

**CAFE TIBET**  
**2020 UNIVERSITY AVE**  
**BERKELEY, CA - 94704**

**STARTERS\***

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

**SALADS\***

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

**SOUPS**

- |  |        |
|--|--------|
| <b>10. Kyidrong Tenak*</b><br><i>Cream of bean and lentil soup with fresh ginger, garlic, and coriander</i>                                    | \$8.00 |
| <b>11. Café Tibet Soup</b><br><i>A hearty soup with oats, spinach, peas, carrots, mushrooms, and tofu with ginger, garlic, and fresh herbs</i> | \$8.00 |
| <b>12. Traditional Tsam-Thuk or Chu-rool</b><br><i>Organic home-roasted barley flour with pearl barley, blue Stilton cheese, and tofu</i>      | \$8.00 |
| <b>13. Ngoe-thang*</b><br><i>Fresh spinach soup with tofu, a dash of lemon, fresh ginger, and garlic</i>                                       | \$8.00 |
| <b>14. Mixed Vegetable Soup*</b><br><i>Mixed vegetable soup with ginger, garlic, tomatoes, and fresh herbs</i>                                 | \$8.00 |

**\*Gluten Free**

## GLUTEN FREE SPECIAL NOODLES

- 15. Ping-Tsel-chu** \$15.99  
*Sautéed tofu, bean-thread noodle, wood-ear mushrooms, potato, garnish with roasted organic pumpkin seed  
Served with Basmati rice*
- 16. Ngoe-thuk** \$15.99  
*Pan-fried tofu, sweet potato noodles with vegetables with roasted organic pumpkin seed garnish*
- 17. Shea-Thuk** \$15.99  
*Sweet potato noodles in soup with vegetables, tofu, and roasted organic pumpkin seed garnish*

## GLUTEN FREE SPECIAL ENTREES

- 18. Vegen Sha-tak (Lhasa Special)** \$15.99  
*Tofu sautéed with tomatoes, scallions, and bell peppers; served with Basmati rice*
- 19. Tsel-chu Daikon** \$15.99  
*Daikon radish, Tofu, and spinach simmered in vegetable broth served with Basmati rice*
- 20. Broccoli Chip W/ Curry** \$15.99  
*Garbanzo bean battered fried Broccoli with a side of spinach curry over Basmati rice*
- 21. Dhooloma Sha-tsel** \$15.99  
*Sliced eggplant sautéed with tofu, Himalayan spice, onion, ginger, garlic, & tomato over Basmati rice*

## NOODLES

- 22. Shea-thuk (Lhasa noble families recipe)** \$14.99  
*Enjoy this noodle soup with mix vegetables, ginger & garlic, onion and tofu*
- 23. Then-thuk (Amdo Special)** \$14.99  
*Hand-pulled flat pasta simmered in a flavorful broth with tofu, daikon, onions, tomatoes, garlic, and ginger*
- 24. Café Tibet Special Noddle Soup / Thentuk / Pan-Fried Noodles** \$17.99  
*Noodle with mixed vegetables, wood-ear mushroom, ginger, garlic, onion, tomato with vegan Beef*
- 25. Ngoe-thuk** \$14.99  
*Pan-fried vegetables and homemade fresh noodles with tofu.*

### \*Gluten Free

Add \$3.50 to substitute Madagascar pink rice for Basmati rice  
Add \$3.50 each to any entrée to add mushroom or extra tofu

*Traditional and Authentic Tibetan Cuisines along side varieties of fusion foods that compliments western palates*

## MOMO (Tibetan Dumpling)

- 27. Ngotsel Kar-sha Momo** \$14.99  
*Steamed dumplings with spinach and mushroom mixed with onion and ginger-served with special mild mint sauce*
- 28. Sho-ko Momo** \$14.99  
*Steamed Dumplings with potatoes, carrots, and cabbage  
Mixed with spices and scallion served with special mint sauce*
- 29. Tsel-chu Momo (Tofu)** \$14.99  
Steamed Dumplings with tofu and mixed vegetables  
Served with special mild mint sauce
- 30. Combination of above 3 types of momo** \$16.99  
*Nine pieces in total*

## CURRIES

- 31. Tofu curry** \$14.99  
*Special fried tofu curry served with spinach over Basmati rice*
- 34. Tsel-Nezom** \$14.99  
*Mixed vegetables curry - served with Basmati rice*

## ENTREES

- 36. Tsel bhak-leb** \$16.99  
*Four pieces of fried pocket breads with savory vegetarian pastries-mixed vegetable with herbs, onion, ginger, and garlic. Served with special house sauce.*
- 37. Shen-dea Ngoe-ma** \$14.99  
*Pan-fried rice with mixed vegetables, tofu seasoned with fresh ginger and garlic*
- 38. Rhru-jo-tse** \$14.99  
*Vegetable momo in soup with spinach, carrot, cabbage, onion, ginger, and garlic.*
- 39. Drae-Dal** \$14.99  
*Steamed basmati rice served with lentil simmered with tomato, ginger, garlic, onion, and salad*
- 40. Tofu with Broccoli\*** \$14.99  
*Lightly cooked tofu with broccoli, and mild Himalayan spices*
- 41. Tofu with Mushroom and Spinach\*** \$14.99  
*Tofu, mushrooms, onion, tomatoes, and spinach tossed in garlic sauce*

