



anastasia

Welcome to **anastasia**, we serve a purely vegan cuisine in all its intense and unique diversity, colors and flavors.

We believe in the vegan lifestyle – including its moral, ecological and health principles. We started Anastasia out of a will to help people to reduce consumption of meat, eggs, honey and dairy products, without compromising the highest quality, taste and experience standards.

We only use raw materials that contain no harmful chemicals, preservatives, or artificial flavoring and coloring. The menu contains no white sugar, white flour, or distilled salts and oils. Many dishes are gluten-free and other dishes are based on Raw Foods (=foodstuffs that have not been heated beyond the temperature where valuable enzymes are lost).

The water we use is purified in a reverse osmosis process, which makes it 100% toxin-free.

The coffee we serve is freshly ground from an organic bean blend made for us. We also serve caffeine-free coffee substitutes.

We use whole grains, produce almond milk every day and incorporate super foods in many dishes. Super foods contain an especially high concentration of valuable nutrients that contribute to the immune system, weight loss and cleansing.



Some of the super-foods served at **anastasia**:

Goji Berries – These fruits are grown in China, Tibet and the Himalaya. They help protecting the liver and strengthening the immune system, strengthening of sight, improving one's sexual function and fertility. They are one of the richest sources of antioxidants and contain high levels of minerals and vitamins.

Acai – The Brazilian acai berry is loaded with all the best of the rainforest - an abundant source of powerful antioxidants, including those directly fighting the aging process; Acids in a protein-rich health, fiber and other nutrients.

Spirulina – Freshwater algae which has a particularly high rate of protein, containing all the necessary nutrients for human beings.

Maca – The Maca root grows in the Andes in Peru, where it has been known for thousands of years as a medicinal herb that helps to withstand stress. It is known for its capabilities to nourish and balance the hormonal system in the body, and thereby supporting fertility and vigor.

Cocoa – Cocoa is not only the basis for chocolate, but also a very chemically complex food in its raw form, abounds in antioxidants more than green tea, blueberries or red wine. Cocoa is the number one source of magnesium in food. It soothes, stimulates and is full of serotonin-raising materials that create a sense of happiness and euphoria.

Chia – The tiny chia seeds are rich in Omega 3, vegetable protein, soluble fibers, and more. They balance blood sugar levels and help digestion by creating a sense of fullness and satisfaction.

Wheatgrass – One of the most cleansing and rich foods on earth - especially rich in chlorophyll and antioxidants (which help slow down the aging process) - nourishes and cleanses the blood system, provides important enzymes that support efficient functioning of the body and protecting the vital organs.

Aloe Vera – External use of Aloe Vera for treating burn and different skin damages is well known. Drinking Aloe Vera extract has other important healing properties: Supporting the digestive system by curing inflammatory bowel diseases, strengthening the immune system and aid in maintaining normal cholesterol values.

Coconut Sugar – Natural sugar which has a low glycemic index (does not raise blood sugar levels), made of nectar produced from the coconut tree through a natural process of gathering, low-temperature cooking and drying.

Turmeric – The turmeric spice is equipped with a verity of unique healing properties. It is anti-inflammatory, effective in fighting cancer cells and treating a large spectrum of diseases such as Arthritis, Alzheimer's, heart diseases and more.

Nettle – Nettle leaves, in addition to their anti-inflammatory and anti-allergenic properties, accelerate blood flow, stimulate, and are a great source of Iron, Chlorophyll and other minerals.



thanks for visiting us!

We would be happy to hear your feedback

welcome...

Key

- R** RAW: Unprocessed food that hasn't been cooked over 47° degrees which retains all its nutritional values
- S** Dishes that include Superfoods: Highly nutritional and healthy herbs and spices
- G** Gluten-free

with the coffee

Nuts and Dried Fruit Mix R S G	
A mixture of almonds, nuts, seeds and dried fruit	21
Chocolate Parline S G	
Two handmade chocolate pralines	16
Brownies R S G	
Raw Brownies with walnuts, dried fruit, Raw Cocoa powder and Maca Powder	24
Medjool Candy	
Organic dates filled with home made hazelnut butter and walnuts. Sprinkled with cacao nibs. Served Hot	16
Pretzel	
Whole wheat pretzel served with gomashio and hyssop leaves (Za'atar). Served with tahini and sunflower aioli	21
Fresh Breakfast Pastries	14

breakfast

Oatmeal Pate	
squares of Oatmeal Pate, Pumpkin seeds, Plums and Chia, topped with Cocoa and fresh fruits	39
Cereal	
Raw Granola R G	39
Muesli	36
Comes with either:	
• Fresh fruit juice	
• Our Homemade Almond/Hazelnut Milk/ Rice Milk/Oat Milk	
• Home made cashew yogurt	
Additional Options:	
Cinnamon, Coconut chips and organic date honey. • All cereal is served with a side of small fruit salad.	
Optional Superfoods S	
Maca Powder, Goji Berries, Acai Powder, Cocoa Nibs, Coconut Water powder, coconut sugar	5

