkin with spices — 7

olives

lemon-flavoured mammoth olives — 13

dolma

stuffed grape leaves — 8

moroccan mix — 9

arabian-style veggies

SAUCES

bbq sauce **new**

tomato, plum
/ sweet-sour — 3

chipotle sauce **new**

mango, peppers
/ hot — 3

aioli sauce

mayonnaise, garlic
/ mild — 3

coriander and lemon sauce

mayonnaise, garlic, coriander, lemon / mild — 3

harissa sauce

chili / hot — 3

amba sauce

mango, ginger / sweet — 3

caper sauce

mayonnaise, garlic, capers
/ mild — 3

 Contains gluten.

*gluten-free version + 3 PLN

STREET FOOD

Make your solo dish bigger: add our delicious potato wedges, two sauces (harissa and aioli) and marinated radishes, and order a set!

BUDDHA BURGER

XL black bean burger with bbq sauce, cheddar, vegetables, lettuce, bread roll with sesame

FALAFEL BOX

14 crunchy chickpea patties, harissa and aioli sauces

FALAFEL PITA

falafels, hummus, sauces, vegetables, pita lafa*

SHAWARMA PITA

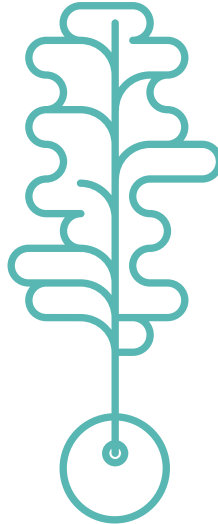
vegan shawarma, hummus, sauces, vegetables, pita lafa*

KOFTA PITA

delicious patties, hummus, sauces, vegetables, pita lafa*

VEGAN BLT SANDWICH

vegan pastrami, tomato, cucumber, salad mix, sunflower sprouts, red onions, caper sauce, ciabatta*



	solo	set
BUDDHA BURGER	22	31
FALAFEL BOX	19	28
FALAFEL PITA	20	29
SHAWARMA PITA	20	29
KOFTA PITA	20	29
VEGAN BLT SANDWICH	18	27

SHAKSHOUKA-IT-YOURSELF*

Anyone who has ever made their own shakshouka is confident they make the best one (for example Israelis). There's nothing to argue with – we do the best one. But if you don't agree – go ahead and make your own.

BASE:

savoury sauce made of fried tomatoes, onions and peppers seasoned with fresh coriander, tofeta, red onions



delicioush shakshouka

with 4 falafels – 32

shophishticated shakshouka

with baked artichoke seasoned with olive according to Ilan Levi's recipe – 32

shocking shakshouka

with slightly spicy vegan chorizo – 32

shawarma shakshouka

with soy patties marinated in sambal – 32

shtuffed shakshouka

with dolma – stuffed grape leaves – 32

flavouroush shakshouka

with vegetable and mushroom patties – 32

shuper shakshouka

with marinated pumpkin – 32

INCLUDED IN THE SET:

- + green salad
- + jalapeño salsa
- + tabbouleh
- + Israeli pita*

*gluten-free version + 3 PLN

MAIN COURSES – SPRING

Delicious and filling. You can choose the vegan or the vegan option. Or the vegan one.

COCO CURRY BOWL **bestseller**

soy patties in thick onion sauce with coconut milk, spicy yellow curry, Moroccan carrot, multigrain mix (quinoa, lentils, rice), green salad with vinaigrette — 34

SIN CITY – CHILI SIN CARNE

vegetable chili with corn and red beans, braised in savoury tomatoes, Moroccan carrot, multigrain mix (quinoa, lentils, rice), green salad with vinaigrette — 32

Sinful yet innocent – our chilli tastes like a sin but your conscience stays good and untouched. Our cheddar is vegan. And so are carrots.

KOFTA

vegetable and mushroom patties with savoury red vegetables sauce, Moroccan carrot, multigrain mix (quinoa, lentils, rice), green salad with vinaigrette — 35

CAN'T-MAKE-UP-MY-MIND BOWL **bestseller**

falafels, shawarma, beetroots balsamico, white radish, cucumber, tomatoes, red onions, hummus, salad mix, multigrain mix (quinoa, lentils, rice), vinaigrette — 28

OBSCENE SALAD **new**

With bacon. Vegan, made from almonds. Comes with dates and other delicious stuff... this is just obscene.

spinach, red onion, dates, bacon-style almond flakes, vinaigrette, pita croutons with olive oil according to Ilan Levi's recipe — 28

BULGUR TABBOULEH **new**

Say it out loud – sounds just like bubbles in the jacuzzi, and helps you unwind just as much.

bulgur, tofeta, spring onion, peanuts, green pepper, parsley leaves, aioli, za'atar — 26

SOUPS

cauliflower cream

cream of cauliflower with curry served with herbs and olive oil according to Ilan Levi's recipe — 13

cream of green beans and curry

cream of green beans and curry served with corn salad and olive oil — 13

HUMMUS

Vegetable fingers or bread* included!

