

Eclectic cafe

Since 1980

Oftentimes simplicity, coupled with quality & freshness, ensures the success of a recipe.

7053 E. Tanque Verde • 885-2842

Hours: Mon-Fri 11am-9pm

- Sat 8am-9pm
- Sun 8am - 8pm

www.eclectic-cafe.com



Mobile Meals Mondays

The Eclectic Cafe donates 5% of Monday's lunch receipts to Mobile Meals of Tucson. Please join us for lunch any Monday and participate in supporting one of Tucson's all-volunteer organizations.

Soups

Soup du jour
cup 3.25 bowl 5.75

Chicken and Rice, Vegan Gazpacho
cup 3.75 bowl 5.75


Mexican Tortilla Soup
cup 3.75 bowl 6.75

“Casuela Style” Mexican Tortilla Soup with Grilled Chicken
bowl 9.00 grande 13.25



Salads

Homemade Dressings
Mediterranean, Ranch, Fat Free Italian, Bleu Cheese, Poppy Seed, Russian & The House

 **Dinner Salad**
Mixed greens with mushrooms, cucumbers, carrot sticks, celery sticks, pimentos and topped with sunflower sprouts. 5.25


Spinach Salad with Bacon
Bed of spinach with bacon, mushrooms, cucumbers, topped with blended cheeses, hard boiled egg, pimento and sunflower sprouts. 8.75 ½ order 6.00

Stuffed Avocado with Chicken or Albacore Tuna Salad
Half an avocado generously stuffed with your choice of chicken or tuna salad. Served on a bed of green leaf lettuce and surrounded by carrot and celery sticks, cucumber and a hard boiled egg.
with chicken salad 9.50 with albacore tuna salad 10.50

Stuffed Tomato with Chicken or Albacore Tuna Salad
A Wilcox tomato is generously stuffed with your choice of chicken or tuna salad. Served on a bed of green leaf lettuce and surrounded by carrot and celery sticks, cucumber and a hard boiled egg.
with chicken salad 8.50 with albacore tuna salad 9.50

Chef Salad
House baked turkey tops mixed greens, tomatoes, a blend of Monterey and Cheddar cheeses, mushrooms, carrot and celery sticks, cucumbers, topped with a hard boiled egg and sunflower sprouts. 9.75

House Salad
Mixed greens with a scoop of chicken salad, mushrooms, carrot and celery sticks, tomato, cucumbers, hard boiled egg, avocado, and topped with sunflower sprouts. 10.25


 **Fresh Fruit Platter**
A mixture of pineapple, honeydew, cantaloupe, banana, apple, orange, strawberry, blueberry and topped with walnuts. 9.50

Eclectic Created Warm Salads

Winter Salad
Bed of spinach with grilled all white meat ginger chicken, grilled red and green peppers, onions, and mushrooms, topped with cucumbers, Parmesan cheese, homemade croutons, sun-dried tomatoes, and sunflower sprouts. Served with Mediterranean dressing. 10.25

Tahini Eggplant Salad with Mesquite Bacon
Bed of spinach with a grilled mixture of chopped eggplant, onion, basil, tomato and mesquite bacon in a tahini sauce, topped with cucumbers, sunflower sprouts, and sun-dried tomatoes. Served with poppy seed dressing. 9.50

Hacienda Salad with Cilantro Chicken
Bed of mixed greens topped with refried beans, a grilled mixture of cilantro chicken, red and green peppers, onions, cabbage and tomato. Finished with shredded cheese, salsa fresca and tortilla strips. 10.25

 **Angela’s Spicy Black Bean Cuban Salad**
Bed of mixed greens mushrooms, shredded carrot, cucumber, onion, radish, queso fresco, jalepeno, avocado and salsa. Topped with our Sonoran black bean patty (black bean/corn/rice and spices) and sunflower sprouts. 10.00

Francisco’s Enchilada Salad (de Michoacán)
Michoacán style enchiladas (corn tortillas grilled in a chili guajillo sauce and queso fresco). Topped with shredded iceberg lettuce, grilled chili guajillo chicken, onion, marinated carrot, radish, tomato, sliced jalapeño, avocado, queso fresco, and salsa. 10.25



Chopped Salads

Spinach and Artichoke Chicken Salad
Spinach mixed with artichoke hearts, bacon, egg, black olives, chicken salad, sunflower sprouts, and a blend of white cheeses, tossed with Mediterranean and poppy seed dressings.
10.75 ½ size 7.00

