

Feel Like A Telavivian With These 10 Local Hotspots

1. Most people come to Israel for hummus and falafel without even knowing the 'sabich' sandwich exists. It's a fried eggplant sandwich that hails from Iraq, arguably the most delicious street food the country has to offer. It's particularly special at Sabich Oved, a city institution that boasts the crispiest eggplant slices, the fluffiest pitas, and the tastiest toppings around. When the charismatic owner asks what you want inside your pita, just say 'hakol' (everything). You'll be rewarded with a mountainous sandwich that includes salad, tahini, hard boiled egg, and plenty of spices.

2. Make your way to Yafo for the most epic meal in town, a family-style feast at the Old Man and the Sea. There's usually a line out the door, but it typically moves fast and is worth the short wait. Once you're seated, the efficient staff will—as Israelis say—'open the table' with the most impressive salad spread you can imagine. Chow down on the homemade delights with just baked laffa bread and feel free to ask for refills at any time. When it comes time to order main dishes, opt for grilled seafood and local fish filets (Drum Fish, Lokus, and Levrak).

3. Aptly named after the bustling market culture of Israel, La Shuk is a seriously fun restaurant near Dizengoff Square. The restaurant decor is distinctly inspired by its Middle Eastern surroundings, filled with Persian rugs and mismatched furniture. We love sitting at the intimate, U-shaped bar because of its proximity to the open kitchen—which means you'll be able to catch a sneak peek of the excellent Mediterranean dishes before you order. Highlights include grilled eggplant, white fish ceviche with dates and labane, and kebabs 'La Shuk' style. Toast to a wonderful meal with a simple cocktail or a reasonably priced glass of wine.

4. Miznon is a fast-casual pita joint with a cult following. They serve up the most decadent (and trendy) pita sandwiches you'll ever have, with unique fillings like short rib stew and eggplant ratatouille. We love the King George location for its incredible energy, prime location, and the high chance that you'll be served a free dessert pita oozing with caramelized bananas at the end of your meal. Miznon also makes killer vegetable side dishes like the signature roasted cauliflower and charred sweet potato.

5. The Jaffa Flea Market—or Shuk Hapishpeshim in Hebrew—is a true flea market with hip Jaffa flair. The market spans the eastern streets of Old Jaffa without defined boundaries, and it's the best way to experience the unique culture of Tel Aviv's smaller sister. Peruse the streets, and you'll find everything from stall vendors peddling trinkets, tchotchkes, and Persian rugs to high-end boutiques that feature the designs of Shenkar graduates (the country's premier fashion and design university).

6. OCD is making waves in the Tel Aviv food scene. Chef-owner Raz Rahav is only 24 years old but has the chops of a seasoned industry veteran. The restaurant space is understated yet impactful, outfitted with dim lighting and a U-shaped bar that surrounds the restaurant's open kitchen. The nine-course meal (285 NIS per person) includes a cocktail to open the night, and Rahav personally explains the details of each dish as the courses are served. There are two seatings a night, and all dietary restrictions can be accommodated. Pro-tip: Feel free to explore the open kitchen and chat with Rahav while the courses are prepared.

7. 223 Cocktail Bar is modest in size but will certainly deliver on the cocktail front. The staff, mostly international, is professionally trained and highly knowledgeable when it comes to

mixology. They also dress the part—in Prohibition Era-style uniforms—as they shake, mix, muddle, and strain. 223's happy hour deal features 1+1 on all drinks from 6-8PM, daily.

8. Tucked away on the first floor of the Roman House building, Salon Romano is a music lounge cum restaurant from Eyal Shani that will guarantee you an ultra-cool, Tel Avivian night out on the town. The menu features rustic and simple dishes that are served on cardboard trays, like Shani's triple fried, thick-cut fries with homemade mayonnaise and tomato sauce. The underground spot doesn't accept reservations, which means the bar doubles as a waiting room. Add your name to the list and sip a cocktail while you wait.

9. Carmel Market, better known as Shuk HaCarmel, is the biggest open-air market in the city. While the main stalls and vendors run along HaCarmel Street (entrance at the intersection of Allenby and King George), there's an entire world of hidden haunts in the market alleyways. Go with an empty stomach and spend a weekday afternoon (it's less crowded) sampling Shuk bites. Our favorite spots are the authentic Venezuelan Arepa's stand, HaShomer 1 chef's counter, Bunny Chow South African curry, Beer Bazaar, and Turkish Bourekas (look for the bright red sign at HaCarmel 39).

