

RESTAURANT *guide* 2015




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### *Dear Members,*

I am pleased to present the 2014 edition of the Diplomatic Club Restaurant Guide as a service to the diplomatic corps.

Over the past decade, Israel has arrived on the international stage as an up-and-coming culinary destination, though it seems obvious to locals who have long recognized the unique and diverse cuisines that come together across the country.

The aim of this Restaurant Guide is to assist foreigners, who come to Israel often or are living in Israel without knowledge of Hebrew, and provide credible information about various local restaurants in English, French and Russian. We too understand the difficulties of living in a foreign country and hope that this service will prove helpful to diplomatic staff and their families.

Including both kosher and non-kosher, haute cuisine and homey fare, classic French dishes and traditional Palestinian food, chic nightlife and family-style dining, Israeli restaurants have something to offer any diner

Sincerely yours,  
Julia Verdel  
General Manager



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**IMPORTANT NOTE:** Any entry in the Diplomatic Club Restaurants Guide is a public information service only and is not intended to serve any other purpose. Information in the directory will be updated and re-published once a year. While it is intended to be as accurate as possible, the publishers are not responsible for inevitable changes that occur with time

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## Israeli cuisine

Israeli cuisine (Hebrew: ha-mitbach ha-yisra'eli) comprises local dishes by people native to Israel and dishes brought to Israel by Jews from the Diaspora. Since before the establishment of the State of Israel in 1948, and particularly since the late 1970s, an Israeli Jewish fusion cuisine has developed.

Israeli cuisine has adopted, and continues to adapt, elements of various styles of Jewish cuisine and regional Levantine cuisine, particularly the Mizrahi, Sephardic and Ashkenazi styles of cooking. It incorporates many foods traditionally eaten in Middle Eastern and Mediterranean cuisines, and foods such as falafel, hummus, msabbha, shakshouka, couscous, and za'atar are now widely popular in Israel.

Other influences on cuisine are the availability of foods common to the Mediterranean region, especially certain kinds of fruits and vegetables, and dairy products and fish, as well as the distinctive traditional dishes prepared at holiday times, the tradition of keeping kosher, and food customs specific to Shabbat and different Jewish holidays, such as challah, jachnun, malawach, gefilte fish, cholent (hamin) and doughnuts (sufganiyot.) The dishes are sometimes based on agricultural products such as oranges, avocados, dairy products and fish, and others are based on world trends that have been introduced over the years. Various chefs that were trained abroad have also brought in elements of other international cuisines.

The good news on the Israeli culinary scene is that awareness of international trends in cookery has increased dramatically in recent years. Starting about twenty five years ago, five chefs (Itamar Davidov, Tsachi Buchester, Israel Aharoni, Chaim Cohen and Simon Reisher) opened restaurants that changed the dining experience in Israel. The talents of these chefs were crucial in the elevation of the best restaurants in the country.

Even though ethnic foods, falafel, hummus and shawarma remain popular, the very best restaurants in the country now offer dishes that are as heavily influenced by the most sophisticated levels of French and Italian cookery, as they are by the traditions of the Mediterranean Basin. What has developed is not so much a fusion cuisine as a natural blending of ingredients and cooking styles indigenous to the region. Incidentally, although one can dine fairly well and maintain kashrut, none of the very best restaurants in the country are kosher.

The truth is that sixty years after the founding of the modern State of Israel, the Israeli table is still graced with dishes of people who have immigrated from some 80 different nations and a host of distinct culinary backgrounds. While there is a kindling of awareness of the more developed cuisines of France, Italy and the Far East, many of the dishes served have their roots in the peasant traditions of the countries of people who brought their favorite dishes with them when they immigrated.

## TEL AVIV AND JAFFA

### CAFÉS

#### NOACH

93 Ahad Ha'am st. (03-6293799). Book-lined café with wooden floors, the favorite haunt of bohemian and arty types, plus many others. Try the homemade carrot cake. Live jazz/funk on Sunday and Tuesday evenings. Open Sun-Fri afternoon.

#### ORNA & ELLA

33 Shenkin st. (03-6204753). A Shenkin institution, famed for its sweet-potato pancakes, tarte tatin and strikingly handsome waiters. It's one of the few Tel Aviv cafés that doesn't have Wi-Fi: the food is the point. Fish and Seafood

#### ABDU HA DAYAG

37 Yefet st., Jaffa. (03-5182595). Open daily 12:00-22:00. A hyper-simple but good fish eatery with reliable meze, good shrimp, calamari and fried or baked fish offerings.

#### BARBOUNIA

163 Ben Yehuda st. (03-5240961). Sat-Thu 12:00-00:00, Fri 12:00-18:00. A popular fixed-price fish and seafood restaurant. Good meze, fresh grilled or fried fish, shrimps in garlic, butter and lemon sauce.

#### BENNY HADAYAG

Tel Aviv Port (03-5440518). Open daily 12:30-00:30. Informal tavern-style dining. Sit indoors or at water's edge, start off with the extensive meze and then to baked or grilled fish, calamari or jumbo shrimps in wine, butter and garlic sauce.

#### BOYA

Tel Aviv Port (03-544616). Open daily 12:00-00:00. Attractive modern design and a view of the sea. Ceviche of fresh anchovies or eggplant with yoghurt and tarragon, trio of devil fish, grouper and meagre in bouillabaisse-like stock or seafood in white wine and garlic sauce.

#### MANTA RAY

Alma Beach (near the Dolphinarium). (03-5174773). Open daily 09:00-00:00. Relaxed atmosphere, with a splendid view of the beach and the sea. Fine mezes and seafood soup, crabs vinaigrette, grilled drum fish with lemon and sage.

#### MUL YAM

Tel Aviv Port (03-5469920). Open daily 12:00-16:00 and 19:30-23:00. Combining French classicism, American modernism and Mediterranean charm, unquestionably one of the best restaurants in the country. Oysters, shrimps with mussel flavored butter, any dish with langoustines, coquilles St. Jacques or lobsters. Superb wine list, excellent service.

#### RAUF ET ATINA

81 Kedem st., Jaffa (03-6838555). Open daily 12:00-01:00. Hyper-simple but charming. Good meze, grilled and fried fish, fried calamari and shrimps.

#### SHTSUPAK

256 Ben Yehuda st. (03-5441973). Mon-Sat 12:00-00:00. Fixed price fish and seafood meals in a super-simple, super-popular setting. Tabbouleh, fried eggplant, fish roe, and then shrimps or calamari in oil-butter-garlic sauce, fried or grilled fish. French Cuisine

#### ADORA

226 Ben Yehuda st. (03-6050896). Open daily 12:00-03:00. Appealing bistro atmosphere and French cuisine with a modern touch. Good chicken and goose liver pate and coquilles st. Jacque with turnip cream as starters. Among most appealing main courses, lamb sausages and raviolis filled with crab meat.

#### BRASSERIE

70 Ibn Gabirol st. (03-6967111). Open 24 hours daily. True to

the French brasserie in design. Not all dishes succeed but as first courses consider the country style pate, the crab filled raviolis and the skewered shrimps. Among best main courses are the coq au vin, boeuf bourguignon and steak au poivre.

#### CAFÉ NOIR

43 Ahad Ha'Am st. (03-5663018). Sun-Fri 08:00-02:00, Sat from 09:00. French-Mediterranean dining in an attractive setting. Start with the creamy red pepper soup or the liver pate and go on to the salad with shrimps and calamari or the good veal schnitzels.

#### CHLOELYS

16 Abba Hillel st., Ramat Gan (03-5759060) Open daily 12:00-00:00. One of the best and most beautiful restaurants. Best first courses include red tuna tartare, seared tuna with wasabi, and duck liver on brioche. Excellent main courses include mousseline of scallops with langoustines and risotto with lobster. Good wine list and excellent service.

#### COFFEE BAR

13 Yad Harutzim st. (03-6889696). Sun-Fri 09:00-02:00, Sat from 12:00. A lively, fun sophisticated Brasserie. Vegetable antipasto, boeuf Bourguignon, hamburgers in red wine sauce. Good desserts and good wine list.

#### CORDELIA

Simtat HaZcuchit (near the corner of 30 Yefet sr.), Jaffa. (03-5184668). Mon-Sat 19:00-00:00. Creative cuisine in a very appealing restaurant. Shrimps in porcini mushroom sauce, raviolis in tomato and olive oil, zucchini with minced lamb, calamari on goat's milk yoghurt.

#### THE KING SOLOMON

Hilton Hotel (03-5202023), Sun-Thu 19:00-23:00. Formal, imaginative dining. Veal carpaccio with avocado and tomato guacamole, quail breast with shallot confit, red snapper fillets with couscous and a garlic-saffron aioli sauce. Moderate - expensive. Kosher.

#### OLIVE LEAF

Sheraton Hotel (03-5219300). Sun-Thu 19:00-22:30. Appealing and sophisticated. Herb filled raviolis with porcini cream, veal sweetbreads on shallot and apple couscous, Cornish hen wrapped with goose breast, veal scaloppini with broad beans. Expensive. Kosher.

### JEWISH CUISINE

#### BATIA

197 Dizengoff st. (03-5221335). Open daily 11:00-21:00. Best bets are cholent, gefilte fish, kishke, calve's foot jelly, roast goose and baked beef.

#### SHMULIK COHEN

146 Herzl st. (03-6810222). Sun-Thu 10:00-22:30. The par excellence heartland of Yiddish cuisine. Roast goose, chicken soup, cholent with kishke, baked beef. Moderate to Expensive. Kosher.

### ITALIAN CUISINE

#### AMORE MIO

100 Ibn Gabirol st. (03-5244040). Open daily 12:00-01:00. Hospitable trattoria dining. Start off with mixed antipasti; go on to raviolis with salmon in cream sauce or tagliata de manzo, sirloin strips in lemony sauce with arugula salad. Chocolate truffles for dessert.

#### BELLINI

6 Yehieli (Suzanne Dallal Center) (03-5178486). Open daily 12:00-16:00 and 19:00-00:00. Appealing, relaxed atmosphere and good service. Good antipasti offerings, linguini with seafood, veal with artichoke hearts, gnocchi in four-cheese sauce, veal alla Marsala.

#### BIG MAMA

12 Hillel Hazaken st. (03-5107805). Open daily 12:00-03:00. Casual and fun. Good for adults and families. Antipasto platter, designer pizzas, lamb filled lasagna.

#### BOCCACCIO

106 Hayarkon st. (03-5246837). Sun-Fri 12:00-15:30 and 18:30-00:00, Sat 12:00-00:00. Neighborhood trattoria. Eggplant with mozzarella, shrimps in Pernod and cream sauce, veal scaloppini alla Borgese (bacon and cheese).

#### ITALKIA BA-TACHANA

HaTahana (03-5222664). Open daily 12:00-23:00. Located in one of Tel Aviv's historical sites, in the renovated Old Train Station area, this rustic restaurant offers a Southern Italian fare of meat, fresh seafood and classically inspired specialties.

#### NACHMANI

26 Nachmani st. (03-5663331). Main dishes include pasta with meat, cheeses or seafood and a wonderful selection of chicken, sausages and three kinds of burgers - Chicken, Beef and Lamb, to be topped off with Café Nachmani's renowned desserts: Tahini Panacotta, Sesame Crumble, Dark Chocolate Bars filled with Ganache, Cheese cake, Tiramisus and more.

#### OSTERIA DA FIORELLA

148 Ben Yehuda st. (03-5248818). Sun-Thu 12:00-00:00, Fri 12:00-15:30 and Sat night. Friendly, family style trattoria. Minestrone soup, pasta e fagioli (bean soup with pasta), fettuccine with porcini mushrooms, scaloppini alla Marsala.

#### PASTA MIA

10 Wilson st. (03-5610189) and 34 HaBarzel st., Ramat HaChayal (03-6499346). Open daily 12:00-00:00. The kinds of places that give simplicity its good name. Excellent offerings include gnocchi with butter and garlic, cheese filled raviolis with a mushroom and red wine sauce, veal with Marsala sauce and for dessert a splendid tiramisus.

#### PICCOLA PASTA

53 Ben Yehuda st. (03-5290643). Sun-Fri 18:00-24:45. A new location but still a super-fun trattoria offering often excellent pasta dishes, and an amazing selection of wines.

#### PRONTO

26 Nachmani st. (03-5660915). Open daily 12:30-00:00. Pleasant ambiance, good service and good wine list. Many excellent dishes, among the best being vitello tonatto (cold veal with tuna, anchovy and caper mayonnaise); black rice topped with seafood; Roman style polenta; black truffles and mushrooms on fettuccini; lamb medallions with fried peppers. Good desserts.

#### RUSTICO

15 Rothschild Blvd. (03-5100039). Open daily 10:00-01:00. Country-style dining in a friendly atmosphere. Very good mixed antipasto platter, pizza with truffles, casserole of mixed seafood and appealing desserts.

#### TOTO

4 Berkovich st. (03) 693-5151. Open daily 12:00 - 01:00 An attractive post-modern setting. Try the caramelle di zucca (lasagna filled with pumpkin, ricotta cheese and Amaretto liqueur), the cold calamari salad, the spaghetti with vongole and clam sauce, the lasagna in the style of Naples (with a just peppery enough beef ragout, cheese and chunks of spicy Italian-style sausages). A few ups and downs here but worth visiting.

### FAR EASTERN CUISINE

#### GIRAFFE NOODLE BAR

48 Ibn Gabirol st. (03-6916294). Open daily 12:00-01:00. Justifiably popular noodle bar. Stir fried chicken and cucumber on noodles, sashimi noodles. Fun dining.

#### HACHOMA HASINIT

26 Mikve Israel st. (03-5603974). Sat-Thu 11:30-23:00. Simple

but friendly with authentic Chinese food with noodle dishes.

#### JAPANIKA

128 Dizengoff st. (03-5292961). Open daily 13:00-01:00. A tiny but attractive hat-box of a place offering good sushi and sashimi. Worth visiting.

#### KAI

4 HaBarzel st., Ramat HaChayal (03-6446485). Sun-Thu 12:00-16:00, 19:00-01:00; Friday afternoon; Saturday from 19:00. Sushi on moveable belts in a mass-market but pleasant setting. Standard but good sushi at reasonable prices.

#### ONAMI

18 Ha'arba'a st. (03-5621172). Sun-Thu 12:00-16:00 and 19:00-01:30, Fri and Sat 13:00-01:30. Intimate and appealing, with creative Japanese modern and traditional dishes. Exquisite sushi, sashimi, yakitori and noodle offerings, yaki udon (wheat noodles with mussels and Chinese cabbage).

#### THE RED CHINESE

326 Dizengoff st. (03-5466347). Open daily 13:00-23:30. Long established and somewhat Westernized. Very good Peking duck, pleasant wonton soup, spare ribs, lemon chicken, and Szechuan fish.

#### THE SUSHI BAR

Hilton Hotel (03-5202222). Open daily 18:00-23:00. Good sushi and sashimi in a sophisticated setting. Kosher.

#### SUSHI BAR

20 Ashtori Haparchi st. (03-546-0575). Sun-Thu 12:00-00:00, Fri and Sat from 17:00-00:00. Reasonable sushi and sashimi. Best deals are the fixed priced meals.

#### SUSHI SAMBA

27 HaBarzel st. Ramat HaChayal (03-6444345), Sat-Wed 19:00-24:00 and Thu-Fri until 00:30. Large and glitzy, as much a social scene as a restaurant but with delightful sashimi ceviche of sea bass, crab and shrimp cakes, glazed marrow bones, rock shrimps, sushi rolls, skewered salmon with miso and beef skewers with aji peppers.

#### TANDOORI

2 Zamenhoff st. (03-6296605). Open daily 12:30-15:30 and 19:00-01:00. Indian cuisine in an appealing setting. Mulligatawny soup, lamb chops in green masala sauce, lamb and shrimp curries.

#### THAI HOUSE

8 Bograshov st. (03-5178568). Open daily 12:00-23:00. Simple setting with good dumplings filled with chicken and vegetables, shrimps with mushrooms and chili peppers, stir-fried vegetables.

#### YAKIMONO

19 Rothschild Blvd. (03-5175171). Open daily 12:30-00:00. Elegant and modern Japanese cuisine. Inventive sushi, some with far from traditional sauces, excellent soups, tepanyaki dishes.

#### VONG

15 Rothschild Blvd. (03-6337171). VONG is an authentic contemporary kitchen that comprises the powerful and the sensual flavors of Vietnam's markets. Intriguing spices and fresh herbs like the anise star, Thai chili, high quality fish sauce, mint, coriander, fennel seeds, conducted by the aromatic lime juice, bring the magic of Vietnam to the center of Tel-Aviv.

#### ZEPRA

96 Yigal Allon st. (03-6240044). Famous for its cutting-edge décor, Avi Conforti's interpretation of Asian-fusion food has received rave reviews.

