

STARTERS*

1. Sho-kho-kha-tsa 6.99
Curried potatoes sautéed and mildly seasoned with fresh ginger, garlic, and coriander
2. Tre-ma Khatsa 7.99
Organic garbanzo beans sautéed and mildly seasoned with Himalayan spices, fresh ginger, and garlic
3. Dholooma Kamngoe 7.99
Eggplant chips served with special house sauce
4. Trama Chura 7.99
Tofu chips served with special house sauce
5. Tsel-Khasa 7.99
Curried seasoned mixed vegetables with fresh ginger, garlic, and onion

SALADS*

6. Loko Paltsel 8.99
Crisp cabbage and carrot salad with light sesame vinaigrette
7. Lhasa Salad 8.99
Fresh sliced cucumber, tomatoes, and red onions with lemon, vinegar, and emma spice
8. Drang-tsel 8.99
Cucumber and carrot julienne salad with rice wine vinegar
9. Organic 8.99
Mixed greens with balsamic vinaigrette

*Gluten Free

SOUPS

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|-----|--|------|
| 10. | Kyidrong Tenak* | 8.00 |
| | Cream of bean and lentil soup with fresh ginger, garlic, and coriander | |
| 11. | Café Tibet Soup | 8.00 |
| | A hearty soup with oats, chicken, spinach, peas, carrots, mushrooms, and tofu with ginger, garlic, and fresh herbs | |
| 12. | Traditional Tsam-Thuk or Chu-rool | 8.00 |
| | Organic home-roasted barley flour with pearl barley, blue Stilton cheese, and choice of beef, chicken, or tofu | |
| 13. | Ngoe-thang* | 8.00 |
| | Fresh spinach soup with tofu, a spoon of yogurt, fresh ginger, and garlic | |
| 14. | Mixed Vegetable Soup* | 8.00 |
| | Mixed vegetable soup with ginger, garlic, tomatoes, and fresh herbs | |

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## Gluten Free

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|-----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| 15. | Ping-sha                                                                                                                                                           | 14.99 |
|     | 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 |       |
| 16. | Ngoe-thuk                                                                                                                                                          | 14.99 |
|     | Pan-fried sweet potato noodles with vegetables, roasted organic pumpkin seed garnish, and choice of beef, chicken, or tofu                                         |       |
| 17. | Shea-Thuk                                                                                                                                                          | 14.99 |
|     | Sweet potato noodles in soup with vegetables, roasted organic pumpkin seed garnish, and choice of beef, chicken, or tofu                                           |       |

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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

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| 18. Sha-tak (Lhasa Special) | 13.99 |
| Sliced beef, chicken or tofu sautéed with tomatoes, scallions, and bell peppers; served with Basmati rice | |
| 19. Jasha-kam-ngoe | 15.99 |
| Himalayan Spice-roast chicken served with spinach over Basmati rice | |
| 20. Luk-sha She-dre | 15.99 |
| Tibetan gourmet boneless lamb curry with mixed vegetables over Basmati rice | |
| 21. Dhooloma Sha-tsel | 14.99 |
| Sliced eggplant sautéed with Himalayan Spice, onion, ginger, garlic, and tomatoes over Basmati rice and choice of chicken, beef, or tofu | |
| | Lamb \$3.50 extra |

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## NOODLES

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| 22. Shea-thuk                                                                                                                  | 12.99 |
| Lhasa noble families enjoy this noodle soup with vegetables and choice of beef, chicken, or tofu                               |       |
| 23. Then-thuk (Amdo Special)                                                                                                   | 12.99 |
| Hand-pulled flat pasta simmered in a flavorful broth with beef, chicken, or tofu, daikon, onions, tomatoes, garlic, and ginger |       |
| 24. Shigatse Gu-zi Reel-thuk                                                                                                   | 12.99 |
| Shell-shaped hand-made pasta and vegetables with beef, chicken, or tofu                                                        |       |
| 25. Ngoe-thuk                                                                                                                  | 12.99 |
| Pan-fried vegetables and homemade fresh noodles with beef, chicken, or tofu                                                    |       |



## MOMO

26. Sha Momo  
Beef or Chicken Momo 13.99  
Dumplings with minced beef or chicken  
Mixed with onion and ginger with special house sauce.  
Served steamed or additional \$3.50 for fried momo
- Nyah-Sha Momo 18.99  
Steamed salmon dumpling with onion, ginger, and house mint sauce
27. Ngotsel Momo 13.99  
Steamed dumplings with spinach, feta, and mozzarella  
Mixed with onion and ginger-served with mild mint sauce
28. Kar-sha Momo 13.99  
Steamed Dumplings with mushrooms and mascarpone cheese  
Mixed with scallion and garlic-served with special yogurt sauce
29. Sho-ko Momo 13.99  
Steamed Dumplings with potatoes, carrots, and cabbage  
Mixed with mozzarella, mascarpone, spices, and scallion  
Served with special yogurt sauce
30. Tsel-chul Momo (Tofu) 13.99  
Steamed Dumplings with tofu and mixed vegetables  
Served with special with mild mint sauce
31. Combination of any 3 types of momo 15.99  
(Except Nyasha Momo)