Do you think hummus has nothing left in it that can surprise you anymore? Just taste the coco curry! Or the one with Moroccan pickles. Or... All right, maybe you should just taste them all.

shakshouka hummus

with savoury sauce made of fried tomatoes, onions, and peppers seasoned with fresh coriander — 24

Moroccan mix hummus

with Moroccan carrot seasoned with roasted cumin, balsamico beetroots with coriander and Arabic pickles — 22

falafel hummus

with chickpea patties — 24



tricolor hummus

classic, with dried tomatoes, with green peas — 19

coco curry hummus

with soy patties and thick coconut milk sauce with spicy yellow curry — 26

artichoke hummus

with artichokes roasted in herbs — 25

classic hummus

with olive oil according to Ilan Levi's recipe — 19

lemon-flavoured olives hummus **new**

with green mammoth olives marinated in lemon juice — 25



*gluten-free version + 3 PLN

DESSERTS

NERO

chia pudding, strawberry, chocolate ice cream, granola, candied nuts — 18

COCO

tapioca pudding, mango, pineapple, orange, granola, coconut ice cream — 19

BAKLAVA

solo: cocoa / hazelnut / pistachio — 8
set of 3 pieces — 21

PRALINES

sophisticated vegan sweets with liqueurs and spices will be perfect with your afternoon espresso — 4



No matter how much you eat – there's always space left for dessert! Our sweets are exceptionally healthy. And, of course, vegan.

TEAS AND TISANES

I'll just have tea!

classic black tea — 10
lemon or mint on request

green day!

wake me up when september ends!
green tea — 10
lemon or mint on request

the finest flower of Polish youth

green tea with jasmine blossom — 10

my heart is in Havana!

let's drink to one another's health. With tea.
red pu-erh tea, passion fruit, pineapple and papaya chunks, top bit of passion fruit, cactus and sunflower blossom, marsh mallow blossom — 10

zenzibar

as relaxing as a day on a beach in Zanzibar
green rooibos, slices of lemon, red and white pepper, cloves, mango chunks, ginger, cinnamon, vanilla, rose and cactus blossom — 10

it doesn't get healthier than this!

all possible superfoods in one tea
sencha green tea, blueberries, cranberries, elderberries, raspberries, goji berries, heather and rose blossom, acai berries — 10

baila morela!

a mix of oolong teas with apricot aroma gives you life!
formosa oolong, ti kuan yin oolong, apricots, physalis fruit, daisy blossom — 10

mensa mate!

just one cup boosts your IQ by two points or more
yerba mate, ginkgo, guarana, guava, orange peel, orange blossom, marsh mallow blossom — 10

served hot or cold!



HAVE A HOT DRINK

We prepare our beverages using oat or soy milk, which benefits your health, makes the cows happy and helps to save the planet!

CLASSIC COFFEE BEVERAGES



espresso — 6
doppio / americano / macchiato — 9
cappuccino / flat white — 13
latte — 15

EXTRAS

extra shot of espresso — 3
oat or soy milk — 2

ALTERNATIVE COFFEE



grain coffee
brewed in a pot with cloves and anise — 10

arabic coffee
brewed on a stove in a pot with cardamom and cloves — 10

belgian chocolate — 15

HAVE A COLD DRINK

We serve our beverages without straws. But if you really can't imagine having a drink with no straw – we have a 100% natural one just for you.

NUTRITIOUS COCKTAILS

They contain functional, detoxifying and nutritious ingredients. Perfect for breakfast!

indie rock
the taste of India in a vegan mango lassi remix
mango, banana, oat milk, cardamom — 15

day after
purifies the body and soul, even if you don't have any remorse
celery, banana, apple, barley grass, lemon — 15

are strawberries in season yet?
yes, they are, and they'll refresh you like never before
strawberries, pineapple, orange, mint leaves — 15

OTHER

a carafe of aqua fresca
still / sparkling water with flaxseed, fresh mint, cucumber, apple
0,5 litre — 8
1 litre — 11

LEMONADE

served over ice or hot (unsweetened on request)

lemonana
fresh nana mint, apple juice, lemon — 12

ginger try it hot!
fresh ginger, orange juice, turmeric, lemon — 12

mango
mango, lemon — 12

FRESH JUICES

create your own mix of 1, 2 or 3 fruits! — 16

orange / apple / banana / grapefruit / cucumber



WINES

ECOLOGICAL AND VEGAN

Great organic and vegan wines. And yes, they're also gluten-free. You don't have to be a wine connoisseur – you will quickly become one with just a bit of help from us.