#### TAIZU

23 Menahem Begin st. (03-5225005). Open daily 12:30-23:30. A new concept restaurant based on chef Yuval Ben Neriah's personal interpretation of street foods of five countries in South East Asia - India, China, Thailand, Cambodia and Vietnam.

## MESSA



**ENG** Designed by red-hot local architect Alex Meitlis, it's impressive and innovative white-on-white dining room and black-on-black bar evoke the style of New York and London, while its menu, consisting of luxe-Levantine dishes made by chef Aviv Moshe, is rich in the flavors of the middle East with fancy continental taste. MESSA holds a world class wine cellar counting over 200 labels. MESSA is a true Tel Aviv's landmark, favored by locals. "Wallpaper" magazine included "MESSA" in its list of the 50 most beautiful restaurants in the world. "MESSA" is the only Israeli restaurant to be featured on the Hot List of 80 Great New Restaurants in the world by "Condé Nast Traveler's".

**FR** Conçue par l'enthousiaste architecte local Alex Meitlis, son impressionnante et innovante salle à manger au ton blanc-sur-blanc et son bar au ton noir-sur-noir évoquent le style de New York ou de Londres, alors que son menu, comprenant des plats de luxe levantins créés pas le chef Aviv Moshe, sont riches en saveurs du Moyen-Orient avec une touche de fantaisie continentale. Le restaurant MESSA possède une cave à vins de classe mondiale avec plus de 200 étiquettes. Le restaurant MESSA est un véritable repère à Tel Aviv, favorisé par la population locale. Le magazine «Wallpaper» a placé le restaurant MESSA parmi les 50 plus beaux restaurants du monde et il est le seul restaurant israélien à entrer dans la liste des 80 meilleurs restaurants dans le monde par «Condé Nast Traveler's».

**RU** Месса была оформлена новым местным архитектором Алексом Мейтлицом. Впечатляющее и свежее оформление ресторана помещения в белых, и бара в черных тонах напоминают нью-йоркский и лондонский стиль, а его меню, состоящее из блюд в роскошном левантинском стиле от шеф-повара Авив Моше, богато ароматами ближнего востока с нотами прихотливого континентального вкуса. В Мессе винный погреб мирового класса, насчитывающий более 200 наименований вин. Месса - излюбленное место для местных жителей, и является настоящей Тель-Авивской достопримечательностью. Журнал Wallpaper включил ресторан «Месса» в список 50 красивейших ресторанов мира. «Месса» — единственный израильский ресторан, фигурирующий в горячем списке 80 лучших новых ресторанов (Great New Restaurants) в мире, составленном журналом Condé Nast Traveler's.



**MESSA**  
Chef Restaurant

**opening hours** Open daily 12:00- 15:00, 19:00 – 23:30. Bar 19:00- last customer  
**address** 19 Ha'arba'a Street, Millennium Towers, Tel-Aviv  
**telephone** 03-6856859  
**website** www.messa.co.il

## CHEF RESTAURANTS

## CATIT

4 Hichal HaTalmud st. (03-5107001). Open daily 12:00-15:00 and 19:00-23:00. Chef Meir Adoni has brought his country restaurant to the big city but has not lost one bit of the elegant country-style charm. As openers, the carpaccio of blue dart fish (dag tarchoon), chestnut soup, blue crab bisque, or veal brains. As main courses, the lamb sirloin, grilled rum fish, or seafood and fish casserole. Immediately re-joins the list of very best restaurants in the country

## CHARCUTERIE

3 Rabbi Chanina st., Jaffa (03-6828843). A French restaurant with marvelous meat, friendly service and a festive atmosphere. Ron Arad brought his team here when Holon Design Museum opened, and loved it.

## HERBERT SAMUEL

6 Kaufman st. (03-5166516). Celebrity chef Jonathan Roshfeld's new place is one of Tel Aviv's most fashionable restaurants. The huge wooden bar is a hang-out for the city's jet set. Roshfeld's French-Italian cuisine has won plaudits, and the wine list includes some excellent vintages from Israeli wineries.

## KIMMEL

6 HaShachar st. (03-5105204). Open daily 12:00-00:00. Appealing ambiance, good service and distinctly Mediterranean flavors. Recommended dishes: liver pate with Calvados, raviolis with goat's cheese, Beef Stroganoff, Veal Marsala, Italian style choucroute garnie, chocolate cake with Grand Marnier.

## MESSA

19 HaArba'a st. (03-6856859). Open daily 12:30-15:30 and 19:00-23:30. Highly stylized and very, very "in" but with food definitely worth trying. Baked narrow-bones, ceviche of grey mullet, and liver pate as excellent starters. Among best main

courses goose thigh with a puree of sweet potatoes, beef fillet with truffle-enriched puree, chicken livers with a sweet fig sauce.

## MIZLALA BY MEIR ADONI

57 Nachalat Binyamin st. (03-5665505). Open daily 12:30-15:30 and 19:30-24:00. The menu is composed of dishes that combine the most innovative techniques of cooking, a worldly range of flavors, as well as preserving the traditional home cooking of the Israeli kitchen. The experience is complemented by a large bar, which offers an all but conventional cocktail menu, along with a smart and finely summarized range of quality wine.

## RAPHAEL

87 Hayarkon st. (03-5226464). Open daily 12:30-16:00 and 19:00-23:00. Often superb offerings include porcini mushroom risotto, calamari with salad of Jerusalem artichokes, leg of lamb with lentils. Good desserts.

## SHILA

182 Ben Yehuda st. (03-5221224). Sharon Cohen's kitchen and bar is always hopping, and seems to be the unofficial, upscale canteen of the Tel Aviv's Old North district. Yes, it's a little too expensive, and the wait for those with no reservations is a little too long, but Tel Avivis don't keep a restaurant crowded just to be kind. Cohen's edibles rock: keep your order focused on fish and you'll see why from the first bite.

## YAVNE MONTEFIORE CORNER BISTRO

31 Montefiore st. (03-5666189). Nothing beats the fresh tomato salad at Yavne Montefiore Corner Bistro, the newest restaurant from Tel Aviv's young power chef Jonathan Roshfeld (of the popular Tapas Ahad Ha'am). Located in the heart of the White City Bauhaus District, the bi-level restaurant offers luxuriously flavorful cuisine. If it's the weekend, don't even think of showing up without a reservation. And if you see strawberries and basil in cream on the dessert tray, grab it before someone else does.



AVRAHAM.

"Where my life's greatest inspirations meet the finest ingredients..."

יפו-תל אביב

Yaffo-Tel Aviv

Open Kitchen | Chef Haim Cohen



## TOP 10 *questions* *for one* *of the* TOP 10 CHEFS

by Eveline Erfolg

Haim Cohen is an Israeli celebrity chef. In addition to writing 4 cooking books, he has hosted and participated in numerous popular shows on television. He also owns three prominent restaurants, among which is Jaffa – Tel Aviv that offers delectable Israeli cuisine. Today, Haim Cohen is considered one of the best and most professional chefs in Israel.

### 1. What do you like to eat?

Depends on the day I guess... There are some dishes that I like to eat on Fridays. For example, on a Friday I prefer to eat home-cooked food at home. I like a lot of things, and first and foremost they should be tasty. Something that goes with bread, something spreadable; bread and butter. Yes, butter on bread is something I could eat every day.

### 2. What do you like to cook?

Again, a lot of things – pasta, fish, meat. I love cooking over a strong fire, like a tabun oven or a hot pan. I also like slow cooking: casseroles, cooked meat, stews. The food I cook always contains touches of home, like my childhood home, and in some way, I guess other people's homes too.

### 3. What is your favorite cuisine?

I love Italian food, and if I had to choose – Italian is my favorite cuisine. I love pasta. I love the local cuisine as well, because it's fresh. It is very important for the kitchen to be local. I insist on fresh and high quality raw materials.

### 4. What is your least favorite cuisine?

I prefer Asian cuisine the least. I like it in small doses, not too much. There are too few restaurants here that can make good Asian food. It's the sugar manipulation in the food. They put a lot of sugar, a lot of lemon, oil and hot spices. It is a matter of chemistry. It is something you need to know very well in order to do it properly. They always put too much sugar. We are all addicted to sugar, because as children, whenever something would happen to us, whether good or bad, we got candy. When we cried – we got candy to stop; when we did something good – we were rewarded with a candy as well. This sugar manipulation is still inside our minds.

### 5. Why did you decide to become a chef?

I did not decide, apparently it was decided for me. When they asked me, as a child, what I wanted to become when I grew up, it never occurred to me to become a chef. I started working in restaurants at the age of 17. At 23, I opened my own restaurant. I guess it was a "cooking bug". I fell in love with it. I did not ask many questions and went with my gut feeling.

### 6. You said that freshness is very important to you, how do you check the quality of products that you use?

First of all I choose the person I wish to work with. For example, there are ten tomato suppliers, and they offer similar goods, so I pick the guy I can rely on the most. I don't care



only about his merchandise; I'm interested in the person as well. This is how you build trust. I want the supplier to understand my requests, to take care of my interests, to tell me what he will bring next month. So, he becomes a part of the restaurant. Beyond that, I check the food I get every day; I examine its qualities when it's cleaned and prepared. These things are very important.

### 7. Is there an achievement you are most proud of in your career?

First of all – the very fact that I've managed to last in this business till now – is an achievement! I've managed to pursue my goals. It's my personal accomplishment. I began during the country's naiveté period in the culinary realm. In 1985 I opened a restaurant on Ibn Gabirol Street; it was called "Keren" and it served French cuisine. At some point, I moved it to the American Colony in Jaffa in 1991, and started to serve local cuisine as well. If there are any pioneers in the field of Israeli cuisine, than I'm definitely one of them, and I'm very proud of it.

### 8. Is there something you wish you could improve at in the field of gastronomy?

Every day presents a new challenge. I learn something every day. I can fail every day as

well. Cooking is one of the last things that are not digital. You do not type "a delicious and beautiful dish" and have it printed out for you in many copies. You start from the beginning every day, and you can blow it every day. You can make it worse, but you can also make it more delicious. Nothing is automatic, that's the beauty of cooking.

### 9. Do you cook strictly by the recipe or improvise?

When I cook, I know exactly what I want to get. Sometimes it changes on the way, but it's my privilege, I can play with the recipe. However, in baking, it is very important to follow the recipe when it comes to measures. Baking requires a more precise way of cooking.

### 10. If you were not a chef, what would you be?

Everything begins with a dream. To be a chef is also a dream. If I were not a chef, my dream is to be a singer. I think being able to sing is amazing. But I also love what I do very much. I'm a very lucky man; I get to do what I love every day. I never had to do something that I don't like. I simply love to cook. I also love cooking for people, to see them visit my restaurant and enjoy the food I cooked. It is always a challenge. ■

**OASIS**

1 Tchernichovsky st. (03-6206022). During a regular service at Oasis, diners are given the treat of watching Chef Rima Olvera in action. The small space and open kitchen allows patrons to see their food being made and converse with the chef, bringing them into the cooking experience. The food is an interesting fusion of culinary inspirations mainly from Italy, France and the Far East, with interesting ingredients sourced locally or imported.

**SPANISH CUISINE****TAPAS AHAD HA'AM**

27 Ahad Ha'am st. (03-5666966). Delivers Spanish-styled small plates from chef Jonathan Roshfeld. The seared scallops and tuna a la plancha are foodie favorites.

**BRANJA**

Tel Aviv's Sarna complex, 15 Rav Aluf David Elazar st. (03-6562626). Sun-Sat 18:00 – last customer. To formulate the Branja concept, Bello traveled to Spain, New York and Los Angeles and drew inspiration from Tel Aviv's Cassit and Pinati, Cafe Deux Magots in Paris – all strongholds of authors and intellectuals. From that emerged the idea of serving all kinds of cliques by restaurateur Harel Bello.

**TAPEO**

16 Ha'Arba'a st. (03-6240484). Open daily 19:00-02:00. Handsomely designed and comfortable tapas bar. Best bets include ceviche of croaker and coquilles st. Jacques, chorizo sausages, beef empanadas. For dessert, don't miss the pastries known as churros.

**MEAT****AGENDA**

3 HaTa'arucha st., Tel Aviv Port (03-5444418). Open daily 12:00-04:00. A nicely designed upswing shipudia (meats served on skewers). Start with the splendid opening meze of 17 or more dishes, go on to chicken livers, kebabs or whatever other meat beckons.

**CHURCHILL**

14 Yad Harutzim st. (03-5377343). Sun-Weds 12:00-17:00, Thu 12:00-06:00, Friday 21:00-06:00. A super simple and thoroughly informal eatery with good soups (try the cauliflower soup if offered) and fun hamburgers. Worth visiting if you're in the neighborhood.

**CHAIM NELU**

11 Eilat st. (03-5101919). Sat-Thu 12:00-02:00, Fri until 03:00. A long established Romanian grill at which meat, beer and late-night dining are kings. Ciorba (a delightfully sour meat and vegetable soup), steaks, chops, kebabs, mixed grill.

**DIXIE**

120 Yigal Allon st. (03-6966123). 24 hours daily. Stylized and comfortable, between an American steak house and a French brasserie. Phyllo dough pizza with goats' cheese, pickled salmon, shrimps and mussels in Thai sauce, spare ribs, hamburgers, T-Bone steaks.

**GILLY'S**

Tel Aviv Port (03-6057777). Open daily 10:00-03:00. Large, attractive and "laid-back". Good first courses include fish soup, goose liver terrine and flaky pastry with spinach and Bulgarian cheese. Steaks are special but also good fish and seafood offerings.

**MEAT BAR**

52 Chen Blvd. (03-6956276). Open daily 12:00-00:00. Pleasant surroundings and service. Steaks and burgers are fine here but so are the Caesar salad, the home-made pork sausages and for dessert the apple pie.

**NG**

6 Ahad Ha'am st. (03-5167888). Open daily 18:00-02:00. An attractive and "in" bar-restaurant. Start with tomato salad with root vegetables and good vinaigrette or the beet leaves with mozzarella cheese and anchovies. As main courses ask about specials of the day but also consider the good fillet steak, entrecote steak and lamb chops.

**ETZEL PINI BACHATZER**

6 Nachum Goldman st., Jaffa. (03-6822111). Open daily 09:00-01:00. Mediterranean dining in full view of the sea. Good mezes, best of which is salad of chopped beef and lamb with Swiss chard and pine nuts. Best main courses include stuffed baby pigeons.

**STEFAN BRAUN**

99 Allenby st. (03-560472). Open daily 12:00-03:00. Tucked away in a charming old building, ideal for laid back, late-night dining. Moroccan charira (lamb soup with lentils), baby lamb chops, skewers of entrecote steak and grilled mullard breast.

**HATRACLIN BISTRO MEAT & WINE**

4 Heical Hatalmud st. (03-5660013). Mediterranean, Israeli, Bistro, Grill, Wine Bar. First opened its doors eight years ago, the restaurant offers a specialized menu of high quality meat dishes, alongside a large variety of local boutique wines.

**LILLOT**

4 Weizman st. Asia House (03-6091331). Sun-Thu 12:00-24:00, Fri 11:00-16:00. Stylishly designed, this upswing restaurant offers fine French-Mediterranean cuisine. Good tomato soup, gnocchi alla Romana with porcini mushrooms as openers. As main courses the delicious stew of lamb neck with root vegetables, grilled fillets of grey mullet, and a tataki of beef fillet with a lightly hot sauce. Also consider the excellent Friday brunches here. Kosher.

**NEVE ZEDEK – THE PLACE FOR MEAT**

64 Shabazi st. (03-510-4021). The restaurant takes their meat very seriously with a meat-aging room and butcher's room on site. In addition, there is a fabulous wine list to compliment the meats with the wines treated just as seriously as the wine, stored in a special steel refrigerator.

**MEDITERRANEAN AND MIDDLE EASTERN CUISINE****ABRAXAS TZAFON**

40 Lilienblum st., (03-5166660) For a quick introduction to New Israeli cooking, sidle up to the busy bar here because chances are good all the tables are going to be booked. You'll find chic diners ogling the heaping plates of Chef Eyal Shani's beautiful organic offerings -- wild-caught fish, locally-sourced meat and above all, local vegetables. From the curried cauliflower to calamari pasta with tomatoes and parsley by way of butter-sautéed red cabbage, Shani elevates the simple to simply scrumptious.

**BISTRO 60**

25 Sha'arei Nikanor st. Jaffa, Ajami (03-6812765). Peaceful coexistence is a win at Bistro 60. There was a Moslem family at the next table, there were Israelis, tourists and the owner is a Christian Arab whose mother is responsible for many of the delicious exotic dishes. The place usually has quiet background music peppered by the call of the Muezzin from the nearby Mosque, but this

**DALLAL**

10 Shabazi st. (03-5109292). Take a series of renovated houses in the trendy Neve Tzedek neighborhood, douse the brick walls in coats of white paint, the better to set off the wood-beamed roofs, devise a Mediterranean menu that invites lingering and you've got Dallal. Chef Golan Garfunkel's run to the heartier edge of the Levantine palate, with plenty of meat and fish dishes prepared with refinement.