Open Table

- Bread Platter – Home Bread /
RAW Crackers / Gluten-Free Bread
- Spreads platter – Sunflower Mustard cream, Pesto, Turmeric Tahini, Hazelnut butter
- Mezze – Dried tomatoes strips, Olives, Pickled Chard, Avocado slices
- Hummus (chickpeas) Omelette with herbs and onion
- Fresh vegetables Platter
- Hot/Cold Beverage 48
- Optional - Vegan scrambled 'egg' from tofu and brewers yeast 7

sandwichville

- All sandwiches come with handmade freshly baked whole wheat bread roll

Tahini and Roasted Mushrooms Sandwich

- Green Tahini, Lettuce, Sprouts, Roasted mushroom slices, Tomato slices, Red hummus beans, Turmeric tahini 32

Omelette and Pesto Sandwich

- Hummus (chickpeas) omelette, Green pesto, sprouts, Dried tomatoes, Cucumbers and Aioli sunflower cream 34

Tofu Sandwich

- Seared tofu slices, Carob honey, Mustard, Lettuce, Alfalfa sprouts, Tomato slices, Tahini and Miso 38

Burger Sandwich

- Bean Veggie Burgers, Alfalfa sprouts, Purple onion, Tomato slices, pickles, Sunflower cream and Turmeric Tahini 39

Vegan Scrambled 'egg' Sandwich

- Scrambled 'egg' made from tofu with purple onion garlic, brewer's yeast and spinach, tamarini tahini, citrus juice, carob honey, tomato, cucumber, pickles and arugula 36

appetizers

Grape Leaf Envelopes **S**

- Grape leaves stuffed with black olive tapenade, fig and Wheat groats (burgul). Served with Spirulina tahini, Red hummus beans and Tomato slices with Reduced Balsamic, nigella oil, Za'atar and black salt 34

Tomato Lotus **G**

- Tomato Slices served on Turmeric Tahini, Green Pesto and Roasted Champignon Mushrooms. Served with 3 Mini Hummus Omelettes 32

Sweet Potato Quiche

- Spelt flower quiche filled with nut cheese and sweet potato. Served with a green salad 44

salads

The King in the Garden

A verity of seasonal lettuces, green leaves and sprouts, Carrots, diced Avocado, and Passion Fruit sprinkled with chopped Hazelnut and Sunflower seeds 44

Israeli Salad

Diced Tomato, Cucumber, onion, fresh hyssop (Za'atar) and Mint leaves with olive oil and lemon served with whole sesame tahini 34

Wakame-Kohlrabi (turnip cabbage) Salad

Kohlrabisticks, Wakame seaweed, green onion rings, Pumpkin seeds and roasted sesame with Miso and Sesame Oil 42

Raw Beet Salad

Grated beet, Walnuts, Parsley and Brewer's yeast 39

Burgul and Nettle Salad

Burgul, Dried Nettle, Chopped Brazil Nuts, Parsley, Goji Berries and Blueberries 41

Tropical Cucumber Salad

Cucumbers, Hejiki, Barley grass powder, Green olive, cranberries and pineapple. With roasted pistachios 46

Sprouted Lentils Salad

Black Lentil sprouts, Parsley, Crescents of celery, Berries and Cranberries, Carrot sticks and roasted hazelnuts with balsamic-maple sauce and nut oil 42

main dishes

Macadamia Crepe with stirfried Vegetables and Tofu

Crepe made from Rice, Macadamia Nuts and Flax, Served with chops of roasted vegetables and Tofu, Marinated in Palms and Rice vinegar 54

Freekeh and Black Bean Burgers

3 Mini black bean burgers, with a side of glazed carrot and Freekeh on top of steamed chard leaves and Miso sauce 58

Sprouted Lentils Stew

Sprouted lentils in Turmeric milk with whole basmati and wild rice. Served with vegan tzatziki and small salad 52

