

# Tel Aviv Food Tour at Carmel Market

📍 Tel Aviv, Tel Aviv, Israel



Eat your way through Tel Aviv on this **Tel Aviv food tour** of the legendary Carmel Market, where Israeli cuisine meets the world. Established in 1920, the Carmel Market (Shuk HaCarmel) is the city's largest open-air market and its culinary heartbeat, a kaleidoscope of spices, fresh produce, artisan cheeses, and the immigrant kitchens that built modern Israel. Over two hours with a professional foodie guide, this Tel Aviv food tour serves up Yemenite jachnun, Moroccan-spiced cheese, fresh hummus and silky tahini, the city's best falafel, Bulgarian feta, baklava, sabich, and a sip of Levantine Arak. Come hungry. What sets this Tel Aviv food tour apart is its narrative spine: every dish on the route is a story about immigration. Your guide explains how Moroccan, Yemenite, Ethiopian, Iraqi, Persian, Lebanese, and Russian Jewish communities each shaped the modern Israeli plate. Tastings rotate by season but always include over \$20 of food per person, plus optional sips of Israeli craft beer and Arak. Vegetarians, vegans, and guests with allergies are easily accommodated with advance notice. The Tel Aviv food tour begins at 22 Carmel Street in central Tel Aviv at 12:30 PM, the perfect lunch hour for the market's energy. You start with a short Bauhaus walk through Nahalat Binyamin, then dive into the Carmel Market's main spice and produce lanes. The middle of the tour focuses on savoury tastings (falafel, hummus, shawarma, fresh cheese, and pickles), followed by a dessert circuit of halva, baklava, and Yemenite pastries. The Tel Aviv food tour ends with a beverage stop near the Poli House Hotel at Magen David Square. The Tel Aviv food tour runs Sunday, Tuesday, and Thursday at 12:30 PM, lasts approximately two hours, and ends at the original starting point. The tour is conducted in English by a licensed foodie guide. Hotel pickup is not included. Children under 12 and students with valid identification receive a 10% discount. Please advise us of any food allergies, dietary preferences, or alcohol restrictions at booking. Luggage is not permitted on the Tel Aviv food tour because the market is crowded and there is no secure storage.

## Tour Facts

Group Size:  
**20**

Duration:  
**2**

Language:  
**English**

Tour Type:  
**continuous**

## Tour Itinerary

### 12:30 PM : Meet at 22 Carmel Street

The Tel Aviv food tour begins at 22 Carmel Street in central Tel Aviv. Please arrive 10 minutes early. Your licensed foodie guide carries a Booking-Tours sign for identification. The meeting point is at the entrance to [Carmel Market \(Shuk HaCarmel\)](#), Tel Aviv's largest open-air market, established in 1920 and home to over 200 stalls and food vendors. This tour does not include hotel pickup. For pickup-inclusive options, browse our [other day tours](#).

Duration  
**0.25 Hour**

### 12:40 PM : Nahalat Binyamin Bauhaus Walk

Short walk through [Nahalat Binyamin](#), the pedestrian street built by artists a century ago and lined with restored Bauhaus balconies and Art Deco facades. The street forms part of Tel Aviv's [UNESCO-listed White City](#), the world's largest concentration of Bauhaus buildings. Your guide sets the cultural scene before the food deep-dive begins, explaining how the area's bohemian architects and immigrant cooks together built modern Tel Aviv's identity.

Duration  
**0.25 Hour**

### 12:55 PM : Spice and Produce Lanes

Enter the Carmel Market's main spice and produce lanes. Sample sumac, za'atar, baharat, Iranian saffron, and Yemenite hawajj while your guide explains how each spice arrived in Tel Aviv through immigrant communities. Fresh produce stalls offer seasonal tastings of Israeli olives, dates, pomegranate seeds, and stuffed Iraqi [sabich](#) ingredients. The [Israeli Ministry of Tourism](#) ranks Carmel Market among Israel's top three culinary destinations.

Duration  
**0.5 Hour**

### **01:25 PM : Savoury Tastings - Falafel, Hummus, Shawarma**

The heart of the Tel Aviv food tour. Taste freshly fried [falafel](#) from one of Tel Aviv's most respected stalls, creamy [hummus](#) with silky tahini, slow-spiced [shawarma](#), Bulgarian feta, Tunisian-style [burrika \(brik\)](#), and a rotation of pickled vegetables. Your guide explains the regional origins of each dish: hummus from Lebanon and Syria, shawarma from Turkey, brik from Tunisia.

Duration  
**0.5 Hour**

### **01:55 PM : Sweets, Halva, and Coffee**

The sweet stop. Sample fresh [halva](#) made from sesame paste (pistachio, chocolate, and vanilla varieties), Levantine [baklava](#) dripping in syrup, Yemenite jachnun pastry, and freshly ground Arabic coffee with cardamom. The Carmel Market's sweet vendors trace their family recipes back to [Kerem HaTeimanim](#), the adjacent Yemenite Jewish quarter founded in the late 1800s.

Duration  
**0.25 Hour**

### **02:15 PM : Beverages and Tour End at Magen David Square**

The Tel Aviv food tour concludes with optional Israeli liquor tastings: local craft beers and the traditional Levantine anise spirit [Arak](#), mixed with water and ice. The tour ends near the Poli House Hotel at 1 Nahalat Binyamin Street (Magen David Square), within walking distance of Allenby Street, Rothschild Boulevard, and the seafront promenade. For a deeper exploration of the area, see our [Tel Aviv Walking Tour](#).

Duration  
**0.25 Hour**