WHITE

Malvasia “La Belle”

Italy | Abruzzo, Olearia Orsogna, Malvasia

Light-hearted and flirtatious – that is the briefest description of this unique wine, which is characterised by its initial phenomenal freshness, developing into clear notes of tropical fruit, beeswax, and even litchi fruit. Perfectly balanced, exceedingly pleasant.

150 ml – 19
750 ml – 89

Keltenwein Sandberg Grüner Veltliner

Austria | Wienviertel, Andreas Weber, Grüner Veltliner

As soon as you smell the aroma wafting from your glass, you will find yourself in a daydream. It feels like a carefree walk in a green meadow with the scent of freshly cut grass lingers on the air. As you enter an apple orchard you are tempted by a slightly tart and subtly sweet fragrance. Keltenwein Sandberg is an exquisite wine.

150 ml – 17
750 ml – 79

Pecorino “Civitas”

Italy | Abruzzo, Olearia Orsogna, Pecorino

The nose is dominated by a characteristic fragrance of dried apples, ice candy, and trace herb liqueur. The palate is both spicy and juicy, with fresh, citrusy sourness. Excellent bio wine.

150 ml – 19
750 ml – 89

Sauvignon Blanc

France | Languedoc, Domaine Bassac

Fresh wine with a heavy aroma of white flowers, tropical fruit and green apple. A wonderful drink on its own.

150 ml – 17
750 ml – 79

RED

Primitivo “Ruminat”

Italy | Abruzzo, Olearia Orsogna, Primitivo

The Ruminat is the flagship of the Olearia Orsogna vineyard. It is a primitivo in its arch-noble version. A bouquet full of ripe, red fruit, while the palate is surprisingly elegant, warm and inviting. Thanks to a slightly higher residual sugar content, anyone will find it delicious – guaranteed!

150 ml – 18
750 ml – 87

Shiraz

France | Languedoc, Domaine Bassac, Syrah

An exciting wine with an unusual bouquet of red fruits. A pleasant and enjoyable on the palate, with a large dose of warmth and harmony.

150 ml – 17
750 ml – 79

SPARKLING

Pinot Grigio Ramoro DOC Spumante

Italy | Abruzzo, Olearia Orsogna, Pinot Grigio

Light pink, sparkling Pinot Grigio with an enchanting aroma of white peach and pink grapefruit against a background of white flowers is the perfect choice for aperitif or an evening with friends. Light, vivacious, fresh. L'chaim!

150 ml – 18
750 ml – 85

Prosecco DOC Frizzante

Italy | Veneto, Cantina Pizzolatom Glera

The frizzante from the Cantina Pizzolato vineyard offers fresh and crisp bubbles with luscious notes of apple, acacia flower and a summer meadow.

150 ml – 16
750 ml – 75

HOUSE WINES

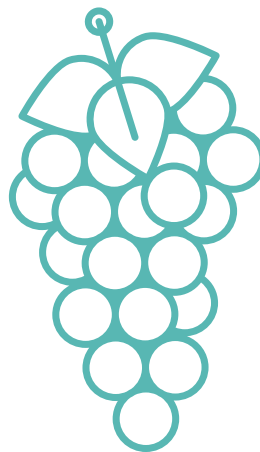
WHITE

Vermador Blanco

Spain | Alicante, La Bodega de Pinoso, Airen & Macabeo

When people think about Spanish wine, they usually mean the heavy, full-bodied red wines. This wine proves these wines can be entirely different – fresh, citrusy, and with a unique exotic feel.

150 ml – 15
750 ml – 69



RED

Vermador Tinto

Spain | Alicante, La Bodega de Pinoso, Monastrell & Petit Verdot

Vermador Tinto has won us by its fresh but robust character. The aroma of red forest fruit and subtly spicy notes in the background – this is the beauty of the sultry southern Spain poured into a bottle.

150 ml – 15
750 ml – 69

ISRAELI WINES

WHITE

Recanati Jonathan White

Israel | Upper Galilee

Semi-dry, light and refreshing wine, with a bouquet dominated by tropical fruits, melon and green plants. With a fresh taste and balanced acidity.

150 ml – 18
750 ml – 85

RED

Recanati Jonathan Red

Israel | Upper Galilee

Mild and deliciously fruity wine with a nose of black fruits: black plums and black cherries. The flavour is smooth and round, its fruitiness emphasised by spices, and a delicate oak accent.

150 ml – 18
750 ml – 85

BEERS AND CIDERS

As great Poles say: "Though I am not a detective, I shall always find a beer stand". Fortunately, you don't have to look for it – wide selection of beers is at your fingertips.