**VICKY CRISTINA**

**ENG** In the heart of one of Tel Aviv's most beautiful areas, in a magic patio under the oldest rubber tree in the city, with Spanish music, pitchers of sangria and plates full of tapas, Vicky's food complements the wines served to Cristina's guests. Vicky Cristina, the new tapas and wine bar, located in HaTachana Complex of Neveh Tzedek. Vicky – is the tapas restaurant, on the right side of the patio, under the direction of Chef Dudi Ben David. It is characterized by its intimate seating, soft music and opening hours beginning in early afternoon. Cristina –the wine bar, located on the other side of the patio, opens at 19:00 every day. Seating is on high bar stools around a garden of mosaic covered sculptures, inspired by Barcelona's famous Park Goel and it's characterized by its rhythmic music, its Spanish atmosphere and its variety of more than 120 different wines.

**FR** Vicky Cristina, bar à vins et tapas situé au coeur de la station HaTachana, bénéficie d'une atmosphère espagnole de brises estivales et de tapas raffinés. A l'ombre du figuier le plus ancien de la ville, dans la cour d'un des plus beaux sites de Tel Aviv a ouvert le Vicky Cristina. Un Divertissement combinant des Tapas et un bar à vin animé. Le Vicky –Tapas, situé sur le côté gauche de la cour, dirigé par le chef Doudi Ben David, est caractérisé par des tables intimes et de la musique tranquille (à partir de midi). Le Cristina - bar à vin, situé de l'autre côté de la cour se caractérise par des bars élevés autour du jardin orné de sculptures inspirées du Parc Guell (à partir de 19:00).

**RU** Вики Кристина – это винный тапас- бар, расположенный в центре культурно развлекательного центра ХаТахана в Неве-Цедек. В баре царит испанская атмосфера, летний ветерок и вкуснейшие закуски. В живописном внутреннем дворе, под тенью огромного древнего дерева, среди кувшинов с пенящейся сангрией и цветных тарелочек с тапас, находятся Вики и Кристина. Вики – тапас-кухня под руководством шеф- повара Дуди Бен-Давида. Кухня открывается в дневные часы. Здесь, сидя за уютными столиками вы можете наслаждаться чудесными блюдами под расслабляющую музыку. Прямо напротив, среди мозаичных скульптур, напоминающих знаменитый парк Гуэль в Барселоне, находится Кристина – винный бар с высокими барными столиками, зажигательной испанской музыкой и выбором из более чем 120 наименований вин. Бар открыт каждый вечер с 19:00.



**Vicky Cristina**  
Tapas & Wine Bar

<b>opening hours</b>	Open daily: 12:00-till the last customer
<b>address</b>	HaTachana Complex, Neve Tzedek
<b>telephone</b>	03-7367272
<b>website</b>	www.vicky-cristina.co.il

**DECA**

10 Hata'asiya st. (03-5629900). Deca, a slick, kosher haute-cuisine restaurant with a Mediterranean menu in a run-down but up-and-coming industrial area, has become a favorite haunt of well-heeled, in-the-know locals. Try the tortellini filled with labneh.

**DALIDA**

7 Zvulun st. (03-5369627). This surprising culinary gem offers European, Israeli, Egyptian and fusion cuisine, including steak tartare and French Fries, zucchini puree, grilled artichokes and croutons, a shrimp and crab ravioli in crab stock with Pastis.

**DR. SHAKSHOUKA**

3 Beit Eshel st., Jaffa (03-6822842). Sun–Thu 09:30–00:00, Friday until 17:00, Sat night until 01:00. Simple, bustling and noisy but with good shakshouka (spiced egg and tomato casserole), kubbeh (burghul filled with meat, rice and pine nuts). Kosher Middle Eastern cuisine.

**ESER 10**

10 Carlebach st. (03-5464015). French and Mediterranean cuisine that includes seafood, casseroles and meat dishes. The restaurant also offers a tasting menu that consists of ten dishes chosen for you by the kitchen staff and served in the center of the table.

**ABU HASSAN / ALI KARAVAN**

1 Ha'Dolfin st. Jaffa, (03-6820387). Hassan is a second-generation hummus maker. The recipe is his mother's. When we asked him he said there was no "secret" to his hummus. Yet, the people who flock to his restaurant from all over will disagree: no hummus taste like his, so there must be a secret.

**NORTH ABRAXAS**

40 Lillienblum st. (03-5166660) Buzzing place with an open kitchen where they make inventive dishes, including a memorable slow-cooked lamb. The adjoining bar has live bands, and is rocking even on Mondays

**THE DINING HALL**

23 Shaul Hamelech st. (03-6966112). This upbeat, modern eatery is nestled within the Tel Aviv Performing Arts Center. Chef Omer Miller's menu is replete with fantastic starters, such as labneh cheese dumplings with hyssop oil and nigella seeds; shrimps with Jerusalem artichoke cream and tomato butter; and fried cauliflower with lemon tahini, oregano and purple onion.

**MODERN CUISINE****AVANT-GARDE**

3 HaBarzel st. Ramat HaChayal (03-6480082). 24 hours daily. A friendly, attractive bar-restaurant in the California tradition. Mozzarella cheese fingers, sea-food soup, burgers topped with fried goose liver. Draught beer is the de rigueur beverage.

**MARGARET TAYAR'S**

8 Retsif ha-Aliya ha-Shniya st., Jaffa (03-6824741). Margaret Tayar's has become an established name in Israel's culinary ranks. Delicious fresh fish is on offer here, served with North African salads and unique spicy fish sauces. The restaurant also boasts a beautiful setting where you can dine outdoors and enjoy the stunning views of the Tel Aviv coastline.

**MOSES**

35 Rothschild Blvd. (03-5664949). Open daily 12:00-04:00. A well-designed, comfortably formal but easy-going salon-restaurant. Sliced beef fillet with spicy Oriental sauce, quesadillas with cheddar cheese, onions and chili pepper, chicken nuggets in an orange and caramel sauce, Hong Kong chicken fajitas. Good burgers and fun desserts.

**SERGOS**

8 HaMalacha st. (03-5615121). Open daily 10:00-02:00. A nota-

ble attractive atmosphere combining that of a Parisian brasserie and a fashionable London supper-club. Good first courses include raviolis filled with spinach and goats' cheese and the pate of chicken liver. Fine main courses are of the veal T-bone steak and the grilled coquilles st. Jacques on a cold sauce of finely chopped tomato and pomegranate vinaigrette. For dessert don't miss the apple crumble.

**VARIOUS CUISINES****MAMAIA**

192 Ben Yehuda st. (03-5237784). Open daily 12:00-00:00. Old world European decor and the simple charms of genuine Balkan cookery. Among the best bets are the ciorba soup, and a mixed grill of steak, liver, kebabs and meat patties.

**FRAME**

2A Raoul Wallenberg st., Ramat HaChayal (03-6498080). 24 hours daily. Modern and spacious but appealing, with good chicken wings in caramel, citrus and ginger sauce and scallops wrapped in bacon with sauce beurre blanc. Also good burgers and ribs.

**JOZ VEY LOZ**

51 Yehuda HaLevi st. (03-5606385). Sun–Thu 18:00-03:00. One of the smallest and possibly the most funky restaurant in town but packed with charm. Dried salted sardines as starting tidbits, mini-quiche with Stilton cheese and pears; mushroom risotto; shrimps in butter and garlic sauce; good salads. Try the plum tarte for dessert

**MOLLY BLOOM'S**

32 Mendele st. (03-5221558). Open daily 16:00-02:00. A hyper-real imitation of an Irish Pub that turns out fun (if not great) shepherd's pie, fish 'n chips, roast beef, all good matches to the Guinness and Kilkenny Harp draught beers.

**NANA**

1 Ahad HaAm st, Neve Tzedek, Tel Aviv (03-5161915). Open daily 12:00-02:00. A very "in" attractive bar-restaurant. Best bets are gravlax and confit of goose liver as starters and entrecote steak with maitre d'hotel butter or various shrimp dishes as main courses.

**NANOCHKA**

2 Lillienblum st. (03-5162254). Open daily 12:00-02:00. Informal and friendly Georgian style bar-bistro with opening first courses and then grape leaves with mutton and rice, and tinkali (dough pockets with cheese in yoghurt-tomato sauce).

**SUSANNAH**

9 Shabazi st., Neve Tzedek, Tel Aviv (03-5177580). Open daily 10:00-01:00. Simple but fun Mediterranean dining. Best bets are mezes, including the tabbouleh, green falafel balls, leeks in lemon sauce and mutton meat balls. For dessert, the hot chocolate soufflé.

**SOCIAL CLUB**

45 Rothschild Blvd. (03-5601114). Add a bit of Mediterranean zest to a midtown Manhattan steakhouse and you've got Social Club, which means that in addition to a solid grilled pork chop (with sage and tomato salsa) or rib eye steak (with green beans and potato puree) you'll also find items on the menu like mint shrimp kebabs and gnocchi with mushrooms and parmesan cheese.

**KITCHEN MARKET**

Hangar 12, Tel Aviv Port (03-5446669). Open Daily 12:00-16:30, 18:00-12:00. Great, authentic food, made with love for people who love food. On the ground-floor, the farmers' market is the source of the finest ingredients – so fabulous asparagus arrives, for example, it's brought straight up to our kitchen. Kitchen Market is not just a restaurant, but also a culinary centre – with cookery workshops, a site that hosts chefs for master-classes, and themed dining, among others.

**BENEDICT**

**ENG** Benedict's ground-breaking concept is all about breakfast, all the time. This stylish - yet - intimate restaurant serves the best meal of the day, in all its glorious varieties and from the freshest ingredients, 24 - hours a day, in surroundings that combine classic European style, contemporary New York chic and laid-back Israeli cool. It's a genius of an idea that encapsulates upscale comfort food, leisure and the best of Tel Aviv's lifestyle in one package. Benedict's breakfasts range from the English sausage-and-beans style to the lighter Mediterranean variety, but there is one constant: everything is delicious, and made from impeccably high - quality ingredients. Even the bread is baked on the premises, emitting a primordial smell that will bring smiles to the faces of both early morning risers and late-night revelers.

**FR** Le concept révolutionnaire de Benedict est dans le petit déjeuner à toute heure. Ce restaurant sert le meilleur repas du jour dans toutes ses glorieuses interprétations et à partir des ingrédients les plus frais, 24 h/24. L'ambiance est un mélange de style classique européen, de chic contemporain new-yorkais et de l'attitude décontractée israélienne. Cette idée de génie réussit avec brio à combiner une nourriture haut de gamme et le meilleur du mode de vie à Tel-Aviv. La gamme de petits déjeuners de Benedict s'étale de la saucisse avec fayots à la Britannique aux formules méditerranéennes plus légères, avec une constante de taille : tout est délicieux et les ingrédients sont de grande qualité. Le pain est cuit sur place, propageant des senteurs qui feront sourire d'aise les lève-tôt aussi bien que les couche-tard.

**RU** Принципиально новая концепция ресторана «Бенедикт»: завтрак и ничего кроме завтрака в любое время суток. Это стильное и уютное заведение предлагает главную трапезу дня во всех ее великолепных и разнообразных вариациях, из самых свежих продуктов. Завтрак подается круглые сутки в обстановке, сочетающей в себе классический европейский стиль, современный нью-йоркский шик и расслабленную израильскую непринужденность. Гениальность этой идеи состоит в соединении превосходной еды, приятного отдыха и фирменного тель-авивского стиля в одном флаконе. Выберете ли вы английский завтрак с сардельками и фасолью или более легкий средиземноморский вариант, одно останется неизменным: все невероятно вкусно и приготовлено из ингредиентов безупречного качества. Даже хлеб, выпекаемый на месте, издает такой душистый аромат, что непременно вызывает улыбку как у ранних пташек, так и у запоздалых сов.



<b>opening hours</b>	24/7
<b>address</b>	171 Ben Yehuda St. corner of Zabolinsky St. 29 Rothschild st. corner of Alenbi St.
<b>telephone</b>	03-6868657
<b>website</b>	www.benedict.co.il







# Liliyot

## Cooking with a Social Conscience

by Eveline Erfolg

The 'Liliyot' restaurant is one of the leading culinary institutions in Israel in general, and in Tel Aviv in particular. The restaurant has won the title of "The Best Kosher Restaurant in Tel Aviv" for 4 times in a row, in the restaurant competition by the Time Out magazine.

Revital Halperin, the manager and one of the owners in the Liliyot Group, told us about the delicious cuisine and the unique social project in which the restaurant has been involved for the last 14 years.

### What is this social project about?

At the end of the 1990's, a well-known restaurateur, Keren Kremerman, had established the 'Lilith' restaurant in Tel Aviv. She also initiated a social cooperation program between the restaurant and a non-profit

organization called ELEM that helps youth at risk and in distress, extracting them from their situation and helping them find their place in society as adults and citizens. In 1999 Ms. Kremerman donated the restaurant to ELEM, which has operated it since then, combining it with the social project and providing youth at-risk with training in cooking, baking and customer service skills.

In 2006, 'Liliyot' became a kosher meat restaurant and moved into Asia House in Tel Aviv. As the restaurant and kitchen have become bigger, circumstances have allowed it to implement more changes, as well as receive more customers. However, after the restaurant moved to its current location, it turned out that while the intentions were good, the ELEM NGO could not continue running the restaurant,



mainly because it didn't have the professional tools to do so. ELEM excels in helping at-risk youth, but was not so good when it came to operating a restaurant.

'Liliyot' was about to close when a private group of three entrepreneurs bought it. The 'Liliyot' Group was committed to the same social agenda and decided that, although the place would be a private business for profit, it would still continue to foster the social project.

### What training does the project provide?

We accept troubled youth ejected from the education system. These boys and girls of 16 to 19 years of age, come to our kitchen voluntarily, invited by social workers, friends, parents or probation officers. In fact it is one of the only places that the judicial system allows youth to work at during a period of house arrest. The young people are working with the Chef Shmuel Kabudi and our professional staff in order to acquire knowledge and experience in working in the kitchen. They learn and experiment in the kitchen from the very beginning: from peeling potatoes and onions, through working with fish and meat and finishing with the service station.

The youngsters slowly advance through the kitchen stations until they become real cooks that can run a kitchen by themselves. The whole process takes a year to a year and a half. Each training cycle has 12-15 teenagers, as one of them finishes his training, a new one steps in.

### So essentially you provide them with a profession?

Absolutely. However, it is important for me to note that this is not an employment project. They work from the first minute they come to us, and they get fully paid, but they are not a part of our workforce. It's not something we rely on during working hours, though next to every cook in our kitchen there is a teenager learning. When we decide that it is time to finish the training, we release them from our "greenhouse" and help them integrate into other workplaces. It can be other restaurants, but not necessarily. To us, a success is when a boy or a girl leaves us and continues to function as a law-abiding citizen, not necessarily in the kitchen.

We have quite a few success stories of young men, who received their training with us



and now are working in the most prominent restaurants in Tel Aviv. Nevertheless, a success story is also a girl who works at a clothing store and starts to study, receives a driver's license, etc.

#### What kind of food does 'Liliyot' offer?

'Liliyot' is kosher restaurant that, for several years in a row, has been selected as the best kosher restaurant in Tel Aviv. This is not a typical kosher restaurant, and we are aware of the silly myth revolving around kosher food. It is important to note that no one from the management of the restaurant, including the chef and myself, are religious. We all are secular and maybe that's what brings the twist in the kosher food we make.

In fact, there is a sort of challenge in cooking kosher, which doesn't permit any shortcuts. Our chef deals with these issues every day. You will never find any unhealthy substitutes in our kitchen; no margarine or non-dairy cream. We just think more creatively. We use high quality special raw materials, such as coconut milk, rice milk, almond milk, and all sorts of other interesting ingredients. This is what makes our place a little more special and a little more complex.

We try to appeal to the larger public; we offer a business lunch menu, which is faster and healthier than usual, because we understand that this is what people are asking for during lunchtime – food that is not heavy, so they can continue working after the meal. In addition, adjacent to the restaurant is the 'Liliyot' Bakery – a boutique kosher pastry shop and café.

The story is different in the evening – the meals in the restaurant are more elaborate and usually last longer. The audience is different as well; those are usually guests who come to celebrate some private occasion.