Strawberry & Chicken Salad
A colorful blend of all white meat chicken, strawberries, blueberries, spring mix, bleu cheese crumbles, walnuts, and poppy seed dressing.
10.75 ½ size 7.00



Specialties

Quiche du Jour 6.50
Add green salad 1.75 add spinach salad 2.75


Quiche Lorraine
Bacon and Swiss 6.50
Add green salad 1.75 add spinach salad 2.75


 **Cheese Omelette**
Served with Wilcox tomato slices 8.75

 **Spinach and Mushroom Crepes**
Three crepes shells filled with our spinach and mushroom cream sauce, rolled and topped with havarti cheese. 10.25
Add green salad 1.75 add spinach salad 2.75

Chicken Crepes
Three crepes shells filled with all white meat chicken and our spinach and mushroom cream sauce, rolled and topped with havarti cheese. 11.25
Add green salad 1.75 add spinach salad 2.75

 **Fresh Grilled Vegetables with Parmesan**
Calabacitas, red and green peppers, onion, mushrooms, asparagus, broccoli, tomato and anything else the chef can find, grilled in extra virgin olive oil. 10.50
with Penne Pasta 11.50
with chicken 12.50
with chicken and Penne Pasta 13.50

 **Double Havarti Cheeseburger**
Two 1/4 pound patties with grilled onions and mushrooms, havarti cheese, lettuce, and tomato on a whole wheat bun. Your choice of a green salad or French Fries. 9.75
with a single patty 8.75

 **Sonoran Black Bean Torta**
An Eclectic original. Our black bean patty served in a homemade jalapeño cream sauce with salsa fresca. Mexican salad, avocado slice and flour tortilla served on the side. 11.00


Sandwiches

Served on your choice of white, sourdough, whole wheat or rye bread.
Add green salad 1.75
Add spinach salad 2.75
Add french fries, sweet potato fries, cottage cheese, or fruit cup 2.25

Eclectic Chicken Salad
Homemade all white meat chicken salad with cream cheese, sliced avocado, lettuce and tomato. 8.75
1/2 portion and cup of soup 6.50

Traditional Chicken Salad
Home made all white meat chicken salad with lettuce and tomato 7.00
1/2 portion and cup of soup 6.50

Albacore Tuna Salad Sandwich
Albacore salad with dates, lettuce and tomato. 7.50
1/2 portion and cup of soup 6.50


 **Vegetarian Cream Cheese**
Cream Cheese, sliced avocado, walnut, black olive and organic sunflower sprouts. 7.25
1/2 portion and cup of soup 6.50

House Baked Turkey Breast
House baked turkey breast with Swiss cheese, lettuce, tomato and mayo. 8.50
1/2 portion and cup of soup 6.50

Honey & Brown Sugar Ham
Honey and Brown Sugar- cured Pit Ham with melted Swiss cheese and **HOT** mustard. 7.00
1/2 portion and cup of soup 6.50

Corned Beef
House baked and trimmed corn beef melted Swiss cheese. Served with **HOT** mustard. 8.00
1/2 portion and cup of soup 6.50

Kosher Frank
Swiss cheese, onions, sauerkraut with **HOT** mustard. 7.25

 **Garden Burger**
Vegetarian patty topped with grilled onions and mushrooms, lettuce and tomato on a whole wheat bun. Your choice of green salad or French Fries. 8.75
Add Havarti cheese 9.75


Marc's Chicken and Chorizo Pasta
A chorizo cream sauce tops Penne pasta, white meat chicken, red and green bell pepper, artichoke hearts, tomato, onion and black olive, sprinkled with Parmesan cheese, chopped parsley and Cajun seasonings. 12.25

Joey's Southwestern Chicken Pasta
A Jalapeno cream sauce tops Penne pasta, white meat garlic chicken, red bell peppers and calabacitas finished with Parmesan cheese. 12.25



Grilled Rueben
House baked and trimmed corn beef, sauerkraut, melted Swiss cheese and homemade Russian dressing. 8.50

Chicken Torta
Grilled chicken breast with refried beans, avocado, green chili, shredded lettuce and tomato. Served on a French roll with salsa fresca and Mexican salad. 10.25