DRAUGHT BEER

Ask the waiter what is currently on tap.

0,3 litre – 9
0,5 litre – 13

DZIK CIDER

Forbidden fruit is the sweetest.

0,3 litre – 10
0,5 litre – 14
1 litre – 25

KORMORAN BREWERY BEERS

Pull a connoisseur look off with craft beer at hand, even if you're a total newbie.

świeże niepasteryzowane (unpasteurized) – 13
orkiszowe (speciality grain beer with spelt) – 15
kormoran jasny (light lager) – 13
kormoran ciemny (dark lager) – 14
kormoran gluten-free – 15
podpiwek 0% (home-brew) – 10

COCKTAILS

We've made them up ourselves. Well, maybe except aperol. But if it hadn't been already created, we would surely do it ourselves.

Cucumber Mojito

cucumbers are healthy!

rum, fresh cucumber, mint, lime – 19

Rosemary freshness

not as deadly as the infamous baby

gin, tonic, lime, rosemary, blackberry – 19

Aperol Spritz

that orange drink which is ultra instagrammable

aperol, prosecco, orange – 24

Rumango

feel a pirate vibe, but keep it sweet

mango, rum – 19

Grapefruit Spritz

also tasty.

aperol, gin, grapefruit juice – 22

SHOTS

Baczewski did not fight in the January Uprising so you would now miss his fantastic liquors. Watch out – works not only in shots. Ask our staff to fix you a special cocktail or make coffee or tea "the Irish way".

wódka monopolowa

for those on a gluten-free diet
– 10

piołunówka (absinthe)

the best three herbs in three times distilled potato spirits – 10

whisky

not the one in the jar – 10

jeżynówka (blackberry flavoured vodka)

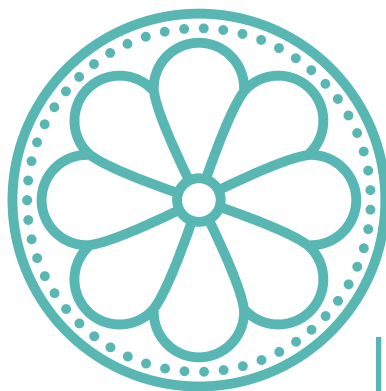
try it with prosecco or sparkling wine – 10

pomarańczówka (orange flavoured vodka)

Polish dream about orange groves in Jaffa – 10

wiśniówka (cherry flavoured vodka)

sweet and sour, best for dessert – 10



LUNCHES

SPECIAL OFFER 12 PM – 4 PM

SOUP + BOWL – 20

SUPERSIZE YOUR LUNCH

lunch menu
+ **flavored water** – 25

lunch menu
+ **flavored water + dessert** – 29

SOUP – YOU CHOOSE:

cauliflower cream

cream of cauliflower with curry served with herbs and olive oil as per Ilan Levy's – 13

green beans and curry cream

cream of green beans and curry served with corn salad and olive oil – 13

"CARROT" WEEK



MONDAY

chili sin carne bowl

vegetable chili with chorizo, green salad and couscous – 18

TUESDAY

pocket falafel

Israeli pita, crunchy chickpea patties, hummus, green salad, harissa sauce – 18

WEDNESDAY

dolma bowl

stuffed grape leaves with savory red vegetables sauce, Moroccan carrot – 18

THURSDAY

vegetable shashlik

roasted peppers, mushrooms, onion and spicy shawarma – 18

FRIDAY

shakshuka bowl

warm savory sauce made of fried tomatoes, onion and peppers – 18

THE FUTURE IS VEGAN



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LUNCHES

SPECIAL OFFER 12 PM – 4 PM

SOUP + BOWL – 20

SUPERSIZE YOUR LUNCH

lunch menu
+ **flavored water** – 25

lunch menu
+ **flavored water + dessert** – 29

SOUP – YOU CHOOSE:

cauliflower cream

cream of cauliflower with curry served with herbs and olive oil as per Ilan Levy's – 13

green beans and curry cream

cream of green beans and curry served with corn salad and olive oil – 13

"EGGPLANT" WEEK



MONDAY

falafel bowl

chickpea patties, Arabic pickles, coriander and lemon sauce – 18

TUESDAY

Moroccan bowl

Moroccan carrot, balsamico beetroots, white radish, sesame seeds – 18

WEDNESDAY

pita burrito

pita lafa, chili sin carne, multigrain, salsa jalapeño, mango chipotle sauce – 18

THURSDAY

shawarma bowl

vegan shawarma balsamico beetroots, mango sauce – 18

FRIDAY

pocket coco curry

Israeli pita with soy patties in thick onion sauce with coconut milk, hummus, fresh salads – 18

THE FUTURE IS VEGAN



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