## CURRIES

32. Go-nga 12.99  
Tibetan gourmet egg curry served with spinach over Basmati rice
33. Jasha She-dre 12.99  
Tibetan gourmet chicken curry-served with Basmati rice
34. Tsel-Nezom 12.99  
Mixed vegetables curry- served with Basmati rice

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Add \$3.50 to substitute Madagascar pink rice for Basmati rice

Add \$3.50 each to any entrée to add tofu or mushroom

ENTREES

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| 35. Lab-sha Daikon | 13.99 |
| Daikon radish, beef, and spinach simmered in vegetable broth
Served with Basmati rice | |
| 36. Sha-bhak-leb | 16.99 |
| 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 | 12.99 |
| Pan-fried rice with mixed vegetables, beef, chicken, or tofu
Seasoned with fresh ginger and garlic | |
| 38. Rhru-jo-tse | 13.99 |
| Beef, chicken, or vegetable momo in soup with spinach | |
| 39. Drae-Dal | 12.99 |
| Steamed basmati rice served with lentil simmered with tomato, ginger,
garlic, onion, and salad | |
| 40. Tofu with Broccoli* | 12.99 |
| Lightly cooked tofu with broccoli, and mild Himalayan spices | |
| 41. Tofu with Mushroom and Spinach* | 13.99 |
| Tofu, mushrooms, and spinach tossed in garlic sauce | |

SIDE ORDERS

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| 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

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|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| <b>Shea-thuk</b> (Noodles & Vegetable Soup).....                                                                                                                          | \$17.99 |
| <i>Lhasa noble families enjoy this noodle soup with mixed vegetables, tofu, and roasted pumpkin seed garnish</i>                                                          |         |
| <b>Then-thuk</b> (Amdo Special).....                                                                                                                                      | \$17.99 |
| <i>Hand-pulled flat pasta simmered in an organic flavorful mix with vegetable broth, daikon, onions, tomatoes, garlic, ginger, tofu, and roasted pumpkin seed garnish</i> |         |
| <b>Shi-gatse Gu-zi Reel-thuk</b> .....                                                                                                                                    | \$17.99 |
| <i>Shell-shaped handmade pasta with organic mixed vegetable soup, tofu, and roasted organic pumpkin seed garnish</i>                                                      |         |
| <b>Ngoe-thuk</b> .....                                                                                                                                                    | \$17.99 |
| <i>Pan-fried homemade fresh noodles mixed with vegetables, tofu, and roasted organic pumpkin seed garnish</i>                                                             |         |
| <b>She-dre Ngoe-ma</b> .....                                                                                                                                              | \$17.99 |
| <i>Pan-fried Madagascar pink rice and mixed vegetables seasoned with fresh, tofu, ginger, garlic, and roasted organic pumpkin seed garnish</i>                            |         |
| <b>Jasha-shedre</b> .....                                                                                                                                                 | \$17.99 |
| <i>Chicken breast curry served with organic mixed vegetables, and roasted pumpkin seed garnish. Served with Madagascar pink rice</i>                                      |         |
| <b>Tsel-Nezom</b> .....                                                                                                                                                   | \$17.99 |
| <i>Mixed vegetables, organic tofu, ginger, garlic, tomato, roasted pumpkin seed garnish. Served with Madagascar pink rice</i>                                             |         |
| <b>Mixed Vegetable Soup</b> .....                                                                                                                                         | \$10.99 |
| <i>Mixed vegetable soup with tofu, ginger, garlic, and roasted organic pumpkin seed garnish</i>                                                                           |         |

## Organic Macrobiotic Vegan Sol-dher (Plate)

*(Items may change with the seasons.)*

|                                                                                                                                                                                                                            |         |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| <b>Butternut squash, kabocha squash, and Satsuma yam</b> .....                                                                                                                                                             | \$16.99 |
| <i>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.</i> |         |
| <b>Broccoli, carrots, and cauliflower</b> .....                                                                                                                                                                            | \$16.99 |
| <i>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.</i> |         |



