

DESTINATIONS

SHORT BREAKS | TEL AVIV



FOOD & DRINK IN TEL AVIV

The Israeli city is the capital of falafel and home of hummus, discovers **Katie McGonagle**



VEG OUT WITH VEGANS

Tel Aviv is renowned as the vegan capital of the world, reportedly offering more than 400 vegan and vegetarian-friendly restaurants. Under Kosher dietary laws, meat and dairy can't be prepared in the same kitchen, so you'll find lots of imaginative alternatives to these food groups. There's even vegan ice cream at new restaurant Bianco Nero in Tel Aviv Towers, where 28 naturally flavoured ice creams – think carrot cake, lemon pie and chocolate orange – include 18 vegan options.

Book it: Viator's Vegan Food Tour Through Tel Aviv starts at £40, stopping at four restaurants over three hours, departing daily at 12pm. viator.com

EAT TAPAS OUTDOORS

There's no shortage of top-drawer dining in Tel Aviv, but the options aren't restricted to Israeli food – in fact, this cosmopolitan city can offer up food from just about every country in the world. Vicky Cristina is a tapas and wine bar set by the sea in the Old Train Station, bordering the swanky Neve Tzedek neighbourhood, serving up flavour-packed tapas in a delightful outdoor setting.

Book it: Reservations are advised; dishes range from about £2.50 to £21. vicky-cristina.co.il



SHOP IN SHUK HACARMEL

This buzzing marketplace, or shuk, is the largest in Tel Aviv, where stalls piled high with pomegranates, spices, dried fruits and rose petals sit alongside those selling household goods. Wander around, then head outside to Hashomer 1 restaurant, where the somewhat shabby exterior belies the quality of its food – the baked cauliflower, served whole to the table for added drama, is a particular highlight.

Book it: Kuoni's eight-night Highlights of Israel tour includes a tour of Carmel Market and free time to eat at a restaurant. kuoni.co.uk

SAMPLE ISRAELI WINE

Israel's wines might be lesser known than those of other Mediterranean countries, but its wineries have undergone a resurgence over the past two decades. Cyplon Holidays recommends the family-run Tishbi Winery, an hour north of Tel Aviv. Cyplon's Elena Ahmadian says: "You can learn about the fascinating stories of family-run wineries, explore the evergreen scenery and experience unique flavours and aromas."

Book it: Three nights' B&B at the Royal Beach Tel Aviv starts at £899, including flights from Luton on September 6; wine tasting at Tishbi Winery costs \$12. cyplon.co.uk



START WITH SHAKSHUKA

Shakshuka is believed to have come from North Africa via the Ottoman Empire, but no matter where it's from, it's become a staple of Israeli cuisine – it's hard to find a breakfast buffet that doesn't feature it. The dish – popularised in the UK by Israeli chef Yotam Ottolenghi – comprises eggs baked in a spicy tomato and vegetable sauce, topped with herbs or feta and served with bread.

Book it: Intrepid Travel's nine-day Israel & the Palestinian Territories Real Food Adventure starts with a meal of shakshuka in Jaffa, Tel Aviv's oldest area. Prices start at £1,887, excluding flights. intrepidtravel.com/uk



PICTURES: Shutterstock; Kelsey Knight/Unsplash; Soritt Goffen; Katie McGonagle