### \*Gluten Free

Add \$3.50 to substitute Madagascar pink rice for Basmati rice  
Add \$3.50 each to any entrée to add mushroom or extra tofu

## SIDE ORDERS

<b>42. Tingmo</b>	\$4.00
<i>Homemade steamed Tibetan bread mildly seasoned with fresh garlic</i>	
<b>43. Pak (sweet or savory)</b>	\$4.00
<i>Organic and homemade Tibetan staple food, tsampa, roasted barley flour</i>	
<b>44. Basmati Steamed Rice*</b>	\$3.00
<b>45. Organic Madagascar Pink Rice*</b>	\$4.00

## SPECIAL ORGANIC DISHES

<b>Shea-thuk (Noodles &amp; Vegetable Soup)</b>	\$18.99
<i>Lhasa noble families enjoy this noodle soup with mixed vegetables, tofu, and roasted pumpkin seed garnish</i>	
<b>Then-thuk (Amdo Special)</b>	\$18.99
<i>Hand-pulled flat pasta simmered in an organic flavorful mix with vegetable broth, daikon, onions, tomato, garlic, ginger, tofu, and roasted pumpkin seed garnish</i>	
<b>Shi-gatse Gu-zi Reel-thuk</b>	\$18.99
<i>Shell-shaped handmade pasta with organic mixed vegetable soup, tofu, and roasted organic pumpkin seed garnish</i>	
<b>Ngoe-thuk</b>	\$18.99
<i>Pan-fried homemade fresh noodles mixed with vegetables, tofu, and roasted organic pumpkin seed garnish</i>	
<b>She-dre Ngoe-ma*</b>	\$18.99
<i>Pan-fried Madagascar pink rice and mixed vegetables seasoned with fresh, tofu, ginger, garlic, and roasted organic pumpkin seed garnish</i>	
<b>Tofu-Curry Tsolma*</b>	\$18.99
<i>Special Fried tofu in curry served with organic mixed vegetables, and roasted pumpkin seed garnish. Served with Madagascar pink rice</i>	
<b>Tsel-chu Tsel-Nezom*</b>	\$18.99
<i>Mixed vegetables, organic tofu, ginger, garlic, tomato, roasted pumpkin seed garnish. Served with Madagascar pink rice</i>	
<b>Mixed Vegetable Soup*</b>	\$11.99
<i>Mixed vegetable soup with tofu, ginger, garlic, and roasted organic pumpkin seed garnish</i>	

**\*Gluten Free**

## Organic Macrobiotic Vegan Sol-dher (Plate)

*Items may change depending on season & availability*

### Option One

**Butternut squash, kabocha squash, and Satsuma yams**..... \$18.99

*The plate includes brown rice mixed with wild rice, lentil, sautéed tofu/ Shiitake mushroom with garlic and onion dressing over steamed green kale, mixed vegetable-lentil miso soup, and green salad prepared with a homemade avocado, red beets, and agave dressing.*

### Option Two

**Broccoli, carrots, and cauliflower** ..... \$18.99

*The plate includes brown rice mixed with wild rice, lentil, sautéed tofu/ Shiitake mushroom with garlic and onion dressing over steamed green kale, mixed vegetable-lentil miso soup, and green salad prepared with a homemade avocado, red beets, and agave dressing.*

### ~BEVERAGES~

**Bod-Jha** ..... \$3.50

*Tibetan tea churned with Oat milk, vegan butter, and salt*

**Chai** ..... \$3.50

*Indian (vegan) milk tea flavored with cardamom and fennel seeds; served hot or cold*

**Herbel Tea** ..... \$3.50

*Darjeeling Tea, Chamomile Tea, Mint Tea, or Lemon Iced Tea*

**Premium Organic Green Teas from Tibet** ..... \$5.00

*Choose from a variety of unique teas from the Himalayas, Organic Kombucha Tea*

**Organic Roasted Barley Tea** ..... \$5.00

**Coffee**..... \$4.00

**Turmeric Ginger Tea (Organic ginger root, Organic turmeric root)**..... \$5.00

**Fresh Homemade Lemonade** .....\$4.50

**Pure Coconut Water** ..... \$5.99

**Kombucha (Original, Gingerade, and Synergy Trilogy** ..... \$6.50

*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)** ..... \$6.00

**Organic Tsampa Shake** ..... \$8.99

*Roasted barley flour with organic ground flax seeds, mixed fruits, and vegetables*

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

~DESSERTS~

<b>Bhaktsa Marku (Traditional Tibetan dessert)</b>	\$6.50
<i>Small pasta rolled in brown sugar and topped with mild Vegan butter</i>	
<b>Dresy (Traditional Tibetan dessert)</b>	\$6.50
<i>Sweet rice with nuts, raisins, and vegan butter</i>	
<b>Fragole Con Panna</b>	\$7.50
<i>Fresh strawberries marinated with squeezed orange juice, rum, vanilla &amp; Agave finished with sweet homemade cinnamon vegan cream</i>	
<b>Homemade Sorbets</b>	\$7.50