#### What is your favorite dish in the menu?

There are many dishes that I love; my favorite is goose breast with apple cream and potatoes. Our other meat dishes are excellent as well. We have prime rib specials made from a select cut, I always recommend it. We also have delectable fish dishes made of fresh sea fish which are supplied to us by our fisherman on a daily basis. 'Liliyot' presents the modern Israeli kosher kitchen at its best – we use only the highest quality ingredients. Like I said, the food is really good here! ■

## LILİYOT



**ENG** In view of the increasing demand from our customers to enjoy our great food and personal service outside the restaurant, we opened the 'Liliyot' catering department. We offer high quality kosher catering services for luxurious home events, exhibitions, conferences and corporate events. Our chef creates a special menu tailored exactly to the nature of the event and the guests. In addition there is also a variety of serving options, including waiters, food stations, buffets and cocktail events. We are prepared to go anywhere or entertain at our restaurant, and provide a professional and comprehensive solution for all the requirements and needs, and always with a smile.

**FR** Nous avons lancé la section de traiteur Liliyot, compte tenu de la demande croissante de nos clients qui souhaitent profiter de nos produits alimentaires et de la qualité de nos services exceptionnels en dehors du restaurant. Nous proposons des services de traiteur casher de haute qualité pour des réceptions à domicile, des expositions, des conférences et des événements corporatifs de luxe. Notre chef crée un menu spécial personnalisé exactement selon la nature de l'événement et le type d'invités. De plus, il existe aussi diverses options de services, y compris la mise à disposition de serveurs/serveuses, des points de ravitaillement, des buffets et des soirées-cocktails. Nous sommes prêts à aller n'importe où ou à vous recevoir dans notre restaurant. Nous proposons une solution complète et professionnelle pour répondre à tous vos besoins et exigences, et toujours avec le sourire.

**RU** В связи с увеличением спроса на превосходные блюда и индивидуальное обслуживание ресторана Лилиот, мы открыли банкетный сервис Лилиот. Мы предлагаем профессиональное выездное обслуживание и высококачественную кошерную кухню для роскошных домашних праздников, выставок, конференций и корпоративных мероприятий. Наш шеф-повар создаст для вас специальное меню с учетом характера мероприятия и состава гостей. Кроме того, кейтеринг Лилиот предлагает целый ряд различных вариантов обслуживания, сервировки и оформления для фуршетов, коктейлей и банкетов. Если вы хотите отведать необычные и вкусные блюда и получить отличное обслуживание вашего мероприятия, закажите банкетный сервис Лилиот. Наши опытные специалисты и квалифицированные официанты с удовольствием и неизменной улыбкой обеспечат профессиональное и комплексное решение всех вопросов и задач в сфере поставки готовой еды.



<b>opening hours</b>	Sun–Thu, 12:00 to 16:00 and 18:00 to 23:00, Friday: 12:00 to 15:00, Saturday: 2.5 hours after the end of Sabbath until 23:00
<b>address</b>	Asia House, 4 Weizmann st., Tel Aviv
<b>telephone</b>	03-6091331
<b>website</b>	www.liliyot.co.il

**TEL AVIV NIGHTLIFE**

Tel Aviv's range of entertainment from highbrow to hip cannot be matched anywhere else in Israel. Nightlife is at its most vibrant after Shabbat starts on Friday night. Thursday is another big night out. People flock to hear music, dance or eat together, there is also bar-hopping. The legal drinking age is 18 years, but drunkenness is almost unknown. Allenby Street, Rothschild Boulevard and the Old Port are big spots for bars and clubs. Most warm up after 02:00, peaking around 04:00. For club news visit [www.telaviv4fun.com](http://www.telaviv4fun.com) and [www.telavivcity.com/eng](http://www.telavivcity.com/eng). For cultural events in the city, go to [www.tel-aviv.gov.il](http://www.tel-aviv.gov.il). The Jerusalem Post, The Jerusalem Report and Ha'Aretz newspapers also feature listings and reviews.

**BARS**

- BEER GARDEN** 3 Mendler st., Sarona, 0509695401  
**EDWARD** 12 Carmel st., 052-8023370  
**FOSTER** 38 Shlomo Hamelech st., 054-2204081  
**GEULA** 51 Geula st., 03-5168590. Closed on Saturdays.  
**HAMEZEG** 151 Ibn Gabirol st., 03-6048883  
**223** 223 Dizengoff st., 03-5446537  
**MOLLY BLOOM'S** 2 Mendele Mocher Sfarim st., 03-5221558  
**WINE BAR** 36 Nachalat Binyamin st., 03-5102923  
**CONTAINER** Old Jaffa Port, Warehouse 2, 03-6836321  
**TAILOR MADE BAR** 99 Allenby st., 03-5033387  
**CORDOVERO** 21 Cordovero st., 077-4060771  
**CARPACCIO BAR** 8 Ibn Gabirol st., 03-6098118  
**JUNO WINE AND FOOD** 1 De Haas st., 03-5446620  
**LA CHAMPA DEL MAR** 16 Haarbbaa st., 03-5610630  
**OCTOBER** 60 Ahad Ha'am st. 03-5443312  
**WINEBERG** 106 Ben Yehuda st., 03-5223939  
**METUSHELACH** 16 Oriol da Costa, 03-6811018  
**ALKALAI 1** 1 Alkalai st., 03-5440795  
**ISMI SALMA** 2 Ester Hamalka st., 054-7991700  
**ROSA PARKS** 265 Dizengoff st., 054-4759892  
**BOUTIQUE WINE BAR** 83 King George st., 03-5259911  
**YA'ACOV'S PLACE** 42 Matalon st.

**SPECIALTY BARS**

- ABRAXAS**  
 40 Lilienblum st. (03-5104435). One of the city's most veteran bars, this underground haven offers guest DJs, live performances, drinking, dancing and an artsy, fun crowd.
- HAMAOS**  
 32 King George st. (03-6209458). Designed like an apartment down to the very last detail, HaMaoz is divided into three sections: a large outdoor patio, an inner bar and a large back room where you can relax on sofas or play a game of pool.
- JAJO VINO**  
 47 Shabazi st. (03-5164557). Dark lighting, intimate seating along the bar and an utterly romantic atmosphere make Jajo a great choice for dates or drinks with close pals.
- OZEN BAR**  
 8 King George st. (03-6215210). Dimly-lit, a brick wall backdrop and small bar, this enclave off one of Tel Aviv's busiest streets is reminiscent of an off-the-beaten path joint in New York's East Village. Intimate shows are every night of the week.
- LA LA LAND**  
 Gordon Beach (03-5293303). Standing out from the many other beach venues, La La Land offers comfortable sofas in the sand, well-mixed cocktails and a yummy menu.

**PAR DERRIERE**

4 King George st. (03-6292111). One of the most pleasing wine bars in Tel Aviv, this alleyway-turned-secret-garden off hectic King George Street is the perfect place to see and be seen.

**RADIO EPGP**

7 Shadal st. (03-5603636). This dark, underground hotspot brings celebs to students, tattoos to haute-couture. With edgy people, edgy music, rock decor and a nightly set-list.

**SHAFAR BAR**

2 Rabi Nahman St, Old Jaffa (03-6811205). There is no place like Jaffa at night, and this bar in the Flea market's alleyways proves it. Nothing fancy here, but the atmosphere is priceless.

**MILA BAR**

164 Dizengoff st. (050-2656100). Popular among the hip, this is the perfect place to get a real feel for the local bar scene. Expect a loud, fun and vibrant space.

**CLUBS****CAT & DOG**

23 Carlbach st. Notoriously known as one of Tel Aviv's sleaziest hangouts, parties here start late (and yes, we mean around 3am) and last long after the sun comes up.

**DELI BAR**

47 Allenby st. Shake your tail to electronic and hip hop flavored tunes DJ'd by the best. Offering an impressive cocktail selection and imported beers, the real kicker is the Sandwicheria serving as the 'front' for this otherwise unexpected and hidden secret club.

**THE BLOCK**

157 Salame st. Recently renovated and re-opened in the Central Bus Station, The Block is surprising – a quality underground club with an incredible analog sound system bringing an impressive line-up of DJ's every weekend.

**HAOMAN**

88 Abarbanel st. This is Tel Aviv's finest mega-club, hosting the best DJ's from all over the world, and from within Israel too. Open on specific nights (usually weekends and holidays).

**MILK & BREAKFAST CLUB**

6 Rothschild Blvd. Tel Aviv's undisputed king of sleaze, this after-hours club is the place to go when everywhere else is shut or boring. DJs from Israel and beyond play nightly to a wild, somewhat cliquy and decidedly wasted crowd.

**PENGUIN**

43 Yehuda HaLevi st. This spot is a dark and appealing underground den, set with a perfectly moody atmosphere: Find rows of subdued light bulbs, pulsating in waves and a smattering of international DJ's spinning.

**SHALVATA**

Hangar 30, Tel Aviv Port. Overlooking the Mediterranean waters at Tel Aviv's Port, this chilled out bar is known for its music and sea breezes. Great for an afternoon beer.

**JIMMY WHO**

24 Rothschild Blvd. Jimmy Who invites you to their 3 bars within: the trendy bar, the pick-up bar (getting busier later into the night) and a private, VIP bar in back. Live and DJ'd music plays while up and coming artists fill their walls.

**SYLVIA BUMPER**

38 Ibn Gabirol st. Your local neighborhood pub where everyone knows your name and is open well after the sports broadcasts finish. Come for billiards, happy hour, local fare and a home away from home.

**PARADISE GARAGE**

49 Kibbutz Galuyot st. This electronic dance club guarantees a kind of party where the entire night feels like the first. Hosting a plethora of DJs, events and top-notch drinks.

**DREAM EXHIBITION**

30 Ibn Gabirol st. Theme nights, award-winning DJ's and a luxurious ambiance. This nightclub is great for groups (reservation required) or simply for finding your double. ■

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Beit Herut branch – M-Haderech mini-mall, phone: 09-8669333.  
Yagur branch – located next to the entrance to Kibbutz Yagur, phone: 04-8299888.

ARENA  
קניין ארנה מודש

## HERZLIYA AND THE COASTAL PLAIN

## COUNTRY DINING

## ALGONQUIN

Moshav Brayah (near Yavne) (08-9421044). Mon–Sat 19:00-22:00. Intimate country dining. Delectable opening antipasti offerings, good Camembert quiches, excellent goose liver and pork ossobuco. Worth a special trip. Reservations required.

## PRI MEGADIM

3 Rothschild st., Mazkerit Batia (08-9349946). Mon–Sat 12:00-16:00 and 19:00-23:00. Fine rustic dining. Recommended: goose liver pate, deep fried spinach and cheese balls and then lamb ossobuco, gizzards in brown sauce, mutton stew with shallots.

## FISH AND SEAFOOD

## DANIEL

4 HaMalacha st., Ashdod (08-8567392). Mon–Sat 12:00-00:00. Sophisticated and appealing décor. Among best offerings is seafood "cigar" with anchovy sauce, scallops in butter sauce, eggplant topped with goat's cheese, seafood casserole with a saffron-rich sauce.

## HELENA

Caesarea Harbor, Caesarea (04-6101018). Helena offers contemporary and exciting Mediterranean-Israeli cuisine, made of fresh local ingredients with touches of other cuisines. The extensive menu includes a wide variety of local fish and seafood dishes, meat and vegetarian dishes.

## NAMMOS

1 Hatzedef st., Herzliya Pituach (09-9511555). The restaurant offers an upscale entertainment experience and an exquisite sushi bar. The menu is based on modern Mediterranean cuisine with fish and seafood, cooked only with the best raw ingredients, such as high quality olive oil and boutique goat cheese.

## PEPE

Seaside promenade no. 17, Rishon LeZion (03-9414151). Open daily 12:00-00:00. A romantic dining with a view of the sea. Start with mixed meze (herring, fish roe, green tahini, grilled eggplant, carpaccio of sea fish) and then go on to fish kebabs, shrimps in garlic butter sauce.

## IDI

6 HaBosem st., Ashdod (08-8524313). Open daily 12:00-00:00. Large, but fun and with dishes that are often excellent. If the twelve course "spoiling menu" seems daunting, good bets are the mussels in wine, shrimp fra diavolo, steamed crabs, seafood filled Moroccan style "cigars". French Cuisine

## GOLF BISTRO AND BAR

Caesarea Golf Club (04-6260272). Open daily 08:00-22:30. Attractive view and a comfortable not pretentious setting with food bound to please. Try: seafood bisque, tortellini with crabmeat, shrimps wrapped in goose breast, spinach and mushroom lasagna.

## MEAT

## AD HAETZEM

5 Aba Even st. near the corner of Maskit st. (09-9503138). Open daily 12:00-00:00. The grandfather of restaurants in Herzliya Pituach but not at all passé. Chicken wings in barbecue sauce, 300 gram hamburgers, good sirloin steaks and spare ribs.

## AGADIR BAR-BURGER

9 HaMenofim st., Herzliya Pituach (09-9516551). Open daily 12:00-03:00. Attractive, with warm service and a friendly atmosphere, offering truly delicious hamburgers, chips and ice-cold beer. Pure fun.

## BISTRO 56

Second floor of the Arena Mall, 2 Ha-Shunit st., Herzliya Pituach (052-9709735). Bistro Fifty Six is a kosher gourmet restaurant, which serves a wide selection of meat dishes. Its terrace lets in the Mediterranean breeze and offers a breathtaking view of the harbor.

## BLACK BAR &amp; BURGER

The Cinema City complex at Gilot, (03-6991100). Open daily 10:00-02:00. Perhaps the most highly designed and upswing burger restaurant in the known universe. Start with grilled eggplant on a pita with orange-flavored tahini and then go for the perfect 330 gr. burger. Quiet enough for adult enjoyment and lovely with children.

## BLACK STEER

3 HaSandlar st., Herzliya Pituach (09-9557464) Open daily 12:00-00:00. Fun, South-African style dining. Try the Boere Wors sausages, Buffalo wings, steaks, spare ribs. Don't miss the fried onion rings.

## MOSES

14 Shenkar Arie st., Herzliya Pituach (09-9566628). The restaurant offers modern American cuisine, including large portion-size burgers, a large variety of side-dishes and very good service. It is recommended to reserve seats ahead of time.

## THE MEAT AND WINE CO.

16 Shenkar st., Herzliya Pituach (09-956-7006). Sun–Thu 12:00-24:00, Fri 12:00-16:00, Sat 21:30-24:00. Attractive chain-restaurant featuring South African and international meat dishes. Munch some biltong before going on to Boerewors sausages, the red tuna tartare, and then main courses – steaks, roasts or burgers. Kosher.

## MODERN CUISINE

## MEDZZO

1 Yordey Yam st., Marina Village, Herzliya Pituach (09-9510077). Formal dining from 19:00 to 00:00, bar and terrace and cafe areas from 09:00 to 01:00. Sophisticated atmosphere with tempting asparagus risotto, sweetbreads with brioche, and entrecote with chimichurri sauce.

## BENEDICT

1 HaEzlet st., Herzliya Pituach (09-9580701). Just as morning itself, so are breakfasts at Benedict's – fresh and sense evoking. Some are a surprising version of classic egg dishes, others are based on a juicy cut of meat, and some are just too delicious to describe.

## FUSION CUISINE

## PANGEA

16 Shenkar st, Herzliya Pituach (09-9562090). Open daily 19:00-00:00. Beautifully designed, with well-executed fusion cuisine. Excellent first courses include scallops with mandarin orange and ginger, ceviche of yellow tail tuna with fish roe and Japanese mustard. Tempting main courses, drum fish fillets with coconut and red wine sauce with root-vegetable gnocchi and mallard breast with traditional Chinese five-spice mixture.

## GAZEBBO



**ENG** The Gazebo Beach Club is a bar, restaurant and water sports club designed with the ambiance of the Caribbean islands and set on the Herzliya beach. It is located on one of the most beautiful spots on the shores of Israel. The Gazebo restaurant offers a diversified menu that includes rich breakfasts, delectable lunches and romantic dinners on the beach. The Gazebo water sports club was established 8 years ago, and today it is the largest sailing and surfing club in Israel. Our club has a large choice of different sized vessels as well as other beach equipment, covering the range of extreme water sports, surfing, sailing and rowing, all with qualified and experienced sailing and surfing instructors, who will be happy to share their extensive knowledge with you. The Gazebo Beach Club is not only a great place for dining and entertainment, but it is also a fun venue for private and corporate events. Your event can be held in a unique atmosphere of freedom, with pleasant background music and an emphasis on a superb menu prepared to the highest culinary standards.

**FR** Le Gazebo Beach Club est un bar-restaurant et un club de sports nautiques sur la plage d'Herzliya. Il est situé sur l'un des plus beaux sites du littoral israélien. Le restaurant Gazebo offre un menu diversifié qui comprend de riches petits déjeuners, de savoureux repas et des diners romantiques au bord de l'eau. Le Club de sports Gazebo, fondé il y a huit ans, est aujourd'hui le plus grand club de voile et de surf en Israël. Notre club propose un grand choix de voiliers de toutes tailles ainsi que divers équipements performants de plage recouvrant les sports aquatiques extrêmes, le surf, la voile et l'aviron. chacune de vos visites au club Gazebo, notre équipe d'instructeurs qualifiés et expérimentés seront heureux de vous initier à une vaste variété de sports aquatiques et vous faire partager les joies de la mer. Le Gazebo Beach Club n'est pas seulement un endroit magnifique où dîner et se divertir. Il est également l'endroit idéal pour vos réceptions privées ou événements d'entreprises. Vous serez reçus dans une ambiance particulière, empreinte d'une sensation de liberté, avec une musique apaisante, un dîner somptueux préparé par les plus fins cordons bleus de la grande cuisine.

