

# Buddha Burgers - Live and Let Live - Food

A dietary abundance of **Proteins** ● **Fibers** ● **Vitamins** ● **Minerals** ● **Enzymes** ●  
**Minimum fats** ● **Minimum calories** ● **Fair prices** ● **All Vegan** ● [www.buddhaburgers.co.il](http://www.buddhaburgers.co.il)



## Burgers

23 NIS REGULAR 30 NIS DOUBLE

**Common Ingredients:** Whole wheat bun with lettuce, tomato, onion, chives, vegan cheese, vegan 1000 island dressing and mustard.

- **Buddha Classic** ● Gluten free patty made out of: Lentil sprouts, mushrooms, celery, walnuts, onion, wholegrain sesame seeds, tahini, basil.
  - **Shnitzel** ● Seitan covered in breadcrumbs and fried.
  - **Shwarma Seitan** ● Seasoned Seitan slices.
  - **Okara** ● Okara is the firm part of the soybeans obtained when making soymilk. Green Tahini instead of mustard.
  - **Baked Falafel** ● Patty made from: Chickpeas, herbs, onion.
  - **Mushroom Burger** ● Button Mushrooms, Okara and Onions. 3NIS addition.
  - **Diet Burger** ● Buddha patty/Shwarma Seitan slices/Okara/Baked Falafel with tomato ketchup instead of vegan cheese and Thousand Islands dressing.
  - **Lettuce-Bun Burger** ● Burger of your choice served on a bed of lettuce and alfalfa sprouts instead of wheat bun.
- Extra Burger Fillings:** Grilled Portobello Mushrooms - 4 NIS, Guacamole - 3 NIS, Alfalfa Sprouts - 2 NIS, Pickled Cucumber - 2 NIS, Fried Onion (without oil) - 2 NIS.

**Side Dishes:** Bakes Potatoes with 'cheese' sauce and Ketchup - 11 NIS; Green beans stir fried with Garlic - 11 NIS

## (Tortilla ) Toasts

24 NIS

Whole wheat grain bread or tortilla with vegan cheese, pizza sauce and onion. In grain bread toasts also tomatoes are being added.

2 Fillings of your choice: Shwarma Seitan slices, Smoked Tofu, Vegan Salami, Mushrooms, Olives, Corn, Tomato.

## Soup of the Day

19 NIS

Served with whole wheat grain bread and whole wheat croutons.

## Burritos

27 NIS

**Common Ingredients:** Whole wheat tortilla, guacamole (avocado paste), salsa (tomato based), vegan cream cheese, green Tahini, fried red onion (no oil), alfalfa sprouts, carrot.

- Buddha Patty ●
  - Shwarma Seitan ●
  - Okara Patty ●
  - Baked Falafel Patty ●
  - Smoked Tofu ●
  - Lettuce ● Lettuce Leaves instead of the tortia.
  - Grilled Portobello Mushrooms ● 30 NIS
- Extra Burrito Fillings:** Grilled Portobello mushrooms 4 NIS, extra Guacamole 3 NIS, pickled cucumber 2 NIS, extra fried onion 2 NIS

## Stir-Fries

36 NIS

**Protein of your choice** Tofu / Seitan / Smoked Tofu  
**Grain of your choice** Brown Rice / Quinoa/ Whole durum pasta / Rice noodles  
**Sauce of your choice** Coconut Curry (mild) / Teriyaki / Silan & Soy Sauce / Sweet Chili  
**Vegetables in the Stir-Fry:** Carrot, green bean, mushroom, spring onion, bean sprouts, cabbage, red pepper.

**All stir fries served with a small side salad.**

**Extra (free) Toppings** Roasted peanuts, Pineapple.

**Recommended Combinations:**

**Classic:** Tofu on brown rice with coconut curry  
**Asian:** Smoked Tofu on rice noodles with silan & soy sauce

**Combined:** Tofu and Seitan on quinoa and brown rice with Teriyaki Sauce.

## Pizza

24 NIS

Made out of sprouted and ground spelt.

