



Eat Your Way Through Israel

Alumni Advice

- Make dinner reservations for 4-8 people so you can go out with other couples
- Don't skip Israeli breakfast! It's life changing.
- Try all the pastries in the *shuk* (market). All of them. Every single one.
- Order a dish you've never heard of.
- Pause that low carb diet and enjoy all the pita.
- You haven't had real falafel until you've had it in Israel.

Foodie Faves

- [Tel Aviv Eats](#), blog by Eden Grinshpan, host of Top Chef Canada and author of Eating Out Loud.
- [Michael Solomonov's Israel Restaurant Recommendations](#), co-owner of Zahav and numerous Israeli restaurants in Philadelphia and NYC and co-author of three cookbooks.
- [Tales of Israel](#), travel blog by Miriam.

Restaurant Recommendations

In the mood for some super authentic Israeli food in Jerusalem? Looking for something quick and casual in Tel Aviv? Routes, Honeymoon Israel's travel partner, has you covered! [Find the next best meal of your life.](#)

Deliciousness Defined



Shakshuka: eggs poached in a sauce of tomatoes, olive oil, peppers, onion, garlic, and spices.



Shawarma: dish made from marinated meat that's thinly sliced and stuffed into a pita with veggies and sauces.



Sabich: fried eggplant, hard boiled eggs, hummus, tahini sauce, Israeli salad, and pickles in a pita.



Bourekas: flaky puff pastry filled with a variety of fillings like cheese, potato, spinach, eggplant, and more.