

RAW REALTY FOOD FOR THOUGHT

- **Raw Foods:** Foods that have not been cooked at all.
- **Dehydrated Foods:** Foods that have not been heated above 120 degrees. They are not considered cooked.
- **Transitional Foods:** Foods that have gone through some processing before purchasing them, but are not cooked when prepared.
- **Super Foods:** Foods that contain enough nutritional value that a person could live off of it and be healthy.

- At T.R.R. our food is 95% organic and non-gmo when ever possible.
- The tortillas have been lightly toasted and contain gluten.
- Nutritional yeast is a non-active dry yeast, not advised for persons with candida.
- The Pop-Oh-Licious Popped Corn™ has been heat popped and contains nutritional yeast.
- Raw peanuts are used in the Pad Thai Noodles™ and Peanut Punch™ .
- Tofu is a soy product, it is used in the Tofu Delight™ , Angelic Tomatoes™ and Veggie Bacon Bits.
- Edamame is fresh raw soybeans and is used in the Raw Stirred Unfried.

Are you A :

- **Raw Foodist:** Consumes only 90%~100% fresh raw, dried, sprouted, dehydrated foods.
- **Vegan:** Consumes only plant base foods, NO animal or animals bi-products.
- **Vegetarians:** Consumes only plant base food and animals bi-products.
- **Pescatarian:** Consumes 75%~80% plant based and fish.
- **Flexitarian:** Consume 75%~80% plant based foods. These food are organic, non-gmo, grass feed, free range animal and their bi-products.
- **Omnivore:** Consume any and everything
- **Carnivores:** Consume only flesh (but are open to a new experience)

All are welcome

WRAPDS™

Salad Wrapp
Sm/Lrg

SPICY OR MILD.....\$11.99...\$6.99/\$12.99

Your choice of wrapp kissed with soy mayo and packed with a Mild or Spicy Kale Salad, avocado and tomato.

SOUTH OF THE BORDER™\$14.99..\$8.99/\$16.99

Chilli pepper wrapp, black eyed pea, hummus with Moroccan couscous, & extra avocado.

PUNANY™..... \$13.99...\$8.99/\$15.99

Wrapp plus sweet coconut corn & couscous.

MANDINGO™.....\$21.99.....\$23.99

The name says it all! A HUGE Punany wrapp blessed with agave, hemp hearts and almonds flakes.

ALAPOPOOLALA™.....\$12.99...\$9.99/17.99

Yeast free version of our Spicy/Mild Kale Salad. Marinated instead with creamy avocado.

Big Yoshi™.....\$11.99

All the deliciousness of A Yoshi roll but BIGGER, with kale (your choice spicy or mild), karamu couscous and pad thai noodles wrapped in nori seaweed. Topped with our own Raw BQ™ sauce.

Dat Ish™.....\$11.99

If you want to get a little taste of the ATL you need to get Dat Ish™. With its own special blend of kale along with batter mushrooms made to perfection .

JUST FOR YOU!

A mix of spicy & mild kale is available, if you find our spicy a bit to spicy

SAUCES

SALSA SAUCE™ .50

Salsa with a Tassili's Raw Reakity twist

RAW BQ SAUCE™ .50

Is a blend of spices and oil reminiscent of BBQ.

Pad Thai Sauce™ .50

SMOOTHIES & DRINKS

All Smoothies \$5.99

Juices \$3.99

Aloe water \$2.99

Alkaline water \$1.99

Coconut water \$4.99

Sorrel \$3.99

“Atlanta’s Raw Vegan Cafe”



Tassili's
**RAW
REALITY**

Food for the body, mind, soul and spirit.



Dine In • Take Out • Wi-Fi • Catering

1059 Ralph D. Abernathy Blvd, SW

Atlanta, Ga 30310

404.343.6126

Open Daily

Sun - Thurs: 12 - 9 PM

Fri & Sat: 12 - 10 PM

IG:@tassilisraw

Fb:TassilisRawReality

Twitter:@TassilisRaw

TASSILISRAW.COM

RAW DELECTABLES

MIX & MATCH

Up to 1 them for \$4.99

Up to 3 items for \$7.99

Up to 4 items for \$11.99

Up to 5 items for \$16.99

Up to 6 items for \$21.99

A sample plate of all items for \$29.99

THE ORIGINAL SPICY KALE SALAD™

(MILD IS AVAILABLE)

With one of nature's most nutritionally complete foods as its base, Tassili's Original Spicy Kale Salad is a flavorful blend of fresh kale, red onion, sun-dried tomatoes, spices heat, and, of course, the love that brings it all together.

KARAMU COUSCOUS™

A lightly sweet, fluffy, festival of couscous, raisins and berries that is perfect on its own or as a complement to the Spicy Kale and other savory dishes.