## ~Beverages~

|                                                                                                                            |        |
|----------------------------------------------------------------------------------------------------------------------------|--------|
| <b>Bod-Jha</b> .....                                                                                                       | \$3.00 |
| <i>Tibetan tea churned with milk, butter, and salt</i>                                                                     |        |
| <b>Chai</b> .....                                                                                                          | \$3.00 |
| <i>Indian milk tea flavored with cardamom and fennel seeds; served hot or cold</i>                                         |        |
| <b>Herbel Tea</b> ( <i>Darjeeling Tea, Chamomile Tea, Mint Tea, or Lemon Iced Tea</i> ).....                               | \$3.00 |
| <b>Premium Organic Green Teas from Tibet</b> .....                                                                         | \$4.50 |
| <i>Choose from a variety of unique teas from the Himalayas</i>                                                             |        |
| <b>Organic Kombucha Tea</b> .....                                                                                          | \$4.50 |
| <b>Organic Roasted Barley Tea</b> .....                                                                                    | \$4.50 |
| <b>Organic Coffee</b> ( <i>Jamaican Blue Mountain Blend</i> ).....                                                         | \$5.00 |
| <b>Fresh Homemade Lemonade</b> .....                                                                                       | \$4.00 |
| <b>Pure Coconut Water</b> .....                                                                                            | \$5.50 |
| <b>Kombucha</b> ( <i>Original, Gingerade, and Synergy Trilogy</i> ) .....                                                  | \$6.25 |
| <i>Cold, fermented, raw, and unadulterated tea with live cultures and alcohol. Consumers must be 21 years old or older</i> |        |
| <b>Lassi</b> ( <i>Mango, Banana, Strawberry, or Plain</i> ).....                                                           | \$6.00 |
| <b>Organic Tsampa Shake</b> .....                                                                                          | \$8.99 |
| <i>Roasted barley flour with organic ground flax seeds, mixed fruits, and vegetables</i>                                   |        |

## ~Wine & Beer~

|                                                                                       | GLASS   | BOTTLE  |
|---------------------------------------------------------------------------------------|---------|---------|
| <b>Chang</b> ( <i>Traditional Tibetan rice wine</i> ).....                            | \$6.00  |         |
| <b>Salmon Creek Cellars</b> ( <i>Chardonnay, Cabernet Sauvignon, or Merlot</i> )..... | \$7.00  | \$20.00 |
| <b>Fat Cat Cellars</b>                                                                |         |         |
| Chardonnay ( <i>Pacific Rim International '08 Silver</i> ).....                       | \$8.00  | \$22.00 |
| Pinot Grigio ( <i>SF Chronicle Wine '09 Gold</i> ).....                               | \$8.00  | \$22.00 |
| Pinot Noir .....                                                                      | \$8.00  | \$22.00 |
| <b>Naked Earth Organics</b> ( <i>Vin Rouge, South of France</i> ).....                | \$10.00 | \$30.00 |
| <b>Patianna Organic Vineyards</b>                                                     |         |         |
| Chardonnay ( <i>Estate Grown, Mendocino</i> ).....                                    | \$12.00 | \$36.00 |
| <b>Rutherford Vintners</b>                                                            |         |         |
| Merlot 08' Taster's Guild International Wine' 11 Gold.....                            | \$12.00 | \$36.00 |
| <b>Robert Hall Winery</b>                                                             |         |         |
| Syrah, '08, Paso Robles.....                                                          | \$13.00 | \$40.00 |
| <b>Rancho Sisquoc Winery</b>                                                          |         |         |
| Syrah, '08, Santa Barbara County.....                                                 | \$13.00 | \$40.00 |
| <b>Beer</b> ( <i>Fat Tire Amber Ale, Heineken, or Sierra Nevada Pale Ale</i> ).....   |         | \$5.99  |

## ~Desserts~

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|---------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| <b>Gelato Classico Ice Cream</b> ( <i>Vanilla or Bittersweet Chocolate</i> ).....                                                                 | \$5.00 |
| <b>Bhaktsa Marku</b> ( <i>Traditional Tibetan dessert</i> ).....                                                                                  | \$6.50 |
| <i>Small pasta rolled in brown sugar and topped with mild cheese</i>                                                                              |        |
| <b>Dresy</b> ( <i>Traditional Tibetan dessert</i> ).....                                                                                          | \$6.50 |
| <i>Sweet rice with nuts, raisins, and cream</i>                                                                                                   |        |
| <b>Fragole Con Panna</b> .....                                                                                                                    | \$7.50 |
| <i>Fresh strawberries marinated with squeezed orange juice, rum, vanilla, &amp; honey<br/>finished with sweet homemade cinnamon whipped cream</i> |        |
| <b>Ginger Crème Brulee</b> .....                                                                                                                  | \$7.50 |
| <i>Served with ginger lemon sorbet.</i>                                                                                                           |        |
| <b>Homemade Sorbets</b> .....                                                                                                                     | \$7.50 |
| <b>Chocolate-Rum Mousse Cake</b> .....                                                                                                            | \$7.50 |