**RU** Газібо – это пляжно - развлекательный комплекс, оформленный в стиле Карибских островов и включающий бар, ресторан и клуб водных видов спорта. Клуб находится в Герцлии и расположен на одном из самых красивых пляжей Израиля. Ресторан Газібо предлагает разнообразное меню, включающее роскошные завтраки, восхитительные обеды и романтические ужины на берегу моря. Клуб водных видов спорта Газібо был открыт 8 лет назад, и на сегодняшний день, является крупнейшим клубом парусного спорта и серфинга в Израиле. В нашем клубе имеется большой выбор судов различных размеров, а также разнообразные пляжные принадлежности, предназначенные для экстремальных видов водного спорта, серфинга, парусного спорта и гребли. Наши квалифицированные и опытные инструкторы по парусному спорту и серфингу будут рады поделиться с вами своими обширными знаниями. Пляжно-развлекательный комплекс Газібо является не только клубом, предлагающим ужин и развлечения, но еще и прекрасным местом для проведения частных и корпоративных мероприятий. Ваш праздник пройдет в уникальной атмосфере свободы и отдыха, на фоне приятной музыки и с превосходными блюдами, приготовленными в соответствии с высочайшими кулинарными стандартами.



opening hours	24/7
address	6 Ramat Yam st., Hof HaSharon, Herzliya Pituach
telephone	09-9502500
website	www.gazebo-beachclub.co.il



**Lucca** invites you to relish the flavours of Italian cuisine and enjoy an authentic and unforgettable experience of tastes and aromas straight from the boot shaped country. Come and try our delectable dishes made from fresh, high-quality ingredients that come to Lucca from different regions of Italy. Get addicted to the smell of freshly baked dough from our large brick oven and sip a glass of great wine.

**Lucca** offers warm hospitality and professional, uncompromising service. Our open kitchen allows you to watch the kitchen staff and Chef David Groysman cooking the restaurant's flagship dishes. Breakfast is served alongside the rising sun on the marina, while lunch and dinner are served with a beautiful view of an orange sunset. We invite you on a perfect romantic date with Italian cuisine.c experience all week long.

**Address:** HaShunit 2 st., the Herzliya marina.  
**Telephone:** 09-951-4000  
**Opening Hours:** 10:00 - 23:00, Sun-Sat  
[www.luccaitalia.co.il](http://www.luccaitalia.co.il)

Ресторан **Лукка** приглашает вас отведать блюда итальянской кухни и насладиться незабываемыми вкусами и ароматами Италии. Приходите и попробуйте вкуснейшие блюда из свежих, качественных продуктов, доставленных из разных регионов Италии, почувствуйте запах запеченного теста из большой каменной печи и поднимите бокал качественного вина.

В ресторане **Лукка** вы окупаетесь в теплую и уютную обстановку с профессиональным и бескомпромиссным обслуживанием. Открытая кухня позволит вам понаблюдать за шеф-поваром Давидом Гройсманом во время приготовления шедевров кулинарного искусства. Наш завтрак подается на фоне солнца, восходящего над пристанью для яхт, а обед и ужин – в сопровождении прекрасного оранжевого заката. Мы приглашаем вас на романтическое свидание с замечательной итальянской кухней.

**Адрес:** ул Хашунит 2, Марина Герцлия Питуах  
**Телефон:** 09-9514000  
**Часы работы:** вс-сб, 10:00 - 22:00  
[www.luccaitalia.co.il](http://www.luccaitalia.co.il)

**JEWISH CUISINE**

**TZIMES**  
 27 Maskit st., Herzliya Pituach (09-9561144). Sun–Thu 12:00-00:00, Fri 12:00-16:00. No real charm, but if it's the traditional Jewish dishes you long for, a good bet. Gefilte fish, chopped liver, calf's foot jelly, roast goose, beef tongue, beef stew. Kosher.

**FAR EASTERN CUISINE**

**ASIA**  
 37 Havazelet Hasharon st., Herzliya Pituach (09-9572942). Chinese, Vietnamese and Asian fusion cuisine. The Asia restaurant opened 34 years ago and remains authentic and simple.

**GIRAFFE CAFÉ**  
 9 Hasadna'ot st., Herzliya Pituach (09-9548355). Open daily 12:00-00:00. Among best dishes are the egg noodles with bacon, green onions and peanuts, ramen noodles with chunks of salmon, and the seafood soup with coconut milk.

**KYOTO**  
 7 Arie Shinkar st., Herzliya Pituach (09-9587770). For over a decade, the "Kyoto Herzliya" restaurant is serving Sushi and Japanese cuisine of the highest quality. Over the years, the restaurant had become a culinary institution.

**MAHARAJA**  
 100 Herzl st., Ramle (08-9223534). Sun–Thu 08:30-21:30, Fri 08:30-16:00, Sat night. Indian offerings include filled puri bread, dahl with yoghurt or potato puree, chicken curry.

**PAT QUA**  
 6 Galgalei Haplada st., Herzliya Pituach (09-9547478). Open daily 12:00-00:00. One of Israeli Aharoni's fun Chinese dining emporiums. Chicken and fish Szechuan style, hot and sour pork, duck with ginger sauce and any of the good noodle or dim sum dishes.

**TANDOORI**  
 32 Maskit st., Herzliya Pituach (09-9546702). Open daily 12:30-15:30 and 19:00-01:00. Welcoming atmosphere with good Indian food, including mulligatawny soup, lamb chops in masala sauce, tandoori chicken and lamb curry and kulfi (pistachio enriched Indian ice cream).

**ZOZOBRA**  
 7 Shenkar st., Herzliya Pituach (09-9577077). Open daily 12:00-00:00. Serves post-modern Asian cuisine. A host of small dishes (call them Far-Eastern tapas if you like) come together for "pure fun". Eggrolls in hot and sweet sauce, herbed chicken hearts, noodles with seafood and vegetables.

**VARIOUS CUISINES**

**ARESTO**  
 Caesarea Port (04-6363456). Aresto is a beautiful, well-designed kosher restaurant with stylish furniture including white sofas and fat leather armchairs. Aresto offers a delicious dairy menu with fish and specialty dishes. It is worth visiting for the calzone alone.

**TAPEO**  
 9 Shenkar st., Herzliya Pituach (09-9546699). Mon–Sun 18:00-00:30. This Tapas and Ceviche bar offers elaborate and carefully crafted cocktails, with a full menu of savory vegetable/fish/meat tapas, full flavored ceviche, and specialty dishes like saffron paella and mussels, that will tantalize your eyes and tickle your taste buds.

**VINO SOCCA**  
 7 Galgalei Haplada st., Herzliya Pituach (072-2163751). Vino Socca provides guests with a unique experience that combines a venue that is spectacular in its beauty, jazz music, a selection of boutique wines and at the height of it all – the restaurant of the chef Yishai Attias, who previously worked at a 2 Michelin star restaurant in France.



**AL HAMAIM**



**ENG** The 'Al-Hamayim' chef restaurant was opened in the summer of 1987, just a few steps away from the Mediterranean Sea. 'Al-Hamayim' means 'on the water' in Hebrew. As the years have passed – and the regulars return with children and grandchildren – 'Al Hamayim' has established itself as more than a restaurant: it is an institution on the Israeli culinary scene. The restaurant has two kitchens that complement one another: in the main kitchen, Chef Haviv Moshe creates superb dishes with the most exciting combinations of ingredients. Our menu is based on fresh fish and seafood, as well as seasonal vegetables. The bar adjacent to the kitchen, offers an unusual sushi menu, some have already proclaimed it "the best sushi in Israel." Furthermore, our special wine list includes very rare wines collected over the years from around the world. At the 'Al-Hamayim' confectionery you will meet Lee Drori, who offers a dessert menu with sophisticated and unusual touches that create a perfect sweet ending for every meal.

**FR** Le restaurant Al-Hamayim a été ouvert en 1987, à quelques pas de la Méditerranée. En hébreu, son nom « Al-Hamayim » signifie « sur l'eau ». Les années passant, Al-Hamayim qui a déjà accueilli plusieurs générations, est devenu, au-delà de l'excellent restaurant qu'il a toujours été, une véritable institution dans la gastronomie israélienne. Le restaurant comprend deux cuisines, complémentaires l'une de l'autre: dans la cuisine principale, le Chef Haviv Moshe prépare des plats exceptionnels en faisant preuve d'une admirable créativité dans le choix et la combinaison de ses ingrédients. Notre menu comprend une belle variété de poissons frais, de fruits de mer et de légumes de saison. Le bar adjacent à la cuisine offre un menu original de sushis, que beaucoup ont déjà déclaré être les « meilleurs sushis en Israël ». De plus, notre liste spéciale des vins comprend de rares crus du monde entier. La confiserie est le domaine de Lee Drori qui donne à sa carte des desserts une touche sophistiquée et inhabituelle qui terminera votre repas dans une douceur parfaite.

**RU** Ресторан 'Аль-ХаМаим' был открыт летом 1987 года всего в нескольких шагах от Средиземного моря. 'Аль-ХаМаим' на иврите означает «на воде». С тех пор прошло немало лет, и вот уже те самые люди, которые приходили сюда, будучи молодыми навсегда, приводят в «Аль-ХаМаим» своих детей и внуков – это ли не доказательство того, что «Аль-ХаМаим» не просто ресторан, а легендарное заведение. В ресторане есть две кухни, которые дополняют друг друга: в главной кухне повар Хавив Моше создает превосходные блюда, используя самые захватывающие комбинации ингредиентов. Наше меню составлено на основе свежей рыбы и морепродуктов, а также сезонных овощей. В баре, находящемся рядом с кухней, мы предлагаем необычное меню суши, которые многие клиенты уже отмечают как «лучшие суши в Израиле». Кроме того, особая винная карта ресторана 'Аль-ХаМаим' включает очень редкие вина, собранные за многие годы по всему миру. В кондитерской вы познакомитесь с Ли Дрори, составившей десертное меню с необычными и интересными авторскими акцентами, которые создают идеально сладкий финал каждому посещению ресторана 'Аль-ХаМаим'.



<b>opening hours</b>	24/7
<b>address</b>	Hof Hasharon Beach, Herzliya Pituach
<b>telephone</b>	09-9511812
<b>website</b>	onwater.rest.co.il

## HAIFA AND THE NORTH

## COUNTRY DINING

**ADELINA**

Kibbutz Kabri (04-9952707). Mon-Sat 12:00-15:00 and 19:00-22:00. Country style dining in a comfortable and attractive setting. Excellent and original meze, tempting lentil soup, skirt steak topped with grilled bacon, and Spanish style zarzuela (a rich fish and seafood stew).

**AM-BURGER**

Located in the shopping centre at the entrance to Rosh Pina (04-680-1592). As laid-back as you will find, comfortable and with surprisingly good dining. Calamari in garlic butter and white wine; shrimps in a pink wine sauce; excellent burgers and steaks.

**GAN EDEN**

Har Canaan Hike, Safed (04-6972434). Sun-Thu 09:00-23:00, Fri 09:00-15:30, and Sat after Sabbath. Set in a small country home, an intimate and informal country-style restaurant. For dinner consider the pumpkin soup or the gazpacho and then go on to ravioli filled with sheep's milk cheese with tomato and mushroom sauce. Close out with the good New York Style cheesecake. Kosher.

**HAKDIRA SHEL NOGA**

Moshav Beit Sha'arim (on the Haifa-Nazareth Road) (04-983-0730). Open daily 12:00-00:00. Casual and without a touch of falsity. Try: ravioli with Roquefort and nuts, country style pate, crepes with crabmeat and leeks, country style spare ribs.

**ISKANDAR**

Gadot-Gonen Road, at the rafting site of the Jordan River, upper Galilee (04-693-5544). Open daily 11:00-22:00. Mediterranean grill restaurant with touches of Turkish cuisine in an idyllic setting. Tabun-oven baked breads, excellent meze, baked lamb chops with eggplant slices, mutton casserole. Ask about specials of the day.

**MEAT SHOS**

Katzrin industrial area, Golan Heights (04-6963334). Open daily 12:00-00:00. Simple yet delicious and fun, with fine salads, beef dishes and lamb specialties, the best of which may be the T-bone and entrecote steaks and the grilled lamb chops. The restaurant serves only kosher products but has no kosher certificate because it is open on the Sabbath.

## FISH AND SEAFOOD

**ABU CHRISTO**

Old Acre 11/330, Fisherman's Port (04-9910065). Open daily from 12:00-23:00. Open since 1946, this traditional tavern boasts a fine view of the sea. Among best meze offerings are the tabbouleh, humus with pine nuts and eggplant salad with sumac. The crabs with a sauce of butter, white wine and garlic are excellent as are jumbo-sized shrimps with a tomato and feta cheese sauce.

**JACKO**

12 Kehilat Saloniki st., Haifa (04-8668813). Sun-Fri 12:00-23:00, Sat 12:00-18:00. A long established favorite. Stay with simple offerings such as grilled shrimp, deep fried red mullets, calamari, fried or grilled fish.

**URI BURI**

11 Ha-Hagana st, Lighthouse Square Acre (04-9552212). Open daily 12:00-23:00. Excellent dining in an unpretentious setting. Recommended: amberjack ceviche, anchovy filets in lemon and oil, seafood soup, and scallops in curried cream sauce.

## FRENCH CUISINE

**ALUMA**

Tarshiha Road, Kfar Vradim, Maalot-Tarshiha (04-9574477). Sat-Thu 12:30-16:00 and 19:00-22:00. Fri 11:00-14:00 and

18:30-22:30. Sophisticated and creative country-style dining in an appealing setting. Among best openers is the veal sweetbreads in the Provencal style and the Camembert cheese baked in puff pastry. As main courses consider the lamb trio, the grilled salmon fillet on a bed of mujaddara, and the lasagna of scallops and crabmeat. Desserts are splendid.

**SHULAMIT**

34 David Shuv st., Rosh Pina. (04-6931485). Open daily 12:30-23:00. Elegant country style dining. Try: meatballs in Roquefort cheese dressing, smoked goose breast, trout and sausages, chicken livers in orange sauce.

**HANESHIKA**

37 Hameyasdim st, Zichron Yaakov (04-6390133). Lunch: Tue - Sat 12:30-15:30; dinner Mon-Sat 19:00-23:00. Provencal cookery in a charming rural setting. Best first courses include country style sausages and pate and potato gnocchi with mozzarella. Among best main courses are pork stew and chicken escalope with goose liver.

**MUSCAT**

Mitzpe Hayamim Spa-Hotel, Rosh Pina (04-6999555). Sun-Fri 18:00-24:00 and Sat 13:00-24:00. A sophisticated restaurant situated in the hills of the Upper Galilee with an exquisite view. Open with veal sausages in the Provencal style, the carpaccio of veal, or the beets that are filled with goat's cheese. For main courses consider the potato gnocchi filled with piquant goats' cheese.

## ROMANIAN CUISINE

**YONAK**

23 Kibbutz Galuiyot st., Haifa (04-8667929). Sun-Thu 12:00-22:00; Friday until 17:00. Serving Romanian dishes in the same super-simple setting since 1948, a well beloved haven for Haifa-ites. Try the chopped chicken liver, calf's foot jelly, irka and creamy eggplant salad as starters and then on to pork steak or kebabs for main courses.

## MEAT

**THE BAT YAAR RANCH RESTAURANT**

Mitspe Amuka (04-6921788). Open daily 11:00-23:00. A rustic steakhouse on a horse ranch in the Galilee hills. Best bets are American cut steaks: T-bone, sirloin and rib steaks, and hamburgers. Excellent to visit with children.

**DEX**

Lido Beach, Tiberias (04-672-5513). Sun - Thu 12:00-23:00, Fri for lunch and Saturday after Sabbath. Fun meat dining on the shores of the Sea of Galilee. Good burgers, steaks and ribs.

**DORIS**

Behind the gas station, opposite the Galilee Shopping Center, Rosh Pina (04-6801313). Open daily 12:00-01:00. Nothing fancy at this butcher-shop/restaurant but excellent meat dishes in casual, countrified setting. Try the excellent meze and then go on to superb prime ribs or porterhouse steak (700 grams each). Great fun in a simple setting.

**OCTAGON**

Emek Yizrael, on route 73, on the main road through Nahalal (04-6415333). Open daily 12:00-22:00. Try the variety of tapas - catfish filets in nori seaweed, carpaccio of beef fillet, shrimps in a piquant sauce, goose and chicken liver pate; and go on to grilled sea bream, fine entrecote steaks and even better 330 gr. hamburgers. Sophisticated country dining.

