CAFÉ TIBET
BERKELEY, CA

"Traditional and Authentic Tibetan Cuisine" Since 1999
Organic Tsampa (home-roasted barley flour)
Hand-pulled noodles,
Traditional Bod-jha (Tibetan butter tea)
Organic Green Teas from Tibet

Lunch: Mon, Wed, Thu, & Fri (11:30 a.m. - 2:30 p.m.)
Dinner: Wed - Mon (5:00 p.m. - 10:00 p.m.)
Closed on Tuesdays

~ 2020 University Avenue, Berkeley, CA 94704 ~ (510)-548-5553 ~ cafetibetberkeley.com ~
STARTERS*

1. Sho-kho-kha-tsa  5.99
   Curried potatoes sautéed and mildly seasoned with fresh
   ginger, garlic, and coriander

2. Tre-ma Khatsa  6.99
   Organic garbanzo beans sautéed and mildly seasoned
   with Himalayan spices, fresh ginger, and garlic

3. Dholooma Kamngoe  6.99
   Eggplant chips served with special house sauce

4. Trama Chura  6.99
   Tofu chips served with special house sauce

5. Tsel-Khasa  6.99
   Curried seasoned mixed vegetables with fresh ginger,
   garlic, and onion

SALADS*

   Crisp cabbage and carrot salad with light sesame vinaigrette

7. Lhasa Salad  7.99
   Fresh sliced cucumber, tomatoes, and red onions with lemon,
   vinegar, and emma spice

8. Drang-tsel  7.99
   Cucumber and carrot julienne salad with rice wine vinegar

   Mixed greens with balsamic vinaigrette

*Gluten Free
10. Kyidrong Tenak*  
Cream of bean and lentil soup with fresh ginger, garlic, and coriander  
7.00

11. Café Tibet Soup  
A hearty soup with oats, chicken, spinach, peas, carrots, mushrooms, and tofu with ginger, garlic, and fresh herbs  
7.00

12. Traditional Tsam-Thuk or Chu-rool  
Organic home-roasted barley flour with pearl barley, blue Stilton cheese, and choice of beef, chicken, or tofu  
7.00

13. Ngoe-thang*  
Fresh spinach soup with tofu, a spoon of yogurt, fresh ginger, and garlic  
7.00

14. Mixed Vegetable Soup*  
Mixed vegetable soup with ginger, garlic, tomatoes, and fresh herbs  
7.00

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Gluten Free

15. Ping-sha  
Sautéed bean-thread noodle with wood-ear mushrooms, potatoes, roasted organic pumpkin seed garnish, and choice of beef, chicken, or tofu; Served with Basmati rice  
12.99

16. Ngoe-thuk  
Pan-fried sweet potato noodles with vegetables, roasted organic pumpkin seed garnish, and choice of beef, chicken, or tofu  
12.99

17. Shea-Thuk  
Noble families enjoy this sweet potato noodle soup with vegetables and choice Beef, chicken, or tofu  
12.99

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All entrees are cooked fresh & can be served mild, medium, or spicy  
(Most dishes can be prepared vegetarian upon request)
SPECIALS

18. Sha-tak (Lhasa Special)  11.99
Sliced beef, chicken or tofu sautéed with tomatoes, scallions, and bell peppers; served with Basmati rice

Himalayan Spice-roast chicken served with spinach over Basmati rice

20. Luk-sha She-dre  13.99
Tibetan gourmet boneless lamb curry with mixed vegetables over Basmati rice

Sliced eggplant sautéed with Himalayan Spice, onion, ginger, garlic, and tomatoes over Basmati rice and choice of chicken, beef, or tofu
Lamb $2.50 extra

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NOODLES

22. Shea-thuk  10.99
Lhasa noble families enjoy this noodle soup with vegetables and choice of beef, chicken, or tofu

23. Then-thuk (Amdo Special)  10.99
Hand-pulled flat pasta simmered in a flavorful broth with beef, chicken, or tofu, daikon, onions, tomatoes, garlic, and ginger

