

appetizers

(w/f) (v) **Hummus and Pita \$4**

Housemade Hummus (*Warm Pita or Corn Chips*)

Quesadilla \$5

Whole Wheat Tortilla made with Jack and Cheddar Cheeses, and Salsa

(Add Guacamole \$2)

(w/f) (v) **Chip & Dip Basket \$6**

Housemade Guacamole and Salsa with Corn Chips

(w/f) **Cheese Nachos \$6**

Corn Chips with Jack and Cheddar Cheeses and Salsa

(w/f) **Deluxe Nachos \$9**

Cheese Nachos with Black Beans, Guacamole, Jalapeño, Black Olives, Onion and Sour Cream

(w/f) (v) **Vegan Nachos \$9**

Corn Chips with Vegan Cheese and Salsa

(w/f) (v) **Deluxe Vegan Nachos \$11**

Vegan Nachos plus Black Beans, Guacamole, Jalapeño, Black Olives, Onion, Tofu Sour Cream and Salsa

soup

Cup \$3

Bowl \$5

(v) **Hearty Tofu Miso (Seasonal)**

Miso with tofu, Buckwheat Noodles, Seaweed, Carrot, Chard, Celery, Onion and Sesame Oil

(Ask for availability)

(w/f) (v) **Vegan Chili**

Pinto and kidney beans in a chili-tomato sauce with green pepper, celery, onion, garlic and Soy Protein
(Cheese, Onion, and Jalapeño upon request)

(w/f) (v) **Gypsy Stew**

Mild Coconut Curry Red Lentil Vegetable Stew

(w/f) (v) **Black Beans**

Carrots, celery, chard, onion, garlic, cilantro, cumin, coriander, tamari

(Add: Cup of Rice \$1 Bowl \$2)

(Add: Blue Corn Muffin or Pita \$0.50)

salads

Try our Housemade Dressings:

Lemon Tahini

Cucumber Dill
(Tofu or Yogurt)

Roasted Red Pepper

Balsamic Vinaigrette

Annie's Brand:

Ranch

Sesame Shitake Vinaigrette

Goddess

(w/f) (v) **Garden Salad \$7**

Organic greens, seasonal vegetables and sprouts

Greek Salad \$8

Organic greens, Cucumber, Tomato, Red Onion, Feta Kalamata Olives, Pepperoncini, and Pita

Mediterranean Platter \$9

Organic greens, Cucumber, Tomato, Red onions, Feta, Kalamata Olives, Dolmas, Hummus, Tabouli, Lemon, Pepperoncini, and Pita

Cold Sandwiches

Served with Pickle and Corn Chips
(Add: side salad or cup of soup for \$3)

Classic Casbah Pita \$7

Hummus, Tabouli, Lettuce, Tomato, Cucumber, Feta Cheese and Sprouts in a Whole Wheat Pita

Ⓟ Tempeh Salad Sandwich \$7

Mock Chicken Salad, Lettuce, Tomato and Sprouts

Ⓟ Veggie Sandwich \$7

Guacamole, Tomato, Cucumber, Lettuce, Onion, Sprouts and Cucumber Dill Dressing *(Tofu or Yogurt option)*

Choice of Bread:

Cottage Wheat
Walnut Bread



Pumpnickel Rye



Whole Wheat Pita



Gluten-Free Bread
(\$1.00 extra)



Hot Sandwiches

Served with Hummus and Corn Chips
(Add: side salad or cup of soup for \$3)

Ⓟ Falafel \$7

Falafel Balls in a Pita with Lettuce, Tomato, Cucumber, Red Onion and Lemon Tahini Sauce

Ⓟ Casbah Gyro \$8

(Tempeh, Tofu or Seitan) Grilled and served in a Pita with Tomato, Cucumber and Red Onion with Tzatziki Sauce
(Tofu or Yogurt option)

Served with Pickle and Corn Chips
(Add: Gluten-Free Bread \$1)

Ⓟ Sloppy Jake \$5

Vegan Chili Served Open-Faced on a Whole Wheat Onion Roll
(Cheese Onion and Jalapeño upon request)

Chili Cheese Dog \$5

Veggie Dog Topped with Vegan Chili
(Cheese Onion and Jalapeño upon request)