 **Vegetarian Torta**
Grilled eggplant, red bell pepper, artichoke heart, onion, tomato, melted havarti and Parmesan cheese. Served on a whole wheat roll. 9.75

Albacore Melt
Homemade tuna salad with dates, tomato and melted havarti cheese. 9.25

Turkey Melt with Avocado
House baked turkey breast, sliced avocado, tomato and melted havarti cheese. 10.00

Eclectic Club
Three pieces of bread with house baked turkey breast, honey and brown sugar ham, bacon, Swiss cheese, lettuce, tomato and mayo. 10.75



Mexican Food

Starters

House made guacamole & chips
5.00

Chips & Salsa 3.00

Eclectic Nachos
Refried beans, green chili and melted cheese. Served with house salsa. 7.50

Burros

Over-stuffed house specialties accompanied with a Mexican Salad (Shredded iceberg lettuce, carrots, tomato, onion, cheese, radish & tortilla strips).

Available “Enchilada Style” for 1.25

Leo’s Special Chicken Burro
Marinate and diced chicken with green chili and refried beans, topped with cheese and sour cream. 11.75

Shredded Beef Burro
Marinated and shredded beef in our green chili, refried beans blend, topped with cheese and sour cream. 11.75

Carne Asada Burro
Generously chopped steak with green chili, refried beans, topped with cheese and served with salsa fresca. 12.75

Ultimate Vegetarian Bean Burro
All the green chili, avocado, refried beans, and tomatoes a tortilla can hold. Topped with cheese and sour cream. 8.75

Bean & Cheese Burro
For those that like to keep it simple- Bean and Cheese only. Topped with cheese and sour cream. 7.75



Chimichangas

Two flour tortillas stuffed with your favorite filling, green chili, salsa fresca & cheese. Each order is deep fried, topped with sour cream and served with refried beans and a Mexican salad.

Available “Enchilada Style” for 1.25

Leo’s Special Chicken 11.75

Shredded Beef 11.75

Carne Asada 12.75

Vegetarian 9.50

All tortillas available
in whole wheat

Tostadas

Traditional Tostadas
A crispy corn tortilla layered with refried beans, green chili, shredded lettuce, carrot, radish, tomato, topped with avocado, cheese, and sour cream. Your choice of:

Leos’s Special Chicken
full order (2) 11.00 half order (1) 7.00

Shredded Beef
full order (2) 11.00 half order (1) 7.00

Carne Asada
full order (2) 12.00 half order (1) 8.00

Vegetarian
full order (2) 9.00 half order (1) 6.00

Topopo Salads

A crispy flour tortilla and refried beans create the foundation for a “volcano” of shredded lettuce, jack and cheddar cheeses, queso fresco, onion, radish, carrots, tomato, avocado and a dollop of sour cream. Your choice of:

Leo’s Special Chicken 12.25

Shredded Beef 12.25

Carne Asada 13.25

Vegetarian 11.25

House Tacos & Enchiladas

Carne Asada Tacos
Three soft tacos served on corn tortillas with grilled carne asada, shredded lettuce, onion, radish, cucumber, queso fresco, avocado and lemon. Served with a side of salsa fresca. 9.25

Guadalajara Taco
A large flour tortilla is folded in half and stuffed with refried beans, green chili and melted cheese, topped with sour cream and served with a Mexican salad. Your choice of Leo’s Special Chicken or Carne Seca. 11.00

Open-faced Chicken or Carne Seca Enchiladas
Three soft corn tortillas stacked and layered with your favorite meat, melted cheeses, topped with your choice of red or green enchilada sauce and a scoop of sour cream. Served with refried beans and a Mexican salad. 12.25

Cheese Enchiladas
Two corn tortillas rolled and stuffed with our homemade red chili sauce and blend of melted cheeses, topped with more cheese and sauce and a scoop of sour cream. Served with refried beans and a Mexican salad. 9.25
Add Leo’s special chicken 2.50

*Huevos(Eggs)

Huevos Rancheros
A crispy corn tortilla with refried beans, huevos any way you like them, house-made ranchero salsa, avocado slices and melted cheese. Served with refried beans and a flour tortilla. 9.25

Chorizo con Huevos
Scrambled eggs with chorizo and melted cheese. Served with refried beans, Mexican Salad and a flour tortilla. 9.25

Eclectic Tostada Crisps

Tostada de Verduras
A crispy flour tortilla topped with mixed vegetables and a blend of melted cheeses. 7.25

Tostada de Frijoles
A crispy flour tortilla topped with refried beans, green chili and a blend of melted cheeses. 7.75

Tostada de Carne
A crispy flour tortilla topped with our marinated carne seca, refried beans, green chili, and a blend of melted cheeses. 10.00

Quesadillas

All quesadillas served with a Mexican salad.