2 Toppings of your choice: Shwarma Seitan, Smoked Tofu, Vegan Salami, Mushrooms, Olives, Corn, Tomatoes.

## Buddha Bowls

28 NIS REGULAR 35 NIS LARGE

**Rice Bowls with cooked toppings.** The standard basis is rice. Alternative bases are Kinoah (+ 3 NIS), Whole durum wheat spaghetti (+ 3 NIS), or Tofu Nioochi (+6 NIS). Decoration of grated Beets, grated Carrots, Alfalfa and Sunflower Sprouts.

- **Tofu and Broccoli** ● Tofu, Broccoli, Tomatoes, Mushrooms and Green Onions in Curry Coconut Sauce.
- **Seitan Stew** ● Seitan cooked with tomatoes, Red Bell Pepper, Lemongrass, Lime leaves and Chile Pepper (this dish is slightly hot).
- **Mushroom** ● Portobello Mushrooms and Champignon Mushrooms with Mushroom Sauce.
- **Indian** ● Chana Masala (Garbanzo Beans with Tomato Sauce) and Lentil Dal (Lentils Indian Style) with Curry Coconut Sauce.
- **Beet Kube** ● Kube (Iraqi ethnic dish of wheat semolina) filled with soy mints, onion, and parsley) with beet sauce
- **Protein** ● Stir Fried Tofu, Smoked Tofu and Shwarma Seitan with Teriaki Sauce.

## Tortilla Rolls

20 NIS

**Wholemeal Tortilla filled, rolled and cut like sushi.**

- **Tofu- Carrot** ● Smoked Tofu, carrot, alfalfa sprouts, red onion and Pesto.
- **Okara** ● Pickled Cucumber: Okara, pickled cucumber, alfalfa sprouts, red onion and green Tahini.
- **Salami- Beetroot** ● Vegan Salami, fresh beetroot, alfalfa sprouts, red onion and black olive Tapaned.
- **Roastbeef** ● Vegan Roastbeef, pickles, alfalfa sprouts, red onion, mustard and diet Tofu Mayonnaise.
- **Shwarma Seitan - Chives** ● Seasoned Seitan slices, chives, alfalfa sprouts, red onion and vegan cream cheese.
- **Avocado** ● Avocado Salad (with onion, garlic, salt, pepper), carrot, alfalfa sprouts, red onion and vegan diet mayonnaise

## Appetizers

17 NIS

- **Seitan Fingers** ● Sliced Seitan coated and fried in breadcrumbs and nutritional yeast-flakes served with vegan cheese and tomato ketchup.
- **Veggie Patties** ● Beetroot (without gluten), Sweet Potato, and Leek Patties with a sauce of choice (Tomato, Pesto, Tofu Chive Cream or Sauce of the Day).
- **Leek-Tofu Pie** ● Pie with whole wheat flour and tofu leek topping.
- **Baked Potatoes** ● Baked with only a small amount of oil, served with vegan cheese and ketchup.
- **Seitan Schnitzel** ● Served with tofu chive cream and a slice of lemon.
- **Spelt Pita with Bean Spread** ● Two sprouted and ground Spelt Pita served with White Bean Spread.
- **Indian** ● Chana Masala (Garbanzo Beans with Tomato Sauce) and Lentil Dal (Lentils Indian Style), served with a toasted bread slice.
- **Vegan Roastbeef** ● Lettuce and sunflower sprouts rolled into a vegan roastbeef slice, served with majonese on side.

## Flaxseed

12 NIS

### Crackers (raw)

The low-heat preparation process preserves the enzymes, vitamins and minerals in their original form and therefore the flaxseed crackers contain a very high amount of Omega 3.

- **Tomato and Pesto**
- **Olives**

## Business Deals

Available Sunday to Thursday, 11.00 - 17.00.