Pasta Napolitana

Spelt Spaghetti with tomato sauce, almond milk and champignon mushrooms. Served with cashew parmesan 42

Pasta Pesto

Spelt pasta with pesto, roasted cherry, walnuts, mushrooms, kalamata olives, browned with almond milk 46

Grits and Azuki with Glazed diced Pumpkin Stew

Grits and Azuki Stew, with Shallot onion and Macadamia nuts, sliced Pumpkin dices glazed with pumpkin sauce 56

soups

Beet in Hazelnut Milk Soup

Beet soup seasoned with Licorice and fresh Ginger root with Maca, ornamented with Hazelnut shards 41

Mushroom Soup

Champignon Mushrooms with coconut milk and curry, served with bean noddles, green onion and roasted king oyster mushroom 44

Cauliflower Soup

Cauliflower, leek, potatoes, garlic, lemon, cumin and parsley seeds, served with cumin oil bruschetta 39

toddlers

Oatmeal Porridge

Soft Oatmeal Porridge with Hazelnut butter 24

Almond-Rice Balls

Full Rice balls cooked with Almond Butter and grated carrot 16

kids

Pasta

Spelt Spaghetti with tomato sauce and parmesan. Served with fresh tomatoes and cucumbe 32

Crispy Seitan and rice

Panko - covered seitan strips, served with round whole rice, carrot sticks cuffed in cucumber rings and gomashio (sesame salt). Served with sunflower aioli and tahini 38

deserts

Dorodo

Hazelnut crunch, Chocolate fudge, Chocolate cream and Black coffee cream glaze 34

Cherry and Pistachio Mousse

Raw, Cashew-based cake, with Pistachio mousse and Cherry cream 34

Hot Apple Crumble

Abundant in financier and poppy cream, with cinnamon strudel.....36

Maple Fruit Salad

A verity of seasonal fruits with walnuts and pistachio in maple and orange juice. (Optional addition of superfoods) 36

Tiramisu

Vanilla raw cake with chocolate mousse, coconut cream and sprouted cashew 36

Hot Chocolate Cake with Ice Cream

Rich Pastry cream, Nuts, Chocolate and Coco. Served with a scoop of Ice Cream and cocoa nibs 42

Almond Cheesecake with crumbs

With vanilla, lime, almond milk, flax, with berry sauce and some other secret stuff 38

variety of coffee

- Our Coffee is made from an organic coffee blend.
- The Coffee is served with our homemade almond milk.
- Almond milk may be replaced with Soy/Rice milk/Hazelnut/Oat

Espresso/Short/Long	9
Double Espresso/Short/Long	11
Americano/Regular/Large	11/14
Macchiato/Short/Long	9
Cappuccino/Regular/Large	14/17
Ice Coffee	18

Coffee Substitutes

All coffee drinks may be Substituted with the following natural options:

- Pioneer – Caffeine-free coffee supplement.
- Grinded Date Palms kernel
- Roasted Rich Coco Powder

hot chocolate

Chocolatte Bianca

Almond milk, Almond butter, Vanilla, raw cocoa, roasted cocoa, Maca, Chia, carob powder, Date honey and cinnamon
Hot/cold 24

the house drink


Almond milk, Vanilla, Dates and cinnamon. Hot/Cold16

carob ice coffee

Carob powder, Almond milk and Dates (Hot/Cold) 21

special hot beverages

Lemon, Ginger and Maple Tea18

Turmeric Almond Milk 
Turmeric extract, Almond Milk, a sprinkle of salt and Black Pepper16

Ra'as El Dohen Kettle
Liquorice, Cinnamon, Fennel seeds, Aloysia, Rosebuds, Calendula, Served with Medjool date palm 28

Cinnamon-Apple Juice
Freshly squeezed apple juice, boiled with Kefir leaves and cloves served with cinnamon and organic dried apple 21