Shell-shaped hand-made pasta and vegetables with beef, chicken, or tofu

Pan-fried vegetables and homemade fresh noodles with beef, chicken, or tofu
26. Sha Momo
   Beef or Chicken Momo 11.99
   Dumplings with minced beef or chicken
   Mixed with onion and ginger with special house sauce.
   Served steamed or additional $2.50 for fried momo

   Nyah-Sha Momo
   Steamed salmon dumpling with onion, ginger, and house mint sauce

27. Ngotsel Momo
   Steamed dumplings with spinach, feta, and mozzarella 11.99
   Mixed with onion and ginger-served with mild mint sauce

28. Kar-sha Momo
   Steamed Dumplings with mushrooms and mascarpone cheese 11.99
   Mixed with scallion and garlic-served with special yogurt sauce

29. Sho-ko Momo
   Steamed Dumplings with potatoes, carrots, and cabbage
   Mixed with mozzarella, mascarpone, spices, and scallion
   Served with special yogurt sauce

30. Tsel-chul Momo (Tofu)
   Steamed Dumplings with tofu and mixed vegetables
   Served with special with mild mint sauce

31. Combination of any 3 types of momo
   (Except Nyasha Momo) 13.99

   CURRIES

32. Go-nga
   Tibetan gourmet egg curry served with spinach over Basmati rice 10.99

33. Jasha She-dre
   Tibetan gourmet chicken curry-served with Basmati rice 10.99

34. Tsel-Nezom
   Mixed vegetables curry-served with Basmati rice

   Add $2.50 to substitute Madagascar pink rice for Basmati rice
   Add $2.50 each to any entrée to add tofu or mushroom
ENTREES

35. Lab-sha Daikon 11.99
   Daikon radish, beef, and spinach simmered in vegetable broth
   Served with Basmati rice

36. Sha-bhak-leb 14.99
   Four pieces of fried pocket breads with savory beef or vegetarian pastries-
   mixed with herbs, onion, ginger, and garlic. Served with special house sauce.

37. Shen-dea Ngoe-ma 10.99
   Pan-fried rice with mixed vegetables, beef, chicken, or tofu
   Seasoned with fresh ginger and garlic

38. Rhru-jo-tse 10.99
   Beef, chicken, or vegetable momo in soup with spinach

   Oven-roasted eggplant in garlic sauce over Basmati rice

40. Tofu with Broccoli* 10.99
   Lightly cooked tofu with broccoli, and mild Himalayan spices

41. Tofu with Mushroom and Spinach* 11.99
   Tofu, mushrooms, and spinach tossed in garlic sauce

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SIDE ORDERS

42. Tingmo 4.00
   Homemade steamed Tibetan bread mildly seasoned with fresh garlic

43. Pak (sweet or savory) 4.00
   Organic and homemade Tibetan staple food, tsampa, roasted barley flour

44. Basmati Steamed Rice* 3.00

45. Organic Madagascar Pink Rice* 4.00

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*Gluten Free
Special Organic Dishes

Shea-thuk (Noodles & Vegetable Soup) ................................................................. $15.99
Lhasa noble families enjoy this noodle soup with mixed vegetables, tofu, and roasted pumpkin seed garnish

Then-thuk (Amdo Special) ..................................................................................... $15.99
Hand-pulled flat pasta simmered in an organic flavorful mix with vegetable broth, daikon, onions, tomatoes, garlic, ginger, tofu, and roasted pumpkin seed garnish

Shi-gatse Gu-zi Reel-thuk .................................................................................... $15.99
Shell-shaped handmade pasta with organic mixed vegetable soup, tofu, and roasted organic pumpkin seed garnish

Ngoe-thuk ............................................................................................................ $15.99
Pan-fried homemade fresh noodles mixed with vegetables, tofu, and roasted organic pumpkin seed garnish