- **Salad Deal** ● Save 3 NIS by ordering any Dish (minimum price 17 NIS), together with any salad.
- **Shake Deal** ● Save 3 NIS by ordering any Dish (minimum price 17 NIS), together with any shake.



## Buddha Burgers - Sandwiches, Drinks and Salads

### Sandwiches / Spelt Pita

NIS 24 NIS 26

**Common Ingredients:** Whole Wheat Bread or two sprouted spelt pitta with white bean spread, lettuce and mixed green salad leaves, pickled cucumber, tomato, alfalfa sprouts, red onion, coarse salt and black pepper.

- **Smoked Tofu**
- **Vegan Roastbeef** ● With Mustard and Diet Tofu Mayonnaise instead of white bean spread.
- **Vegan Salami**
- **Shwarma Seitan Slices**
- **Avocado**

### Juices

Squeezed on the spot

- **Carrot Juice** ● 9/11/16/19
- **Orange / Carrot-Orange / Apple Juice** ● 11/13/18/21  
(Optional: half juice half soda water.)
- **Juice Cocktails** ● 13/15/19/24

Up to 3 of your choice: Carrot, apple, beetroot, orange, tomato, cucumber, celery, parsley, ginger, pomegranate, red grapefruit

#### Recommended Juices:

- **Classic** ● Carrot-beetroot-celery-parsley
- **Green Waldorf** ● Apple-celery-lemon
- **Red Waldorf** ● Apple-carrot-beetroot-ginger-lemon
- **Green Cleansing Juice** ● Cucumber-celery-mint-parsley-lemon.
- **Red Cleansing Juice** ● Cucumber-beetroot-carrot
- **Ginger Ale** ● Half apple juice with ginger, half soda water.
- **Alkaline Improver** ● Cabbage and celery.

**Extra ginger:** 1.5 NIS

### Green Smoothies

NIS 15 NIS 18 NIS 23 NIS 29  
SMALL MEDIUM BIG HUGE

**Smoothie base of your choice:** Carrot juice/ orange juice/apple juice/soymilk/water.

**Fruit (up to 3 of your choice):** Banana, mango, blueberry, raspberry, dates, melon, kiwi fruit, pineapple, lychee, passion fruit, strawberry.

**Local Green Leaves (Seasonal):** Parsley, Mediterranean Milk Thistle, Mallow

**Ground Flaxseed added to all smoothies.**

#### Recommended Green Smoothies:

- **Vegan Lassi** ● Green leaves, pineapple, mint, Tofu and lemon -with orange juice.
- **Mango-Pineapple-Banana** ● Green leaves, mango, pineapple, banana with -orange juice.
- **Avocado** ● Green leaves, avocado, dates, lemon juice, brown sugar, with soy milk.
- **Mint Lemonade-Melon-Lychee** ● Green leaves, melon, lychee, Tofu - with mint-lemonade.
- **Lychee-Mango-Passion Fruit** ● Green leaves, lychee, mango, passion fruit - with apple juice.
- **Pina Colada** ● Green leaves, pineapple, coconut cream, dates, banana - with soymilk.
- **Banana-Date-Pecan** ● Green leaves, banana, dates, sugared pecans -with soymilk.
- **Spirulina** ● (+3.5 NIS) Green leaves, banana, dates, 5g Spirulina powder - with carrot juice.
- **Walnut-Maple Syrup** ● Green leaves, walnuts, maple syrup, banana -with soymilk.
- **Carob Milk** ● Green leaves, carob powder, banana, dates, peanut butter -with soymilk.
- **Tofu** ● Green leaves, tofu, peanut butter, flax seed' dates, wheat germ, banana, on base of soy milk.
- **Ginger** (against headaches) ● Green leaves, ginger, Tofu, cumin powder -with apple juice.
- **All Green** ● Green leaves, mint, melon, kiwifruit -with apple juice.
- **Cherry-Apple** ● Green leaves, cherry, raspberry, banana, Tofu - with apple juice.