Casbah Cheesesteak \$8

Housemade Seitan Grilled with Red Onion, Bell Peppers, Swiss Cheese, and Special Sauce On a Whole Wheat Onion Roll

Ⓟ Tempeh Burger \$8

Grilled Tempeh Served with Lettuce, Tomato, Red Onion, Sprouts and Special Sauce On a Whole Wheat Onion Roll

(Add: Cheese \$1)

Tempeh Reuben \$8

Tempeh Grilled with Sauerkraut, Swiss Cheese and Red Onion served with Lettuce, Tomato, Sprouts, and Special Sauce Served on Pumpnickel Rye Bread

Avocado Melt \$8

Jack Cheese Melted over Guacamole Served Open Face with Tomato, Red Onion, Sunflower Sprouts, Herbs, and Special Sauce On a Whole Wheat Onion Roll

Ⓟ Vegan Options

Ⓜ/Ⓧ Wheat Free Options

18% Gratuity Added on Parties of Six or More

**LET YOUR FOOD BE YOUR MEDICINE AND YOUR
MEDICINE BE YOUR FOOD**

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(Add: side salad or cup of soup \$3)

Kind Veggie Burrito \$7

Black Beans, Brown Rice, Cheese, Sour Cream, Black Olives,
Red Onion, Jalapeño and Salsa

(Enchilada Style \$2 Avocado \$2)

Lasagna \$8

Marinara Sauce, Tomato, Basil, Onion, Garlic, Oregano, Ricotta,
Parmesan, Mozzarella, Eggs, Yellow Squash, Zucchini, Onion,
Broccoli, Carrots, Spinach

(w/f) (v) Shepherd's Pie \$8

Seasoned Tofu, Mixed Veggies and Mashed Potatoes Layered
and Baked Served with Cashew Gravy

Spanikopita \$8

Spinach and Feta Layered in Filo Dough Served on
a Bed of Rice with Cashew Gravy

(w/f) Brazilian Black Bean Platter \$9

Black Beans over Brown Rice with Grilled Veggies
topped with Cheese, Guacamole, Onion, Sour Cream,
and Salsa. *(Whole Wheat or Corn Tortillas)*

(v) Gypsy Stew Platter \$9

Mild Coconut Curry Red Lentil Vegetable Stew
Served with a cup of rice, grilled vegetables and pita

(v) Casbah Grill \$9

Choice of Tofu, Tempeh, or Seitan Grilled with Veggies over
Brown Rice with Cashew Gravy

(w/f) Fajitas \$11

Choice of Seitan, Tofu, or Tempeh grilled with Raspberry Chipotle
Sauce, Bell Peppers, and Onion. Served with Guacamole,
Cheese, Sour Cream, and Salsa *(Whole Wheat or Corn Tortillas)*

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(of any age)

Grilled Cheese \$4

Cheddar and Jack Cheese on Wheat-Walnut Bread

(v) Veggie Dog \$3

*(Mustard, Ketchup, Relish, Onion, Jalapeño or Sauerkraut upon
request)*

(v) Peanut Butter and Jelly \$3

Organic Peanut Butter, Jelly, and Choice of Bread

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Brown Rice (Cup \$1) (Bowl \$2) Salsa \$2

Grilled Vegetables \$3

Tabouli \$2

Dolmas (3) \$4

Cashew Gravy \$2

Guacamole \$3

Pita Bread or Corn Muffin \$1

Hummus \$3

Tempeh, Seitan, or Tofu \$4

*Casbah uses highest quality ingredients, mainly organic, and prepares
dishes from scratch made fresh daily. We use purified water, wheat-free soy
sauce, stainless steel cooking ware, olive and safflower oil.*

Menu may vary due to availability of ingredients.

SAVE ROOM FOR DESSERT OR TAKE IT HOME WITH YOU.

Featuring Vegan, Wheat-free and non-sugar styles.

All desserts are made with mostly organic ingredients *and a bakers love!*

Soul Food is Slow Food So Please Have Patience.

the casbah vision statement

The Casbah Teahouse was established in 1991 from what was first a traveling troupe of dancers and musicians. Carol Ann and friends would gather together on the Festival Circuit and set up Bedouin and Egyptian tents laid with carpets, cushions, and brass trays. They began cooking savory vegetarian food, vast pots of Chai tea and Turkish coffee, while singing and dancing the night away.