She-dre Ngoe-ma ................................................................................................ $15.99
Pan-fried Madagascar pink rice and mixed vegetables seasoned with fresh, tofu, ginger, garlic, and roasted organic pumpkin seed garnish

Jasha-shedre ........................................................................................................ $15.99
Chicken breast curry served with organic mixed vegetables, and roasted pumpkin seed garnish. Served with Madagascar pink rice

Tsel-Nezom ......................................................................................................... $15.99
Mixed vegetables, organic tofu, ginger, garlic, tomato, roasted pumpkin seed garnish. Served with Madagascar pink rice

Mixed Vegetable Soup ....................................................................................... $8.95
Mixed vegetable soup with tofu, ginger, garlic, and roasted organic pumpkin seed garnish

Organic Macrobiotic Vegan Sol-dher (Plate)

(Items may change with the seasons.)

Butternut squash, kabocha squash, and Satsuma yam ....................................... $14.99
Brown rice, quinoa, lentil, sautéed tofu, garlic and onion dressing on steamed green kale and onions, mixed vegetable-lentil soup, and green salad prepared with a homemade avocado, red beets, and agave dressing.

Broccoli, carrots, and cauliflower ....................................................................... $14.99
Brown rice, quinoa, lentil, sautéed tofu, garlic and onion dressing on steamed green kale and onions, mixed vegetable-lentil soup, and green salad prepared with a homemade avocado, red beets, and agave dressing.
~ Beverages ~

Bod-Jha
Tibetan tea churned with milk, butter, and salt

Chai
Indian milk tea flavored with cardamom and fennel seeds; served hot or cold

Herbal Tea (Darjeeling Tea, Chamomile Tea, Mint Tea, or Lemon Iced Tea)

Premium Organic Green Teas from Tibet
Choose from a variety of unique teas from the Himalayas

Organic Kombucha Tea

Organic Roasted Barley Tea

Organic Coffee (Jamaican Blue Mountain Blend)

Fresh Homemade Lemonade

Pure Coconut Water

Kombucha (Original, Gingerade, and Synergy Trilogy)
Cold, fermented, raw, and unadulterated tea with live cultures and alcohol. Consumers must be 21 years old or older

Lassi (Mango, Banana, Strawberry, or Plain)

Organic Tsampa Shake
Roasted barley flour with organic ground flax seeds, mixed fruits, and vegetables

~ Wine & Beer ~

Chang (Traditional Tibetan rice wine)

Salmon Creek Cellars (Chardonnay, Cabernet Sauvignon, or Merlot)

Fat Cat Cellars
Chardonnay (Pacific Rim International '08 Silver)
Pinot Grigio (SF Chronicle Wine '09 Gold)
Pinot Noir

Naked Earth Organics (Vin Rouge, South of France)

Patianna Organic Vineyards
Chardonnay (Estate Grown, Mendocino)

Rutherford Vintners
Merlot 08' Taster's Guild International Wine' 11 Gold

Robert Hall Winery
Syrah, '08, Paso Robles

Rancho Sisquoc Winery
Syrah, '08, Santa Barbara County

Beer (Fat Tire Amber Ale, Heineken, or Sierra Nevada Pale Ale)

~ Desserts ~

Gelato Classico Ice Cream (Vanilla or Bittersweet Chocolate)

Bhaktsa Marku (Traditional Tibetan dessert)
Small pasta rolled in brown sugar and topped with mild cheese

Dresy (Traditional Tibetan dessert)
Sweet rice with nuts, raisins, and cream

Fragole Con Panna
Fresh strawberries marinated with squeezed orange juice, rum, vanilla, and honey finished with sweet homemade cinnamon whipped cream

Ginger Crème Brulée
Served with ginger lemon sorbet.

Homemade Sorbets

Chocolate-Rum Mousse Cake