● **Blueberry** ● Green leaves, blueberry, mango, banana -with soymilk.

● **Granola** ● Green leaves, banana, dates, and Granola with oatmeal, nuts, seeds and dried fruit - with soymilk.

### Warm Beverages

We use organic coffee from Brazil.

- Espresso, Makiato, Americano ● 8/10
- Capuccino ● 11/13
- Late, Chai, Chocolate ● 11
- Granulated Coffee or Decaf ● 9/11
- Tea ● 10
- Apple Cider wth apple juice, apple cubes, red wine, cardamon and a cinnamon stick ● 17
- Punch with red wine, apple juice, banana and cherries ● 17

### Cold Beverages

- Mineral Water ● 6
  - Coke ● 8
  - Lemonade ● 10/12/17/21
  - Iced Lemonmint ● 12/14/19/23
  - Ice Coffee ● 15/18/22/25
- Classic: Espresso, soy milk, sugar, ice.  
Cherry Chocolate: With cherry and cacao.  
Pecan Maple: With pecans and maple.  
Moccha Mint: with cacao and mint leaves.  
Almonds: with almonds and almond extract.

### Vegan Biscuits for Dogs (and their owners)

Made out of whole wheat flour, wheat germ, flax, peanut butter and nutritional yeast.

- Carrot ● Okara ● Peanut Butter

### Salad Bar

NIS 14 NIS 18 NIS 23 NIS 30  
SMALL MEDIUM BIG HUGE

### Recommended Salads

NIS 25 NIS 30  
BIG HUGE

● **Buddha Salad** ● Sprouts are seen as a "super food" as they are rich in vitamins and enzymes. Smoked Tofu, mung bean sprouts, rye sprouts, lentil sprouts, sunflower sprouts, broccoli sprouts, radish sprouts, alfalfa sprouts, bean sprouts, cherry tomatoes, mushrooms and green mixed salad leaves.

● **Green Salad** ● Green leaves are the food group that contains the highest amount of dietary values. Cos lettuce, Red Leaf lettuce, Butterhead lettuce, mixed green salad leaves, sunflower sprouts, red cabbage, mushrooms, spring onion, chives, parsley, smoked Tofu, cherry tomatoes and roasted walnuts and cashews.

● **Roots Salad** ● Carrot, fresh beetroot, radish, mixed green salad leaves, smoked Tofu, roasted nuts & seeds and vegan Parmesan cheese.

● **Waldorf Salad** ● Apple, mixed green salad leaves, celery, walnuts, pineapple, lemon and smoked Tofu.

● **Quinoa Salad** ● Rich in protein, iron and calcium. Organic quinoa, dried cranberries, celery, walnuts, parsley, mint, coriander.

● **Broccoli Salad** ● Rich in vitamin C + A, calcium and folic acid. Broccoli, Smoked Tofu, Wakame and Hiziki Sea Weed, Dried Tomatoes, Cherry Tomatoes, Red Onion and Green Onion.

● **Seaweed Salad** ● Rich in minerals Seaweed contains double the amount of minerals found in common vegetables. Wakame seaweed, fresh beetroot, radish, spring onion, cucumber, wholegrain sesame seeds, smoked Tofu and brown rice noodles. 2NIS extra.

● **Hot Mushroom Salad** ● Portobello Mushrooms, Button Mushrooms, Green Beans, Smoked Tofu and Nut Mix stir fried in olive oil and soy sauce, served on baby leaves. 36 NIS.

**2 Salad dressings of your choice:** Mustard-Silan / Tomato-Basil Vinaigrette / Garlic-Tahini / Mango-Lemon / Miso / Ginger-Carrot / Diet Tomato Basil / Third dressing 2 NIS.

- Side dish of bread 2 NIS
- Side dish of 80g smoked Tofu 4 NIS
- Salad mixing (from the salad bar) 1.5 NIS