10. Bucke is an eclectic vegetarian cafe and local hangout on Ahad Ha'am Street. The menu is scrawled daily on chalkboard walls, and most of the dishes are served on lunch trays topped with parchment paper. The best dish on the menu is the "Country Boker," which is a giant, shareable breakfast tray that comes with more than ten small vegetable and egg dishes. Offerings change depending on what's cooking in the Bucke kitchen that day, but you can expect a healthy mix of herb salads, roasted potatoes, deconstructed sabich, and more. The meal comes with fresh bread on the side and the friendly staff usually gives you a free cookie (or two) with your receipt.

General Descriptions for Journey

Retail

Paris — Stepping into one of FrenchTrotters “casual chic” lifestyle boutiques is the perfect way to immerse yourself in the *‘je ne sais quoi’* Paris aesthetic. FrenchTrotters’ 2 locations carry a curated selection of French and imported goods, including their ready-to-wear in-house brand. Set against the backdrop of pared-down wood display cases and bright, white walls, expect to find a mix of high-end international clothing brands such as Acne and Band of Outsiders, trendy bath products, and home goods. Pro-tip: Follow FrenchTrotters on Facebook and Instagram to stay in the loop about seasonal sales and new merchandise.

San Francisco — Freda Salvador’s contemporary, cool-girl footwear is produced in a small factory in Spain, but retails at their flagship store on Fillmore Street. They specialize in shoes that are soft and wearable, which means you’ll find easy to slip on leather booties, funky penny loafers with unique cutouts, and the like. The store’s aesthetic is effortlessly chic, with bright and clean display cases, bold printed rugs, and dreamy wall hangings.

Museums / Cultural Destinations

Girona — You won’t be able to ignore the Dalí Theatre and Museum in Figueres, a massive castle-like building topped with giant sculptural eggs. The complex pays homage to the endless imagination of the master of surrealism, housing exhibitions that contain grandiose installations, statues, and mysterious rooms to explore. Keep your eyes peeled for the medieval suits of armor balancing baguettes on their heads at the entrance. Admission fee of €12.

Brooklyn — Calico Brooklyn is a small venue in Greenpoint that’s much more than a gallery; it’s one part creative woodworking studio and part exhibition space for emerging artists that want to explore concepts and refine ideas. Tucked away on the second floor of the Greenpoint Terminal Warehouse, Calico focuses on nurturing the local art scene, making it a welcoming, engaging, and personal destination to view “white cube” presentation and connect with NYC-based artists.

Restaurants

Sweden — Don’t miss out on the tasting menu experience at Stockholm’s finest gastropub, which highlights local Swedish ingredients and changes accordingly (choose from 4, 6, or 8 courses starting at 495 SEK per person). Pubologi’s intimate space might deceive you at first, but they actually have one of the largest wine cellars in Sweden—*and* they brew beer in tandem with one of the most distinguished brewers in the country. We love Pubologi’s eclectic vibe; especially the hanging trinkets and the long, community-style table in the center of the restaurant. However, parties of 2 can request (in advance) to dine at a private table. It’s also important to note that Pubologi is open for dinner only.

Florence — Located on Via delle Seggiole is an unmarked bar-restaurant that’s a mix of old world Florence and contemporary design. The structure was resurrected in the second half of the 15th century, but the dark and sleek space still feels sexy despite being adorned with 16th-century frescoes. The menu is nothing like its city counterparts. Rather than serving homestyle food, the worn-in kitchen focuses on fusion cuisine with hints of molecular gastronomy. Expect

to find truffle-heavy dishes, creamed grains, inventive pasta bowls, and grilled meats with modernist touches.

Bars

Prague — Despite the scandalous name, Illegal Beer is an approachable beer shop-cum-bar near Wenceslas Square. Every day, the six taps are switched up for variety and surprise—offering excellent beers and ciders from small and medium-sized breweries throughout the region. Better yet, the taps are drawn directly from the basement, which means you'll be treated to perfectly poured, temperature-controlled brews no matter what you order.

London — Located at the preserved Meliá White House, Dry Martini by Javier de las Muelas has been rated one of the World's Best 50 Bars for seven consecutive years. The glamorous drinking den is dark and elegant, with dark wood paneling, checkerboard carpet, and purposefully mismatched furniture. Despite the prestige, you'll find a relaxing atmosphere that encourages sharing and conversation as you sip Muelas's signature cocktails.

What I Eat For A Gluten Free Energy Boost in Midtown

Gluten-free diners can escape the usual fare of salad greens topped with protein at Bareburger, a quirky, down-to-earth restaurant that guarantees “our home is your home.” Situated across from NYC's famed Jackson Hole burger joint, it's hard to ignore Bareburger's smart approach to dining: all-inclusive and all-natural with an emphasis on quality and sustainable sourcing. The space's relaxed vibe—with an open kitchen, reclaimed wood decor, and a collection of homespun silverware—are a welcome retreat before an afternoon at the Madison Avenue shops or Soho flagship stores.