Gordo’s Chicken & Chorizo Quesadilla
A house favorite that is more than a meal! We double the size of our traditional quesadillas by sandwiching white meat chicken, chorizo, red and green peppers, onions and melted cheese between two large flour tortillas. Served with a side of salsa fresca. 12.75

Carne Asada Quesadilla
Carne Asada, green chili and melted cheese are sandwiched between two large flour tortillas. Served with salsa fresca. 12.75

Crab Quesadilla with Pineapple Salsa
Crab, queso fresco and havarti cheese served with a side of fresh pineapple salsa. 10.25

Chicken Quesadilla
All white meat chicken, green chili, diced tomato and melted cheese. 10.00

Cheese Quesadilla 6.00

Fajitas

Your favorite meat grilled with red and green peppers, red onions, calabacitas, Wilcox tomatoes and cilantro. Served with refried beans and flour tortilla.

Carne Asada or Seasoned All White Meat Chicken 12.75



Beverages

Gourmet Iced teas
Mango, Decaf Pomegranite/Cranberry, Decaf Apricot, & The House 2.25

Sodas
Pepsi, Diet Pepsi, Sierra Mist, & Mug Root Beer 2.25

Lemonade 2.50

Arnold Palmer (1/2 tea, 1/2 lemonade) 2.50

Juices
Orange, Apple, Cranberry, and Grapefruit Small 1.25 Large 2.50

Regular & decaffeinated coffees
The Eelectic Cafe’s own House Blend 2.25

Hot teas
English Breakfast, Earl Grey & Green Tea 2.25

Hot herbal teas
Decaf Chamomile & Decaf Peppermint 2.25

Hot Chocolate 2.25

Milk Small 1.25 Large 2.25

Side Orders

Small Guacamole 2.25

Large Guacamole 3.50

Beans 1.75

Sliced jalapenos 1.25

Chips & salsa 3.00

Salsa Fresca 1.75

Sour cream 1.25

“Not Gringo Salsa” (when available) 2.00

French fries / sweet potato fries 2.75

Children’s Meu

✱ **Plain hamburger** 4.50

✱ **Cheeseburger** 5.25

Hot dog 4.75

Chicken, beans, and cheddar cheese burrito 5.75

Bean burrito with cheddar cheese 4.75

Peanut butter & honey, or jelly 3.25

Grilled cheese sandwich 4.75

Cheese nachos 4.75

Charlie- (pb & jelly in a rolled flour tortilla) 3.25

Kids club with peanut butter, fresh strawberries, fresh bananas & honey 7.25



This symbol will help you identify our vegetarian menu options.



Can be cooked to order. Consuming uncooked or raw meat or eggs may increase your risk of food-borne illness.



“Don’t worry, be happy” — Meher Baba

Desserts

Key Lime Pie 5.00

Eclectic's Original Banana Chocolate Chip Pie 5.00

Housemade Mexican Flan 4.75

Eclectic's Triple Chocolate Cake 5.50

Eclectic's Classic Cheesecake 5.00

Old Fashioned Bread Pudding 4.50




Favorites To Go

Favorite to go items are available for take-out only. To maintain freshness, we may occasionally run out of an item. We suggest you order in advance to assure availability.

	Pints	Quarts
Dressings	4.25	7.50
Soups	6.00	9.50
Mexican Tortilla Soup	7.25	11.75
Chicken Salad	9.00	17.00
Albacore Salad	9.00	17.00
House Salsa	4.50	7.50
Salsa Fresca	5.50	10.00
Refried Beans	4.00	7.25
Enchilada Sauce	4.50	7.50
Tomatillo Sauce	4.50	7.75
Guacamole (Seasonal)	10.00	18.50

Whole Quiches

 Vegetable	20.00
Meat	20.00
Seafood	23.00

Whole Desserts

Cheesecake	26.00
Banana Chocolate Chip Pie	23.00



Catering Available
please ask us for a menu