## FAR EASTERN CUISINE

**PAGODA**

Lido Beach, Tiberias (04-6725513). Sun-Thu 12:00-23:00. Westernized but fun Chinese and Thai food on the shores of Kinneret. Best bets are Thai tam yam soup, tasty egg-rolls, lemon chicken and tempura style goose. Kosher.

MUSCAT  
Chef Restaurant

**Lavish Dinner Menu**  
(Monday - Saturday)

**Business Lunch**  
(Mon - Thurs 13:30 - 16:00)  
Starting at 78 NIS per person

**Wine Bar & Bar Menu**  
From 17:00 - Midnight  
(Mon - Sat)

**Family and private functions available**



Mizpe Hayamim's Muscat Chef Restaurant, one of Israel's top restaurants, celebrates culinary excellence with a menu that changes with the seasons and the farms seasonal produce.

Aged meat, fish dishes, homemade pasta and dreamy desserts

make up a gourmet Galilean meal inspired by both the European and Mediterranean kitchens.

**We look forward to seeing you for a business lunch, a break at the bar or a light dinner.**

**And any excuse will do.**



מצפה הימים  
MIZPE HAYAMIM

**MUSCAT**  
Chef Restaurant

**Reservations: 04.6994523**

Open: Monday - Saturday, 13:30 - 24:00 (Closed Sundays) | Business Lunch: Monday - Friday

Muscat Chef Restaurant, Mizpe Hayamim | www.mizpe-hayamim.com



## El-Babour Galilee Mill

**Come visit El-Babour Galilee Mill—a 120 year old family business in the heart of Nazareth**

Nazareth is a one of a kind city, and among its unique destinations is a spice store that is so much more.

As soon as you enter El-Babour Galilee Mill in Nazareth's Old City, you know you are in a building like no other. The sight of this ancient mill with its hundreds of spices beautifully laid out is only the beginning. The scents invite you in. The many rooms make you want to explore. The high quality of the products pleases your taste buds. But it's the warmth of the owners that stays with you.

Brothers Tony and Jarjura Kanaza manage El Babour, carrying on their family's one hundred and twenty year tradition. The Kanaza family have been millers and cooks here since the days of the Ottoman Empire. Every visitor to El Babour receives warm, personal attention from Tony and Jarjura, as they help you to find the herbs and spices to elevate your meals.

To visit El Babour is to feel the importance of food in connecting us all, through the heritage of local Arab culture. Recipes have been passed down through generations of the Kanaza family, and along with thousands of useful products for your kitchen and home, you will come away with an experience of warmth and hospitality, knowledge and expertise, commitment, dedication, and pride of this soulful profession.

Freshly-ground locally-sourced and internationally-imported spices, grains, nuts, teas, coffee, tahini, sweets and dried fruits connect you to the land, the farmer, the miller and the home cook. There are also kitchen utensils, vessels to serve meals in and beautiful locally-made crafts.

And along with individual spices, El Babour also features dozens of home-made spice blends. These mixtures have been specially



crafted to enhance your fish, chicken, vegetable, shawarma, falafel and kube dishes. You can learn how to enhance your favorite recipes, get the high quality spices you are looking for, or add new tastes to your repertoire. There's a special desert called Sweet El-Babour Nights. And there's Pierina's special blend: the mother of the brothers' secret spice mixture. The authentic taste of Nazareth can be in all your dishes. Also brand new for this year are special holiday spice blends for Thanksgiving and Christmas.

Tony and Jarjura Kanaza are the grandchildren of Mr. Jarjura Kanaza, who bought the mill at the beginning of the 20th century. The mill operated with steam vapour, which is where the name 'Babour' originated: locals pronounced 'Babour' instead of 'Vapour'. Over the years, Grandfather Kanaza modernized the equipment and the power system went from steam to diesel to electricity under the management of his son Elia Kanaza. Now Jarjura and Tony

run the store and mill, and have renovated it for the needs of locals and visitors from all over the world.

In the old days, families would come to El Babour on foot or by horse, camel or donkey. They came to have their wheat ground, to buy or sell freekeh, lentils and local za'atar. Jarjura remembers how rich people and poor would talk and connect while waiting for their turn to grind their seeds and grains. The fruits of the land literally provided the village people of Nazareth with a 'common ground', right here. And to this day, people still bring their seeds and herbs to be ground in the mill.

People from all walks of life, all religions and nationalities come to El Babour Galilee Mill. Aromas, colors and tastes mesh with love, peace and joy as we connect with each other and feel like one world family. Come for the experience, and find the tasty ingredients for life. ■

tel: 972 4 6455596, [www.elbabour-shop.com](http://www.elbabour-shop.com)

### MIDDLE EASTERN AND BALKAN CUISINE

**AL-RIDA**  
19 Al-Bishara st, the Old City of Nazareth (04-6084404). Open daily: 11:30-23:30. This great little restaurant is perfect for almost all occasions. It offers a combination of authentic free wide world kitchen specialties with classic Nazarethian-Palestinian cuisine.

**BAYAT**  
55 Hamayan Albishara st., Nazareth (04-6555146). Open daily: 12:00-00:00. Bayat is a great little restaurant, with some tasty dishes, a young, lively atmosphere and a big selection of alcohol (including Taibe beer, the only real Palestinian beer). Choose to sit outside if it's not too hot (and join the smokers), or sit inside/at the bar. With friendly and tri-lingual staff (Arabic, English, Hebrew), this is an excellent place to take some respite from the tourist trail in Nazareth.

**DANTE**  
6089 31 Nazareth (077-7871556). Open daily: 12:00-00:00. The restaurant is located in middle of Mary's well square in front of the Greek Orthodox Church. The pastry chef creates scrumptious desserts such as the Bonzo Cake and Tollhouse Pie. Dante offers the perfect combination of upscale comfort food, gracious service, a cozy setting, and excellent value.

**DIANA**  
51 Paul VI st., Nazareth (04-6572919). Open daily: 11:00-00:00. For more than 30 years Diana has been famous for its spot-on food, specifically the fine kebab. Pleasant atmosphere and genuine Middle-Eastern cookery: tabbouleh, humus, fattoush (bread salad), kebabs, shashliks and shrimps in garlic-butter sauce.

**JASCALA**  
Village of Jish-Gush Chalav, Upper Galilee (04-6987762). Mon-Sat 08:30-23:00, Sun from 17:00. Fattoush salad, shish-barak (ground lamb filled with mushrooms and onions), Syrian style kubbeh.

**MISEDET HAKEVES**  
Entrance to Daliyat Al-Karmel (04-8393510). Open daily 10:00-22:00. Start with stuffed vine leaves, tabbouleh and other salads and then continue with to kebabs, mutton stew, or a delicious lamb and bean tagine.

**OLGA'S**  
6053 7, Nazareth (04-6567755) Open daily: 12:00-00:00. This modern Nazareth restaurant offers fine dining, with a definite European bias influenced strongly by the East. The large spacious dining area is probably not what you were expecting from Nazareth, but the see-through kitchen area is a definite winner.

**SAHARA**  
Off Rte. 65, next to gas station in Kfar Nin (04-6425959). Open daily 12:00- 00:00. A fun to visit Saharan castle offering delicious Arab dishes. After the extensive meze go on to muchmar (grilled Cornish hens with yoghurt and potatoes), and mutton from the tabun oven.

**SUDFEH**  
6053 7, Nazareth (04-6566611), Open daily: 11:00-00:00. This Nazareth restaurant is located close to the famous Fauzi Azar Inn. Sudfeh, which means "by chance" in Arabic, gives you not only a gastronomical experience, but also an architectural one, with its amazing location in a beautiful, old stone building. The fare on offer is mainly gourmet, and largely cheaply priced. Don't miss the traditional side dishes; small plates of hummus, labneh, tabbouleh, vine leaves, Arab salad, etc.

**TISHREEN**  
56 Al-Bishara st, the Old City of Nazareth (057-9442830). Open daily: 12:00-00:00. This sophisticated restaurant has a great atmosphere, with a delightful mix of Middle Eastern and European cuisine. Not cheap, but with plenty of great choices for both vegetarians and meat eaters, including some delightful Mediterranean-inspired dishes like eggplant stuffed with pesto and cheese, an Arabic pizza known as muhammar topped with chicken and onion slices. ■

### EL-BABOUR GALILEE MILL



ENG Original, One and Only 120 year old El-Babour Galilee Mill in the Old City of Nazareth

Down a winding street in Nazareth, El-Babour – The Galilee Mill – awaits you. It's a spice store like no other.

In a beautiful old mill, this 120 year old family-owned business is dedicated to providing you with everything home cooking requires. Both well-known and hard-to-find spices, herbs, grains nuts, and seeds, plus dried fruits, coffee, sweets and medicinal oils.

Enter a wonderland of sight and scent and be welcomed by the warmth of brothers Jarjura and Tony Kanaza, who look forward to helping you. Time stops as you savour the possibilities of spice blends honed from decades of cooking in the Kanaza family kitchen. Whether you are making a meal for yourself or a feast for family and friends, come in and be inspired.

**How to get there:**

El-Babour Galilee Mill is located at the beginning of the old market in the heart of Nazareth.

One entrance is located on Annunciation Rd- coming from Miriam's Well, and the other entrance is located on a road coming up from Paul VI road. JPS 6101



## Herbs & Spices of the Israeli Kitchen

HERB / SPICE	HEBREW NAME
Aniseed	Anis
Baharat	Baharat
Basil	Bazilikum
Bay leaves	Aley Dafna
Caraway	Kimel
Carob	Haruv
Cardamon	Hell
Cayenne Pepper	Pilpel Harif
Celery	Selery
Chili	Pilpel Adom / Chili
Chives	Irit
Cloves	Tziporen
Coriander / Cilantro	Kusbara
Cumin	Kamun
Dill	Shamir
Fennel	Shumar
Garlic	Shum
Ginger	Zang'vil
Hawajj	Ha'waj
Horseradish	Hazeret

HERB / SPICE	HEBREW NAME
Lemon Verbena	Limonit
Lime	Lime
Mace	Muskat
Mint	Nana
Mustard	Hardal
Nutmeg	Egoz Muskat
Paprika	Paprika
Pepper	Pilpel
Parsley	Petrozilia
Pimento (Allspice)	Pilpel Angli
Rosemary	Rozmarin
Saffron	Zafran
Sage	Marva
Salt	Melach
Sorrel	Hamtztiz
Sumac	Sumak
Thyme	Temin
Turmeric	Kurkum
Vanilla	Vanil
Zaatar	Za'atar

### SPECIAL BENEFITS FOR MEMBERS OF THE DIPLOMATIC CLUB:

- 7% discount
- Authentic Nazareth home-made cooking for a small group (5-10 people) at the Kanaza family home (reservation one week in advance)



**opening hours** Monday - Saturday 8:30-19:00  
**address** Nazareth , JPS 6101  
**telephone** 972 4 6455596  
**website** www.elbabour-shop.com





## JERUSALEM AND AREA

### COUNTRY DINING

#### RAMA'S KITCHEN

Nataf village, Jerusalem Hills (02-5700954). Informal, with a superb view of the Jerusalem hills and Mediterranean-Arabic style food that always pleases. All fruit and vegetables are organic, either home-grown or from neighboring growers. Try the chicken livers with balsamic vinegar and coarse salt or cubes of lamb seasoned in the Iraqi fashion.

### FISH AND SEAFOOD

#### DOLPHIN YAM

9 Ben Shetach st., Jerusalem (02-6232272). Open daily 12:00-00:00. The restaurant is famous for its fresh fish and superlative seafood and its other specialties that include an extensive selection of meat, pasta, vegetarian dishes and kids' meals. The menu combines local flavors and uses carefully selected fresh and seasonal ingredients.

### FRENCH CUISINE

#### ARCADIA

10 Agrippas st., Jerusalem (02-6249138). Mon– Sat 12:30-15:00 and 19:00- 23:30. A beautiful setting and exquisite food make this one of the best restaurants in the country. Tradition and modernity come together very well in dishes such as the bass tartar, grouper with saffron sauce, goose liver with jam of baby eggplants.

#### CANELA

8 Shlomtzion HaMalcha st., Jerusalem (02-6222293). Sun–Thu 12:00-17:00 and 19:00-24:00, Fri 12:00-17:00. Attractive, just formal enough with fine service and creative cuisine. Good starters include grilled eggplant on green tahini, sweet potato soup; main courses to consider: potato gnocchi with green peas and excellent goose-leg confit. Kosher.

#### CAVALIER

1 Ben Sira st., Jerusalem (02-6242945). Open daily 12:30-16:00 and 18:30- 23:30. Pleasing atmosphere with a good wine list.

## Machane Yehuda Market

Machane Yehuda market (Hebrew: Shuk Machane Yehuda), often referred to as "Machne," the "shorthand nickname" used by locals, is Israel's largest and most ethnically diverse outdoor market in Jerusalem. It is also Israel's latest hot spot for culinary. The mix of exotic produce, spices and juices (tamarind drink, anyone?), Mediterranean fish, readymade delicacies and rare cheeses – many of which sold by descendants of original vendors from a hodgepodge of countries – makes for a colorful sensory experience.

While Jerusalem has plenty of supermarkets, for many shoppers nothing can match the authenticity and diversity of downtown Machane Yehuda, which opened in 1928. In and around the market are falafel, shawarma, kibbeh, kebab, shashlik, kanafeh, baklava, halva, zalabiya and Jerusalem mixed grill stands, juice bars, cafes, and restaurants. The color and bustle of the marketplace is accentuated by vendors who call out their prices to passersby.

Machane Yehuda market is open Sunday through Thursday from 8:00 to 19:00. On Fridays, the market is open from 8:00 to approximately 15:00. The market is closed on Saturday, but there are several cafes and restaurants that are open.

Recommended: tuna sashimi, goose liver terrine, veal brains with lemon-butter sauce, coquilles St. Jacques with artichokes and nuts and beef fillet a la Troisgros.

#### SHONKA

1 HaSoreg st., Jerusalem (02-6257033). Open daily 12:00-23:00. Pleasing dishes with a lack of pretense. Best bets include goose liver with cassis and berries, carpaccio of drum fish, veal escalope in lemon, white wine and butter sauce, and mixed seafood in Provencal sauce.

### MEDITERRANEAN AND MIDDLE EASTERN CUISINE

#### DARNA

3 Horkanus st., Jerusalem (02-6245406). Sun–Thu 12:00-15:00 and 18:00-00:00, Sat night. Beautiful and authentic Moroccan restaurant that offers a wide variety of dishes accumulated over time, creating a unique culinary tapestry. The dishes are witness to the influences of the local Berber tribes, wandering Arab tribes and the Spanish Moors. Kosher.

#### SIMA

82 Agrippas st., Jerusalem (02-6233002). Sun–Thu 10:00-01:00, Sat from 20:00. Most come to this ultimately simple Jerusalem landmark to feast on "Jerusalem grill" – chicken hearts and livers, as well as bits of lamb, all seasoned marvelously and fried with onion and garlic. Kosher.

### VARIOUS CUISINES

#### MONA

12 Shmuel Hanagid st., Jerusalem (02-6222283). Sun–Thu 12:00-15:30 and 19:00-01:00. Relaxed atmosphere in an exquisite old stone building. Best bets include grilled shrimps on Swiss chard, salmon tartar grilled fillet of sea bream.

#### OLIVE

36 Emek Refa'im st., Jerusalem (02-5611102). Easy-going country-style dining in a pleasant atmosphere. Recommended: eggplant filled with tahini, beef kebabs, goose breast on a green salad. Kosher. ■

## DOLPHIN YAM



**ENG** EN Dolphin Yam (Sea Dolphin) is one of the oldest and best fish restaurants in Jerusalem. Founded back in 1967, it has been recognized by residents of Jerusalem and its suburbs as well as by clientele from all over Israel and many other countries. The restaurant is cooking fresh fish and seafood and offers a rich selection of special dishes. In addition, it has a wide range of meat dishes and pastas. The secret of Sea Dolphin's success is based on its many years' experience, the most professional chefs, high quality of service and, not least importantly, quite moderate prices. Events at Dolphin Yam  
Events of up to 60 guests can be held at the gallery of the restaurant's upper floor.

**FR** Le "Dolphin Yam" est le plus ancien et le meilleur restaurant de poisson à Jérusalem. Il fut fondé en 1967, il a été reconnu en tant que tel par les habitants de Jérusalem et sa banlieue, mais aussi par une large clientèle à travers tout Israël ainsi que de nombreux autres pays. C'est un restaurant de poissons et de fruits de mer frais proposant une grande quantité de spécialités. Mais son menu offre aussi une large variété de plats de viandes et de pâtes. Le secret du "Dolphin Yam" est basé sur plusieurs années d'expérience, des chefs d'un grand professionnalisme, une qualité de service très élevé, et surtout des prix très abordables. Les événements au "Dolphin Yam"  
La galerie à l'étage du restaurant peut accueillir pour des événements, plus de 60 invités.