Before navigating the crowded streets, fuel up without dragging your travel companions to a strictly gluten free restaurant. The burgers, side dishes, and drinks satisfy both restriction-free and allergy-afflicted diners. Order the “Maple Bacon Cheesebareburger” and join the New York City burger craze (\$10.55). It's a twist on the classic juicy cheeseburger, with the addition of blackened maple bacon, sharp cheddar, raw red onion, and house-made mayonnaise. Bareburger recommends organic bison meat (+ \$2.55), but the organic turkey, beef, or ostrich won't force you to shell out the cash you saved for holiday gifts. Feel proud as you order a gluten free rice bun (+.35)—it will soak up all the juices. Douse your burger in the homemade Sriracha and ketchup stored in repurposed honey “bare” bottles.

When dining with a group opt for a survey of Bareburger's “snacks & essentials” for the table. Try the “Assorted Pickles” (\$6.95) for a taste of locally-produced Rick's Picks “Spicy Habanero Crinkle Cuts” and “Garlic Dill Pickles.” Revel in the fresh-cut fries served with curry ketchup, spicy chipotle mayonnaise, and Bareburger special sauce (\$4.95)

Bareburger makes an all-organic milkshake that rivals Shake Shack's frozen custard confections. Order a pistachio to go (\$4.95) and take a stroll through nearby Madison Square Park to take in Leo Villarela's, 30-foot tall “Buckyball” LED sculpture installation while you sip. Scoff at the newbies waiting on the never-ending Shake Shack line and breathe a sigh of relief. Just a few stops on the NQR (23rd and Broadway) will allow you to hit the pavement until it's dark.

Bareburger 514 3rd Ave (between 34th & 35th St) New York, NY 10016 (212) 679-2273

#FACULTYEats: 5 Instagram Accounts We Love to Follow

It's no secret that FACULTY loves food. We often post beauty shots of our meals on social media, and we can't help but click the "like" button on dozens of *foodstagram*s each day. But sometimes we like to choose favorites. Here's a guide to who's posting the most mouth-watering pictures on the web right now.

The Business: Food 52 (@food52)

The complementary social media feed to our go-to recipe browsing website always leaves us satisfied. The F52 team *regrams* pictures from other, awesome food accounts on Instagram while still showing us what goes down at the F52 HQ. Plus, they never fail to provide us with the right dose of inspiration to hit up the grocery store after work instead of opening Seamless from our Bookmarks Bar. P.S. F52's new kitchen-and-home shop, *Provisions*, is officially open for business. Swoon.

Noteworthy 'gram: <http://instagram.com/p/dFFHJkt-af/>

The Maker: Chris Castro (@omarchris)

Chris Castro posts daily close-ups of home-cooked meals along with pictures of the unique offerings he creates for the Oklahoma City Food Swap. Don't be surprised if you start whipping up artisanal tacos for breakfast, lunch, and dinner once you check his feed. Added bonus: he often posts recipe links and provides commentary from his adorable son.

Noteworthy 'gram: <http://instagram.com/p/be7iNwQJL9/>

The Power Duo: Sprouted Kitchen (@sproutedkitchen)

If like us, you're a loyal reader of the Sprouted Kitchen blog then you already know the picture-perfect duo that is Hugh and Sara Forte. And you also know that they can't be beaten when it comes to gorgeous, HD photos of rustic, farm-to-table cuisine. We love how SK's Instagram feed gives us a behind-the-scenes look at upcoming blog posts, but we think the true highlight is the #SKhisandhers series—which gives us a glimpse of Sara and Hugh's laid back approach to cooking and life.

Noteworthy 'gram: <http://instagram.com/p/ct3FwDk7nw/>

The Trendsetters: Immaculate Infatuation (@immaculateinfat)

Immaculate Infatuation has taken Instagram by storm with their weekly #EEEEEEATS photo contest. Their regular coverage of up- and-coming NYC restaurants keeps us in the know while their high-quality feed shows us that it's *never* too dark to take a great food snap on an iPhone. Pro tip: Follow Immaculate Infatuation founders Andrew Steinthal (@schmooley) and Chris Stang (@houseofstang) for even more #EEEEEEATS.

Noteworthy 'gram: <http://instagram.com/p/cNsJH-lb0d/>

The Haute Hippie: David Frenkiel of Green Kitchen Stories (@gkstories)

David is a family man, and he wants you to know it. Expect sweet pictures of his daughter chowing down on unexpected, adult-like meals along with pictures of his experimental, vegetarian cooking. Don't forget to check out his blog while you're browsing — there's a reason it won a Saveur Magazine Best Food Blog Award this year.

Noteworthy 'gram: http://instagram.com/p/czVNz_LOop/

For more delicious food inspiration check out #FACULTYeats (from Brooklyn and beyond).