MOROCCAN COUSCOUS™

A hearty, yet vibrant blend of couscous, black olives and spices that brings the Casablanca street market right to your taste buds.

SWEET COCONUT CORN™

This dish is like drinking sweet kernel (Non-GMO) corn right from a freshly split coconut bowl cut straight from the tree. Try it alongside the Spicy Kale for a truly delectable flavor combination.

PAD THAI NOODLES™

Take a journey to the orient and enjoy the stimulating peanut ginger sauce, over rice noodles, garnished with a sprinkle of peanuts, herb, cilantro and scallions.

WAY BETTER THAN OK-RA™

Think all okra has to be slimy? Think again! This delicious medley of sliced okra, sun-dried tomatoes, corn, onion and spices will force you to completely reevaluate your relationship with this nutritious little vegetable.

COLLARD SALAD™

Collards, onions, bell peppers and a tangy blend of seasonings, topped with our Raw BQ.

GREEN GODDESS GUACAMOLE™ (by request)

A simple touch of living foods culinary brilliance in a powerfully tasty creamy blend of avocado, scallions and seasonings.

RAINBOW SEAWEED SALAD™

Wakame seaweed with chunks of yellow, red and green pepper marinated in balsamic vinegar and lemon zest.

CURRIED PLANTAINS™ (seasonal)

Plantains mixed with a savory blend of curry and accented with bell peppers, red onions and agave.

BLACK LOVE STEW™

A blend of "exotic" black rice soaked until tender, covered with savory baby portobello mushrooms, bell peppers and onions, creating a sensual dish that will make your toes curl.

RAW STIRRED UNFRIED™

Stir It Up! with a mixture of seaweed and squash noodles. Marinated in tamari and ginger sauce; bursting with a rainbow of fresh vegetables.

TOFU DELIGHT™

Made with sprouted organic Non-GMO tofu. It's a delicious alternative to egg salad.

CARROT TUNA™

Vegan and missing your tuna salad? Try our carrot tuna. Animal free, dairy free. Delicious!

BATTERED CAULIFLOWER™

This unassuming superfood is battered and seasoned with love

Black-eyed Pea Hummus™

A purely delicious and thick puree of black-eyed peas, sesame butter and spices served with bok choy or carrot spears for a complementary crunch.

RAW SPECIALS

MELLOW PORTOBELLO

MUSHROOM STEAK™ \$12.99

This tantalizing, gourmet treat is one of the favorite of the Raw Reality family, this delectable entrée is a juicy Portobello mushroom topped with avocado, tomatoes, hemp hearts, and sprouts. It's packed with enough nutrients to make a very delicious and filling meal.

ANGELIC TOMATOES™ 1 for \$4

Who needs deviled eggs when you can have fresh Roma tomatoes stuffed with raw tofu salad flavored with garlic and scallions? It's a robust little piece of heaven for your mouth.

SPICY NAKED TACOS™ \$12.99

Tassili has undressed the concept of a taco to its purest form: A chili-infused sunflower pate wrapped in large cabbage leaf shells and topped with Green Goddess Guacamole, Fresh Five-Alarm Salsa and alfalfa sprouts. With the kind of heat that can only be described as sultry, one bite might have you undressing, too!

NORI ROLLS™ 1 for \$4

How can so much satisfaction be packed into such a little unassuming roll? Taste it and you'll understand. Tassili's Nori Rolls is a flavorful blend of

sunflower and pumpkin seed, wakame seaweed, scotch bonnet and spices.

YOSHI ROLLS™ 1 for \$4

Kale (your choice spicy or mild), karamu couscous and pad thai noodles wrapped in nori seaweed. Topped with our own Raw BQ™ sauce.

BEET LOVE LOAF™ 1 for \$4

Mellow almond pate' blend of beets, flax and love. Comfort food for beet lovers.

RAW DELIGHTS & SNAKES

Afrikan Carob Cake™ \$6 per slice

Carob Climax Brownies™ \$3.49

Fresh Fruit Crème Pies™ \$7 per container

Pop-Oh-Licious Popped Corn™

Spicy & Mild \$5, Moringa \$6 and Mixed \$7

Dehydrated Kale™* \$5 & \$12

Dehydrated Kale™ \$5 & \$12

We are **NOT** a "FAST FOOD" restaurant.
We are **ATLANTA'S "BETTER FOOD"**
RAW VEGAN CAFE.

Offering the best quality fresh, locally grown, organic, non-gmo, raw, vegan, vegetarian and transitional foods available.

Our foods are prepared **LOVINGLY BY HAND** and that **TAKES TIME.**
THANK YOU for your PATIENCE.