**RU** «Долфин Ям» (Морской дельфин) — один из самых старых и лучших иерусалимских рыбных ресторанов, основанный в 1967 году и с тех пор заслуживший любовь и признание жителей Иерусалима и его окрестностей, а также посетителей со всей страны и из разных уголков мира. Ресторан специализируется на приготовлении свежей рыбы и морепродуктов, предлагая богатый выбор особых блюд. Помимо этого, имеется большой ассортимент мясных блюд и паст. Секрет успеха «Морского дельфина» в многолетнем опыте ресторана, высоком профессионализме шеф-поваров, прекрасном обслуживании и, что немаловажно, в умеренных ценах. Проведение торжеств в ресторане «Долфин Ям».  
Возможно проведение торжеств с количеством гостей до 60 человек на верхнем этаже ресторана.



opening hours	Daily 12:00-23:00
address	9 Shimon ben Shetah St., Jerusalem
telephone	02-6232272
fax	02-6232273
e-mail	seadolphinrestr@gmail.com

## EILAT AND THE SOUTH

### CHEF RESTAURANTS

#### OLLA TAPAS BAR

7 Tarsish st. (08-6325566). Sun-Thu 18:00-03:00, Fri-Sat 13:00-03:00. A quality Spanish restaurant which serves a variety of authentic tapas and meat dishes. Try the grilled entrecote, mixed cream seafood and seafood kettle.

#### CHICAGO GRILL BAR

19 Derekh Pa'amei ha-Shalom (073-7581216). Sun-Thu 19:00-23:00. Chicago's menu is kosher and rich. The meats are excellent and the place is suitable for family and romantic dinners alike.

#### HAMASGER 5

5 Hamasger st. (08-6349788). Sun - Thu: 19:00 - 22:00. Located in the unassuming street in the industrial area the restaurant is led by the Chefs Inbar Shapira and Lior Raphael. The cuisine includes fine seafood, meat dishes and other pleasures of the palate that you really have to try.

### ITALIAN CUISINE

#### ANGELINA

3 Antibes st. (073-7569600). A kosher dairy Italian restaurant that offers excellent fish dishes, oven baked focaccia and pizza and quality pasta, and everything is made from the best materials.

#### IL PENTOLINO

112 Shderot ha-Tmarim, (073-7569595). Sun-Thu 8:00-24:00, Fri 8:00-15:00, a pasta bar that includes Easy Bagels - an American style bagel bakery in which the bagels are baked according to a unique recipe from flour that is made here.

#### ITALICA

The Ice Park, Eilat (073-7581250). Open daily from 10:00 to 23:00. Italica offers a rich variety of home-made pastas and pizzas, in the great tradition of the Italian kitchen.

#### LA CUCINA EILAT

3 Ha Yam st., (073-7569572). Mon-Fri 19:00-23:00, Sat 13:00-16:00, 19:00-23:00. At La Cucina - one of the Royal Beach Hotel restaurants - you will find a variety of pastas and pizzas, risotto, meat and seafood dishes.

#### PASTORY EILAT

7 Tarshish st., North Beach (08-6345111). Open daily 13:00-23:00. The best of Tuscan cuisine in an enchanted courtyard with a bar in its middle. The pastas are made here based on ingredients and flavors from all around the world. The main dishes include top quality seafood, fish and meats.

### FISH AND SEAFOOD

#### THE LAST REFUGE

Almog Beach, Eilat (08-6371299). Open daily: 12:30-23:00. One of the most popular restaurants in Eilat in particular and in Israel in general. For the last 20 years the best of seafood has been served here: a variety of fish, mussels in garlic and cream, grilled lobsters, seafood platter and more.

#### PAGO-PAGO

North Beach Laguna, near the King Solomon Hotel (08-6376660). Open daily 12:30 - 23:30. Pago Pago is a beautiful and unique restaurant. Moored in Eilat's lagoon, the restaurant is on a boat, which is secured (so no chance of it floating away). Try the grilled garlic shrimps, deep fried calamari, grilled fish with garlic and butter sauce.

#### BOSTON FISH & GRILL

21 Derekh Pa'amei Ha-Shalom, (08-6337177). Open daily 12:00-24:00. Boston Restaurant invites you to enjoy a unique and excellent culinary experience. The raw materials - seafood, fish, meat, spices, fruits and vegetables - are chosen carefully, and the dishes are served according to season.

#### FISH MARKET - SHUK DAGIM

Almog Beach, Eilat (08-6379830). Open daily: 12:00-23:00. "Fish Market" Restaurant sets a table with fish and seafood in

an authentic atmosphere typical of Eilat. In the restaurant you can find a rich selection of fresh salads, hot focaccia from the oven and appetizers, included in the main course.

#### HAMIFRATZ

7 Kikar Refidim (073-7569559). Open daily: 12:00-24:00. HaMifratz has been offering seafood, fish and meat dishes, pastas, lasagnas, sushi and all kinds of drinks in their huge menu for the last 27 years. The place is very big and includes 280 seats.

#### LES SARDINES EILAT

Antib (08-6767488). Open daily: 12:00-24:00. Located on the shore of Eilat's marina, Les Sardines Eilat provides a rich variety of entrees made of fresh ingredients only, which undergo a special cooking process that preserves the flavor of the raw materials. The menu offers various fish dishes, a variety of meats, pastas in rich sauces, and entrees to choose from.

### FAR EASTERN CUISINE

#### MIKA HAPPY SUSHI

3 Shvil HaYam st., Royal Beach Promenade, Eilat (08-6337244). Open daily 12:30-00:00. The restaurant offers a wide range of quality delicious sushi made from fresh fish and vegetables at low prices, as well as deliveries. In addition there are salads, wok dishes and hot dishes, such as corn soup, egg rolls and chicken wings.

#### THAI WAY

19 HaTmarim st., Eilat (08-8553333). Sun-Thu 11:00-23:30, Fri 10:00-15:00. An Asian fusion restaurant that offers all kinds of sushi, dim sum and gyoza, fruit sushi and a variety of desserts and delicacies from the Far East.

#### YAKIMONO

19 Derekh Pa'amei Ha-Shalom (08-6368780). Sun-Thu, Sat: 18:00-24:00. Yakimono Eilat serves various types of kosher sushi dishes and skewers in teriyaki sauce, alongside tempura vegetables, miso soup and various other classic Japanese starters.

#### GINGER

9 Derekh Yotam (08-6370104). Open daily: 12:00-01:00. A fusion restaurant which offers a wide variety of noodle dishes, rice mixed with meat, seafood and sushi. The restaurant is designed in a clean line New York style and is located in Eilat's entertainment center.

### VARIOUS CUISINES

#### BARBIS

19 Tarshish st., Eilat, Park Ophira (053-8094633). Open daily 12:00-02:00. An American restaurant that offers the perfect burger experience with its multitude of unique burger toppings including cheese, bacon, avocado spread and sunny side up eggs.

#### CASA DO BRASIL

3 Hativat Golan st., Eilat (08-6323032). Open daily 12:00 - 00:00. A great all-you-can-eat South American meat restaurant in Israel. The menu is a carnivore's dream: beef ribs and baby lamb to chicken wings, goose liver, Brazilian meatballs, sausages, and duck basted in a honey soy sauce.

#### LITTLE BRAZIL

3 Eilat st., Eilat (08-6372018). Open daily 12:30-23:00. The Brazilian ambiance in the restaurant results from a mixture of interior design, music and of course the food. Its specialty is its Churrasco style meat which is slowly grilled on gigantic skewers. During the entire meal, the "Pasador" who is a special waiter, passes by the tables and cuts the meat into thin slices in front of the customers.

#### PADDY'S

The New Tourism Center, Eilat (08-6370921). Open daily 12:00-03:00. Paddy's Eilat is a restaurant and Irish pub. At Paddy's Eilat football games are broadcast on LCD screens and there are live shows on weekends. On the second floor there are pool tables. Paddy's Eilat has 15 beers on tap, 40 types of whiskey, and more. ■

# Gluten-Free Restaurants and products in Israel:

## a Celiac's Essential Guide to Enjoying Israel

As awareness of gluten and the problems it can cause to many becomes ever more widespread, this is our guide to gluten-free eating and restaurants in Israel. You might be surprised, but a lot of restaurants in Israel have adapted their menus for celiacs, and supermarkets also stock an ever-increasing number of gluten-free products.

So for those of you who need to stay gluten-free, we sympathize, and hopefully this guide will help you to enjoy some of the culinary delights of Israel. Bitavayon (Bon appétit)!

### Gluten-free products in Israel

There are an ever-increasing number of gluten-free products in Israel shops and supermarkets, but here's a list of some of the more snacky foods you can safely buy and eat:

**Bamba** - Israel's unofficial national snack, a peanut-flavored morsel that the kids (and adults) love!

**Aproppo** - one of Israel's old-timers, this corn-crispy snack has been around forever.

**Dubonim** - another great snack the kids will love.

**HaShachar** chocolate spread - yes, chocolate spread in Israel is often seen as the "breakfast of champions", and this old Israeli favorite always works a treat on gluten-free bread.

**Nutella** chocolate spread - our preferred poison, Nutella is the "adult" and more expensive alternative to HaShachar. Obviously not an option for those allergic to nuts.

There are also various pastas, breads, and sweets that are gluten free: if the product you're checking has 'ללא גלuten' (gluten free) on it, then it's safe to eat. If you're after even more sweets/snacks for the kids, watch out for items made by a company called **Carmit**, they have a whole range of goodies.

Another good option for gluten-free products in Israel is the firm **Adittas**, which has outlets throughout the country, but their main shop is located in Hangar 13 in Tel Aviv Port. Call them on 1-700-706-506 for details.

And for those of you who love beer but thought a gluten-free option was never going to happen, you'll be pleased to know that **Daura**, voted the world's best gluten-free beer, is also available in Israel. It's only recently been imported so may be a bit hard to find...

### Gluten free restaurants in Israel

There are an ever-growing number of restaurants in Israel that have a gluten-free menu, or are at least very aware of gluten, and very often, with a word to the chef or waiter you can sometimes get confirmation that they know how to prepare something for celiac sufferers. They might not have a completely gluten-free kitchen, but they will probably be able to cook with gluten-free utensils and ingredients.

The most important phrase you'll need to know when ordering: **lelo gluten**, which means "without gluten".

Among the restaurant and coffee shop chains that are available in most big towns in Israel, you can count on **Cafe Joe and Greg's** for some good gluten-free options. Likewise, **Pizza Hut** is good for pizza options throughout the country, and **Black Bar & Burger** for more meaty fare; if you need your Asian gluten-free fix, **Giraffe** branches throughout the country are usually good. We haven't listed them all separately below, but if you see one in your area, know that they should be OK.

Source: [igoogledisrael.com/2012/07/gluten-free-restaurants-and-products-in-israel-the-celiacs-essential-guide-to-enjoying-israel/](http://igoogledisrael.com/2012/07/gluten-free-restaurants-and-products-in-israel-the-celiacs-essential-guide-to-enjoying-israel/)

**GLUTEN FREE RESTAURANTS IN TEL AVIV**

**BETA-PIZZA**, 3 Hataarucha st, Tel Aviv Port (1599-50-9090)  
**ACHOTI**, Italian, 53 Yehuda Maccabi st. (03-5672554)  
**DIXIE GRILL**, Steak House, 120 Yigal Allon st. (03-6966123)  
**CAFE MARCO**, Italian-style cafe, 39 Gordon st. (03-5291775)  
**CAFE ITALIA**, Italian, 6 Kriminsky st. (03-5612888)  
**AMORE MIO**, Italian, 100 Ibn Gabirol st. (03-5244040)  
**ORNA & ELLA**, Mediterranean, 33 Shenkin st. (03-6204753)  
**MEZZE CAFE**, Vegetarian, 51a Ehad HaAm st. (03-6299753)  
**HUDSON BRASSERIE**, Meat restaurant, Habarzel 27 st. (03-6444733)  
**EAT MEAT**, Meat restaurant, 68 King George st. (03-5252153)  
**BLACK BAR & BURGER**, Meat restaurant, 23 HaBarzel st. (03-6441000) & Cinema City at Glilot Junction (03-6991100)  
**MAKOM SHEL BASAR**, Meat restaurant, 65 Shabazi st., Neve Tzedek (03-5104020)  
**BUDDHA BURGERS**, Vegan, 53 Yehuda HaLevi st. (03-5101222)  
**TANDOORI**, Indian, 2 Zamenhoff st. (03-6296185)  
**PEKIN**, Asian, Moshe Sneh 54 st. (03-6490737)  
**GIRAFFE**, Asian, 49 Ibn Gabirol st. (03-6916294) & 21 HaArbaa st. (03-6851154)  
**FALAFEL BARIBUA**, 14 Yad Harutzim st. & 24 Raul Valenberg st. (1599-504405)  
**FALAFEL HIPPO**, 64 Ibn Gabirol st. (03-6093394) & 70 Dizengoff st. (03-6298080)

**GLUTEN FREE RESTAURANTS IN JERUSALEM**

**BEN AMI**, Dairy menu, 38 Emek Refaim st. (02-6510070)  
**PARASH COFFEE**, Cafe, Kiryat Yovel Shopping Center st. (02-6417389)  
**AGAS 1**, Vegetarian, 13 Eliahu Yaakov Banai st., Mahane Yehuda Market (054-3133442)  
**BLACK BAR & BURGER**, Meat restaurant, 18 Shlomzion Hamalka st. (02-6246767)  
**AGAS VETAPUACH**, Italian, 6 Safra Square, Yaffo st. (02-6230280)  
**TANDOORI**, Indian, Crown Plaza Hotel, Givat Ram (02-6588867)  
**PIZZA HUT**, Zalman Shneur st. Nayout (1700-50-60-70)  
**TITO BRAVO**, Pizza, 12 Shamai st. (02-6255585)

**GLUTEN FREE RESTAURANTS THROUGHOUT THE REST OF ISRAEL****EILAT**

**PASTORY**, Italian, 7 Tarshish st. (08-6345111)

**HAIFA**

**CAFE LOUISE**, Cafe, 58 Moriya st. (04-8349950)  
**LAZINO PIZZA**, Pizza, 86 Hatichon st. (04-8322366)  
**PIZZA ROMA**, Pizza, Rambam Medical Center (04-8525415)  
**PIZZALE**, Pizza, 46 Hanita st. (04-8220475)

**HERZLIYA**

**TANDURI**, Indian, 32 Maskit st. (09-9546702)

**SEA OF GALILEE**

**MARINADO**, Meat restaurant, Kibbutz En Gev (04-6658555)

**ROBERG**, Meat and salads, Levanim (Tel: 04-6715656)

**MODI'IN**

**PIZZA PAZAZ**, 23 Haodem st. (08-9701119)

**RA'ANANA**

**NETO LITE**, Cafe, 14 Menachem Begin st. (054-7712562)  
**PIZZA TIC TAC TOE**, 198 Ahuza st. (1-700-702626)  
**EDISON**, Grill bar, 282 Ahuza st. (09-7743131)

**RISHON LEZION**

**FALAFEL BARIBUA**, Falafel, 5 Rothschild st. (1-599-504405)  
**FANCHESCA**, Italian, Sea Side Promenade (03-9414151)  
**FANCHESCA BA-IR**, Italian, 11 Moshe Becker st. (03-956767)  
**LOFT**, Meat bar, 15 Moshe Becker st. (03-9563216)

**HEALTHY AND ORGANIC FOOD****TEL AVIV**

**NEROLI HEALTH-FOOD STORE**, 3 Lilienbloom st. Neve Tzedek, 03-5107869  
**NITSAT HADUDEVAN - CHERRY BLOSSOM**, 58 Ibn Gabirol st. (at Rabin square/Frishman st.), 03-6965174  
**ORGANIC MARKET**, 59 Sheinkin st., 03-6868406  
**Organic Market**, 8 Aharon Beker st., Mikado Center, Tel-Baruch, 03-6449363  
**TEVA CASTEL**, 151 Ibn Gabirol st., 71 Ibn Gabirol st., 62 Arlozorov st., 101 Dizengoff st., 1-700-700-532  
**SHORASHIM**, 35 Ben Yehuda st., 03-5171776  
**SENSE OF GAYA**, 75 King George st., 03-5252515

**RAMAT GAN**

**EDEN TEVA MARKET**, 42 Herzl st., 1-800-468-468

**HERZLIYA**

**ORGANIC MARKET**, 1 Hanegev st., 09-9563338  
**NITSAT HADUDEVAN - CHERRY BLOSSOM**, 22 Ben Gurion st. 09-9560310  
**TEVA CASTEL**, 6 Hamanofim st. Herzliya Pituach, 1-700-700-532