Then in 1995, Carol Ann began The Casbah Tea House in Tucson at its present 4th Avenue location. Since then, many wonderful people have come through the gates of the Teahouse, enjoying the exceptional fare.

Now you can truly pass through the gates of antiquity--the 400-year-old Mogul portal from Afghanistan that graces the entrance to the Casbah Teahouse and Restaurant--a beautiful, hand-carved, cedar door recently added to the Casbah decor. Enjoy the lovely settings with statues, plants, and that "old world" feeling of authentic Middle Eastern furnishings. For relaxation, eating enjoyment, and entertainment--the Casbah is a delightfully special dining experience.

The Casbah's vision and menu have evolved into a cafe serving breakfast, lunch, and dinner in the front part of the building; and in back, a lovely Middle Eastern restaurant with a garden terrace, including a custom-made goldfish rock pool with water fountain, musical and dancing entertainment, and an epicurean delight of delicious, home-made, organic, vegetarian meals and desserts. The Casbah Teahouse Restaurant and Cafe feature several dozen varieties of organic teas and Free Trade coffees; as well as fresh-made Chai, Ginger Roots Tea, Hibiscus Cooler; and organic juices, smoothies, and exotic shakes.

Presently, Carol Ann and her partner Salik David continue, with the help of 20 dedicated crew-members, to bring you the best *vegeterrestrial* experience on the planet. Whether it be the delectable appetizers, the tasty entrees, the totally original cold and hot sandwiches, the delicious desserts, or the special dinners that entice the palate--the Casbah has the healthiest fare in town, using predominately organic ingredients.

The Casbah also features free Wi-Fi Internet access all day and night, both in our front cafe and in the teahouse and restaurant in back, for that really relaxed atmosphere and computer connection you want. We also encourage the use of our large round table and sofa area on our terrace for your group meetings, available Monday through Friday from 2-5 p.m. every week.

Many of the items on the Casbah menu are made fresh from scratch with the best organic ingredients: hummus, tabouli, tahini sauce, tzatziki sauce, seitan, miso soup, vegetarian chili, and almost all our desserts. We also feature "wheat-free" and vegan food, and have dairy alternatives like soy and rice milk and lactose-free cheeses available.

Whether by themselves or with your meals, enjoy the Casbah's unique and satisfying drinks: including organic chocolate milk, blue sky sodas, organic lemonade, fresh squeezed orange juice, organic espresso drinks, iced herbal teas, protein smoothies, milk-free shakes and regular shakes--or try our specialty shakes with mocha chai and other scrumptious flavors.

For those Holiday or special occasion events, remember to order your custom-made Casbah desserts and finger-food platters. Not only are they delicious and healthy, but all your guests will be delighted with the special ethnic recipes used.

For your free entertainment at 8 p.m. every night; the Casbah features special musical performances on Saturday, Thursday, and Wednesday, open mic nights Monday and Tuesday, and the amazing experience of professional belly dancing Friday and Sunday.

Remember, for any merchants in the downtown association, any members of the Food Conspiracy Coop, KXCI/KUAT Public Broadcasting Members, or students of the University of Arizona, the Casbah extends a complimentary 10% discount at all times, just present your membership ID when paying.

Also, we would like to suggest that, while you are in the neighborhood, you visit our specialty store The Creative Spirit Gallery at 549 N 4th Avenue for handicrafts, clothing, and jewelry from around the world, just down the block from the Casbah. These exotic gifts of ethnic and hand-made craftsmanship from indigenous peoples all over the world, will thrill your loved ones and friends. Unique and exceptionally well made, all of our sister-store's items are the perfect presents to give.

At the Casbah, our goal is to create an atmosphere that uplifts the soul, to serve the healthiest, tastiest food possible--made with the finest ingredients and care--and to treat our patrons with the kindest hospitality. We want you to come back again and again, so if we can do anything to make your visit even a more wonderful one, please let us know.

It's not just a restaurant, it's a lifestyle!

Thanks for visiting. We hope you enjoy your Casbah experience, and we look forward to seeing you more and more.

Namaste,
Carol Ann and the Casbah Teahouse Restaurant and Cafe crew.

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