Indian Chai
Cinnamon Mix, Cloves, Cardamom, Ginger, Vanilla, Black Tea and Almond Milk 21

infusions

Mug16
Small Kettle 24
Milk 4

- Garden Mix Tea (Lime leaves, Aloysia, Micromeria & Vanilla)
- Fruit Tea
- Black Tea
- Red Tea (Rooibos)
- Earl Grey
- Chamomile
- Jasmine
- Roses
- Holy Basil
- Roasted Tea Twigs
- Sencha Green Tea

cold beverages cold infusions

- Jasmine-Lime Infusion
- Cinnamon Infusion
- Hibiscus-Stevia Infusion
Glass/Jar16/24

the house lemonade

Lemon, Kefir leaves, Holy basil, Brown Sugar
Glass/Jar16/26


specials

Fresh Cold Coconut 26

Rosetta12

Rosetta with ginger Lemon and maple16

Spirulina and Lemon 
Spirulina, Lemon, Maple and Basil 24

Green Morning 
Almond Milk, Chia, Maca, Barley Grass Powder, Spirulina 32

sparkling

Ginger and Lemon Soda16
Cinnamon Soda16
Hibiscus Soda16

healthy

Wheatgrass (50 ml) 12

freshly squeezed

Fresh Fruit Juices
A variety of freshly squeezed seasonal fruits18

Orange/grapefruit14

shakes green

Apple-Celery

Green tea, Apple juice,
Celery, Date, Walnuts and
ground liquorice 28

Lemon Kiwi

Apple juice, Lemon, Ginger,
Maple and Mint 26

Green

Parsley, Alfalfa Sprouts,
Arabic Lettuce, Spinach, Lemon,
Apple, Banana, Passion Fruit,
Green tea 34

Deep Green

Parsley, Lemon, Lettuce,
Alfalfa, Fennel, Cucumber,
Apple, Date, Passion Fruit,
Kettle Coconut Water Powder,
Barley Grass Powder, Chard,
Spirulina 42

almond milk based shakes

May be replaced with hazelnut/
oat/soy/rice milk

Indulging Fruit Milk

Banana, Apple, Blackcurrant,
Blueberries, Vanilla, Fennel
Seeds, Almond Milk 26

Noki

Date, melon, banana
and almond milk 24

Noki Spirulina

Banana, date, pineapple,
spirulina and almond milk 28

Banana Chocolate

Banana, Date, Maca,
Chia, Raw Coco Powder,
Pure Vanilla Extract,
and Almond Milk 32

Mango Spirulina

Mango, coconut oil, spirulina,
Kefir, Maca and Almond milk 34

Acai Milk

Banana, Acai, Vanilla, Maca,
Chia and Almond milk 32

Beet Milk

Beets, Coconut Water Powder,
Maca, Chia, Almond Milk 32

Super Stimulating Milk

Banana, Goji Berries, Passion
Fruit, Ginger, Coconut Water
Powder, Acai, Maca, Raw Coco
Powder, Barley Grass Powder,
Cinnamon, Almond Milk 48

vegetable based shakes

Carrotmyster

Carrot Juice, Lemon, Date,
Cranberries, Blueberries,
Chia, Ginger, Goji Berries,
Turmeric, Passion Fruit 32

Beet - hazelnut

Hazelnut butter, Goji, Maca,
Blackcurrant and Beet juice 34

Optional Superfoods

Goji Berries, Acai, Hemp
Seeds, Nibs Coco, Spirulina,
Barley Grass Powder,
Coconut Water Powder,
Aloe Vera 5

fruit juice based shakes

Lemon-Pineapple

Our homemade lemonade,
Pineapple, mint and agave 28

Orange Power

Freshly squeezed orange juice,
Papaya, Passion Fruit, Ginger,
Goji Berries, Turmeric, Chia,
Walnuts, Maca 34

The Flattering Melon

Melon, Mango, Apple juice,
Vanilla, Cardamom, Fennel
seeds and Cinnamon 32

and also... soft/alcohol

Mineral Water (Glass bottle)

San Benedetto – ½ Liter 14
San Pelegrino – Sparkling 12

beer

Goldstar (Tap)

Large/330 ml 19
Regular/200 ml 12

Alexander organic

Israeli Boutique Beer
(5.3% alcohol) 31

Westones

Apple Cider (4.5% alcohol) 28

Mongozo

Organic, Gluten-free Beer 34

wine

Assaf – Family Boutique Winery

Cabernet Sauvignon Silver

Ages 12 months
in oak barrels 32/105

4 Seasons Pinotage

Ages 12 months in oak barrels
85% Pinotage, 15% Syrah-
Cabernet Sauvignon,
Cabernet Franc Blend 38/130

Sauvignon Blanc

French 28/95

Chenin Blanc

Ages 6 months
in oak barrels 34/120

cocktails

Cucumber Arak 28

Arak Rosetta Ginger

Lemon and Maple 28

Cassis with Almond Mil 32

Pineapple Mojito 34