**RA'ANANA**

**BIO-CENTER**, Meshek 31, Moshav Givat Chen, 09-7446080, 09-7482317  
**TEVA CASTEL**, 1 Bar Ilan st., 1-700-700-532

**NETANYA**

**EDEN TEVA MARKET**, 5 Beni Gaon st. Industrial Zone, 09-8931500

**KFAR SABA**

**TEVA CASTEL**, 8 David Elazar st., 1-700-700-532

**RAMAT HASHARON**

**EDEN TEVA MARKET**, 10 Ha'Haroshet (next to Mega - closer to Hwy 4), 1-800-468-468

**OR YEHUDA**

**EDEN TEVA MARKET**, 8 Ha'Masger st. (near Mega), 03-6345471

**MODI'IN**

**BAIT HATEVA - THE NATURE HOUSE**, 21 Zahalon st. Modi'in Cente, 08-9724706

**EIDAN HATEVA ORGANI - THE ORGANIC NATURE ERA**, Bet Lotem, Shilat Village, 08-9762431

**HAIFA**

**ARTISAN**, 134 HaNassi Blvd., 077-7800982  
**EDEN TEVA MARKET**, 48 Haharoshet st., Hozot HaMifratz, 1-800-468-468

**JERUSALEM**

**AMERICAN ISRAELI NATURAL FOODS STORE**, 76 Jaffa Rd., 02-6384069  
**CHAFEZ CHAIM**, 114 Mea She-Arim st. (at Geula), 02-5828428  
**OLAM HATEVA - NATURE WORLD**, 65 Agrippas st. (behind Machne Yehuda market), 02-6232101  
**PINAT HATEVA - NATURE CORNER**, 101 Yaffo st. (at Binyan Klal, Machney Yehuda market), 02-5828428  
**THE LOYAL SHEPHERD**, 13 Mount Zion st. (outside Old City near Zion gate), 02-6726524  
**CHALAV UDVASH - MILK AND HONEY HEALTH FOOD STORE**, Kikar Yahalom, Maale Adumim, 02-5902044

**ASHDOD**

**EDEN TEVA MARKET**, 7 Ha'Orgim st (next to Mega), 1-800-468-468

**BE'ER SHEVA AREA**

**ZIV NATURE PRODUCTS**, Omer Shopping center (near Be'er Sheva, 08-6460088

**EILAT**

**SOOMSOOM**, 3 Midyan st., 08-634211

**ORGANIC FRUITS AND VEGETABLES DELIVERY**

**BEN'S FARM BEN ROSENBERG (ENGLISH)**, 050-342-6664, Located in Moshav Tirosh. Deliveries to Beit Shemesh, Mivasseret Zion, all of Jerusalem, Maale Adumim and Gush Etzion. Offers a full line of vegetables and fruits.

**CHUBEZA (ENGLISH)**, 054-653-5980, Located in Moshav Kfar Bin Nun, Ayalon Valley. Deliveries from Tel Aviv to Jerusalem, Jerusalem suburbs and Gush Etzion.

**ERAN ORGAN**, 03-9507272, 03-950-6264, Deliveries in Tel Aviv, Bnei Brak, Sharon, Rishon/Rehovot, Lod, Petach Tikvah, Modi'in, Jerusalem and other areas.

**GAN HASADE**, 054-693-9320, Located in Kfar Rut, near Modi'in. Deliveries to Modi'in area, Tel-Aviv area, Jerusalem, Mevaseret Tzion, villages along the corridor, Savyon, Yehud, Kiryat Ono, Shoham, Ben Shemen area, Kfar Daniel and other nearby areas. Other locations by request.

**MAGGIE'S GARDEN (SOME ENGLISH)** 054-753-6106, 02-570-0796, The most convenient way to order is via the online computerized ordering system at maggiesgarden.co.il. However, if you prefer, they also accept email, fax, and phone order.

**MERHAVIA ORGANIC FARM**, 052-312-9867 - Ayelet, 052-379-6743 - Neta, Located in Moshav Merhavia in the Jezreel Valley.

**MESHEK BARZILAY**, 03-516-6329, Deliveries to Hod HaSharon and environs, Kfar Saba, Ra'anana, Petach Tikvah, Herzliyah, Rosh HaAyin, & Ramat HaSharon.

**MESHEK BEN-ZVI**, 04-953-1299 (store), 04-983-6601 (home), Located in Moshav Yehuda in the Jezreel Valley. Pick-up from store  
**MESHEK HAVIVIAN**, 050-341-2360, Located in Moshav Hodaya near Ashkelon.

**MESHEK ORGANI**, 052-612-2222, Located in Kibbutz Ha'Ma'apil, Emek Chefer. Deliveries in the Tel Aviv, Sharon, Emek Chefer, Netanya, Kitzir Charish, & Pardes Chana, Binyamina areas.

**MESHEK SHVARZMAN**, 03-9506384/054-4583207, Moshav Netaim (near Rishon LeZion & Nes Ziona). Pick up from their

store; delivery coming soon.

**SAVTA YEHUDIT**, 050-246-4835, Deliveries in the Jordan Valley, Kfar Tabor, & Ramot Menashe areas.

**TEVA HABSOR (ENGLISH)**, 1-800-259-090, Deliveries from Tel Aviv to Be'er Sheva.

**LOCAL BASKET PROJECT**, 04-988-1737, 054-448-8588, Galilee area. Produce and other organic or natural foods & products.

**BODEK2GO**, 02-623-6060 (English), Organic fresh produce and other organic or natural food products. Delivery in Beit Shemesh and Jerusalem.

**FRESHLY FROZEN FRUITS FAYE SAVIN-BADER**, 050-261-8675 (English), Large variety of frozen fruits. Pre-washed and pre-checked, bug free and Organic. Delivery right to your door. Only 5 NIS deliveries anywhere in central Israel.

**ORGANIC DAIRY & EGGS**

**GIVOT OLAM**, 02-940-9310, See their list of stores which carry Givat Olam products or for delivery call Yair at Shivuk Motzrei Yesha 050-939-3423. Kosher. Deliveries are once every two weeks for orders of 150 NIS or more.

**MEAT & POULTRY**

**TA'AM ZOHAR MALKA**, 050-345-5091, 08-947-7742 Organic. Delivers to your home. Also sheep meat, eggs, and poultry products.

**MESHEK ARTZI**, 02-9906880, Chicken grown without antibiotics, vegetarian diet, no chemicals. Packaged, available in supermarkets.

**ORGANIC FOODS**

**NEOT SEMADAR (ENGLISH)**, Products found in various organic markets.

**THE LIEBER FAMILY**, 077-711-3557 (English) The Liebers sell a variety of products. Organic eggs from Givat Olam, raw honey, organic olive oil and others.

**SHORESHEI TZION (ENGLISH)**, 0547895319, Organic, raw, vegan, probiotic foods & beverages. Located in Bet Shemesh Industrial Area (next to the big mall) You can buy directly from the factory or purchase in various organic food stores.

**LE FERMENTAINU**, 058-780-8818 (English), You can buy online for delivery within the central Jerusalem area (Baka, German Colony, Katamon parts of Rechavia and the neighboring areas) or purchase at the Farmers Market at 12 Emek Refaim, Jerusalem, Fridays from 7:30 am until 14:00 (2:00 PM).

**HAMUTZEI TZFAT**, 050-641-1045 (English), Kosher, organic, naturally fermented foods, 1045 of live unpasteurized probiotic-cultures. Pickles, Sauerkraut, and much more. Located in the Artist Quarter of Tzfat.

**DAGAN EDEN**, 09-792-1446 Sarah Tamir-Shirazi (English), Available for pick-up in Talpiyot, Jerusalem or Emmanuel (in the Shomron). Can arrange for pickup in Petach Tikva and Rosh Ha'ayin. Mail delivery in Israel for orders over 10kg for 20 shekel delivery fee (takes 1-2 days with Doar Express) daganeden8@gmail.com

**EDAN HANEVET**, 052-895-1358, Sprouted spelt and quinoa bread.

**RUSTIC REGAL BAKERY**, 052 415 9714 (English), Organic, sprouted bread from wheat, spelt or rye. No flour, yeast, or oil. Baked goods available for pick up in Jerusalem, Machane Yehuda area. ■

## Israeli Olive Oil

### ISRAELI OLIVE OIL

"It is easier," the Talmud says, "to raise a legion of olive trees in Galilee than to bring up one child in the Land of Israel." Precisely what this says about the difficulties of raising children in ancient or modern Israel is hard to say, but it is clear that the olive has been an inescapable fact of life in the Mediterranean region for thousands of years.

From ancient times, one of the most lasting symbols of the Mediterranean Basin and the Holy Land has been the olive tree. The source of the wealth of many regional peoples, these delectable fruits are frequently mentioned in the Bible, the New Testament and the Koran, and one of the most universal emblems of peace is the olive branch.

Because olives grew so easily in the rocky, sandy lands of the Mediterranean Basin, olive oil became to the region what butter is to northern Europe. The olive never fell out of favor as a regional staple, thanks to a handful of small companies Israeli olive oil has attained a quality so high that it can now be found in the most prestigious gourmet shops of New York, London and Paris.

When it comes to shopping for olive oil in Israel, you can find every brand you are looking for at your local supermarket or Farmer's Market. Following are several of the most popular Israeli olive oil brands:

### HALUTZA EXTRA VIRGIN OLIVE OIL

Produced in the Negev on groves purchased

in 1940 by the Revivim pioneers, these elegant dark bottles contain some of the best tasting olive oil in the world. This premium oil has won first place awards in both Israel and Italy for its quality and unique fruity flavor. Irrigated with water from underground desert aquifers, and grown in a remote, pollution-free area, Halutza has more Vitamin E than most oils, and rivals the finest Tuscany oils for its health benefits. It is very low in acid and high in antioxidants. It is excellent for dipping.

### HALUTZA ORGANIC OLIVE OIL

This brand of oil is certified as organic by USDA. It does not contain chemical fertilizers, pesticides or herbicides. Produced in the Negev, and grown in a remote, pollution-free area. Contains more Vitamin E than most oils, and rivals the finest Tuscany oils for its health benefits and taste. It is very low in acid and high in antioxidants. It is excellent for dipping.

### GAYA OLIVE OIL

This brand of olive oil is produced in the Galilee by Evo Israel. The olives are cold pressed. It contains a maximum of 0.8% acidity. It is cholesterol and sodium free. The same product is also offered under the label Kidmat Galil Extra Virgin Olive Oil.

### ZETLAND OF GALILEE OLIVE OIL WITH LEMON

Quality oil from the Galilee region, from some of the world's oldest olive trees. Extra Virgin, First Cold Pressed from carefully chosen olives, less than 0.8% acidity. 250 ml, 8.5 fl oz glass bottle with unique pop-up spout. OU-P, Kosher for Passover.

## Israeli Goats Cheese

In mountainous and stony areas, and wherever pasture is poor and the land is dry, goats are easy to raise, and their milk and cheese are highly valued. All around the Mediterranean, in Greece, the southern Balkans, parts of Italy, Spain and much of France, such cheeses are made in abundance; many have attained international acclaim for their fine rich flavor. In North Africa and the Middle East, such cheeses are especially popular among Bedouins, nearly all of whom keep goats, and farmers whose land is too poor to raise cows.

Nowadays, more than twenty different small dairies are producing goats' and sheep's milk cheeses, many of which are of a quality to rival the best cheeses of the Pyrenees, Provence,

Spain and Italy. Depending on the season, the part of the country in which the cheeses are made, and the style of individual cheese-makers, there are now so many good goats' and sheep's milk cheeses available that no list could hope to be complete. Although feta, brinza, kashkaval, labane and several Bulgarian varieties remain the best known, they are only the tip of an iceberg of cheeses waiting to be tasted. Ranging in style from soft and sweet to firm and salty; from hard and pungent to gently herbed cream-style cheeses; and from ridiculously low to marvelously high fat content, such cheeses are now readily available, if not at supermarkets, at delicatessen shops that have become a major source of supply for cheese lovers.

## Israeli Wine

For thousands of years, the land of Israel has been rich in wine grape vineyards. The modern day wine industry came about during three different periods.

The first period was the time of the First Immigration Wave in 1882 when Baron Edmond de Rothschild established the Carmel Winery. For one hundred years Carmel Winery had the monopoly on the kosher Israeli market.

The second period of wine industry rejuvenation in Israel was during the early 1980's when the monopoly of the Carmel Winery was broken due to the establishment of the Golan Heights Winery and Tishbi Estate Winery, which was the first family-owned winery established in Israel. Margalit Winery was established in the late 1980's as a boutique non-kosher winery, which pioneered the boutique market in Israel.

The third period of the Israeli wine industry happened in the late 1990's and early 2000 when retirees, farmers, or businessman decided they wanted to start their own boutique winery. Now there are 380 wineries in Israel which break down to 35 commercial wineries and the remaining medium to boutique sized wineries.

### ISRAELI WINE INDUSTRY STATISTICS

- 380 wineries (commercial, medium, boutique)
- 35 million bottles produced annually
- 13,000 acres of vineyards
- 45,000 metric tons for harvest
- Main importers of Israeli wine are USA, France, Holland, England, Canada
- Israeli's drink per capita 4 liters per a person
- Israel's consumption of wine is 75% Red Wine, 25% White Wine

## Israeli Beer

Spring through fall in Israel can mimic summer in many other regions so beer, which can be traced back thousands of years in the Eastern Mediterranean, is an obvious choice for both locals and tourists as a thirst quencher or to accompany meals. Local behemoths Goldstar and Maccabee along with Danish brands Carlsberg and Tuborg account for the lion's share, 70%, of the market. Hundreds of inexpensive and premium imports have made their way into bars and onto shelves yet until recently there weren't many premium alternatives for patriotic patrons.

### MAIN GRAPE VARIETIES PLANTED IN ISRAEL

Cabernet Sauvignon, Merlot, Cabernet Franc, Carignan, Emerald Riesling, Shiraz and Chardonnay.

Source: [www.myisraelwinetours.com/info--statistics.html](http://www.myisraelwinetours.com/info--statistics.html)

### MEDIUM SIZED WINERIES

production: 800 m.t. / 672,000 bottles

Tabor Winery – Tabor  
Arza – Mishor Adumim  
Tishbi Winery – Binyamina  
Zion Winery – Mishor Adumim  
Dalton Winery – Dalton  
Jerusalem Winery – Jerusalem  
Recanati Winery – Emek Hefer  
Galil Mountain – Yiron

### SMALL WINERIES

production: 100-800 m.t. / 90,000-450,000 bottles

Hebron Heights, Latroun, Hacormim, Ella Valley, Mony, Yatir, Tzora, Flam, Cremisan, Castel, Tulip, Odem Mountain, Or Haganuz, Psagot.

### COMMERCIAL BOUTIQUE WINERIES

production: 50-100 m.t. / 45,000-90,000 bottles

Saslove, Pelter, Bazelet Hagolan, Chateau Golan, Shilo, Tzuba, Clos de Gat, Shilo, Vitkin, Adir, Alexander, Amphorae, Kadesh Barnea, Gush Etzion.

### BOUTIQUE WINERIES – A SELECTION

production: 15-50 m.t. / 13,500-45,000 bottles

Asif, Agur, Assaf, Avidan, Ben Haim, Chillag, Gush Etzion, Hamasrek, Karnei Yosef, Margalit, Netofa, Ramat Naftaly, Sea Horse, Tanya, Vitkin, Yaffo.

### GARIGISTES – A SELECTION

production: < 15 m.t. / 13,500 bottles

Alona, Amram, Ben Hanna, Bustan, Gustavo & Jo, Gvaot, Hans Sternbach, Lewinsohn, Meishar, Red Poetry, Ruth, Sde Boker, Smadar, Somek, Sorek, Shvo, Trio, Zauberman.

**DANCING CAMEL BREWERY**, 12 HaTa'asiya st, Tel Aviv (03-6242783)

**THE BEER BAZAAR**, 1 Rambam st., Tel Aviv, (03-5049537)

**JEM'S BEER FACTORY**, 15 HaMagshimim st., Petah Tikva (03-9195367)

**SHAPIRO BREWERY**, Sorek Industrial Area, Beit Shemesh (02-5612622)

**THE ALEXANDER BREWERY**, 19 Tzvi Hanahal st., Emek Hefer (074-7034094)

**PAVO BREWERY**, 14 Ma'aleh Rishonim st., Zichron Ya'acov (04-6398988)

**GOLAN BREWERY**, Chutzot Hagolan Center, Katzrin (04-6963625)

**NEGEV BREWERY**, 27 Kislev st., Kiryat Gat (08-6886070)

**TAYBEH BREWING COMPANY**, Taybeh, Ramallah District, West Bank, Palestine (02-2898868)

# ENTRECOT PORFAVOR...



RESTAURANT *guide* 2015

1-800-422-000  
[www.elgaucho.co.il](http://www.elgaucho.co.il)

