

DID YOU KNOW ...
 WE SERVE ORGANIC BREAKFAST &
 BRUNCH EVERY DAY FROM
 OPENING THROUGH TWO O'CLOCK

Grow

FOOD + BAR

LES  VINS

WINES LISTED
 ON BACK PAGE

Spring Menu, 2017 * 53 Lafayette Circle * Lafayette * Ph. (925) 962-2469 * jm 3.15.17

KID'S BAR

- choice... 4.95
- MONKEY TIME**
Pineapple, orange, primates
- BEST FRIENDS**
Carrot, apple, lemonade
- PINEAPPLE UPSIDE-DOWN**
Vanilla, pineapple, cherry

ICY BLENDS

- Malts, 6.50
- Milk Shakes, 6.50
- Boston Cooler, 6.95
- Root Beer Float, 6.95
- Blushing Dream, 6.95

DRINKS

- Can of... Coke, Diet Coke, 7-Up, 2.75
- Fizzy Water, Lrg. / 4.50, Sm. / 2.50
- Btl Coke or Artisanal Sodas, 3.95
- Ginger Ale or Root Beer, 3.25
- Coconut Water, (8oz bottle) 3.50



ORGANIC DRINKS

- Iced Tea or Iced Coffee, 3.50
- Lemonade, 4.95
- Arnold Palmer, 4.75
- Raspberry Lemonade, 5.50
- Hibiscus Cooler, 4.95

VIRGIN COCKTAILS



- LAZY RIVER** 6.50
Grapefruit, pomegranate, ginger
- SPICY TOMATO** 6.95
Organic tomato juice, Mary spices
- BLOOD ORANGE COSMO** 6.95
Orange, cranberry, lime, vanilla
- BERRIES & CREAM** 6.95
Strawberry, almond, cream

ORGANIC DELICIOUS JUICES

lg. 5.95 / reg. 4.95



APPLE, ORANGE,
 CARROT, GRAPEFRUIT
 (Special vegetable mixes ... A.Q.)

SQUEEZED TO ORDER !!!

COFFEE & TEA



- Numi Tea, Nspire, organic 3.75
- Black ~ Himalayan Darjeeling*
Royal Grey
- Green ~ Jasmine Dream*
- White ~ Silver & Spice*
- Herbal ~ Moonlight Mint*
Rosy Chamomile
- Chai, coconut or organic milk 4.50
- Organic Coffee, Straus organic ½ & ½ 3.95

CRAFT BEER

Short (half-pint) 4.95



BOTTLED BEER

Formidable! 6.50

- PILSNER, Coronado Brewing, Coronado
Light, crisp, clean finish
- HEFEWEIZEN, Golden Road, Los Angeles
Banana & clove, subtle citrus
- SESSION IPA, Wolf Pup, Golden Road, Los Angeles
Tropical hops, citrus tones, light
- IPA, Racer 5, Bear Republic, Healdsburg
Full-body & sweet hops
- AMBER, Evil Twin, Heretic Brewing, Fairfield
Roasty, malty, slightly sweet
- ROTATING HANDLE, quoted

- BUD / BUD LIGHT 4.25
- ERDINGER WEISSBRÄU, Non-Alcoholic 5.95
- OMISSION PALE ALE, Gluten-Free, OR 5.50
- STELLA ARTOIS, BELGIUM 5.75
- HOEGAARDEN, BELGIUM 5.75
- CIDER BOYS, APPLE-PINEAPPLE CIDER, WI 5.50
- SOUR MONKEY, VICTORY BREWING, PA 7.25
- CHEZ PANISSE FARMHOUSE ALE, CALICRFT (500 ML) 9.95
- SPACEDUST IPA, ELYSIAN, WA 7.25

DESSERTS & PIES

(all good for sharing)



- Pies from our Bakery, selection varies A.Q.
- * Organic Apple
- * Cream Pie of the Day
- * Organic Southern Pecan
- Ginger Cake, pumpkin ice cream... 8.75
- Flourless Chocolate Cake, ala mode... 8.50
- Organic Strawberry-Rhubarb Crisp... 8.95
- Organic Ice Cream, scoop... 2.95

We are here
to feed you !!!

We use Good Groceries.
Menu changes seasonally.

We reserve our rights.
Try our gift cards !!!

Sales tax is added to
all food & drinks sold.

We recycle & compost.
Thanks for your support for the past 20 years ...

We're here to accelerate the every day availability of affordable organic / sustainable foods ...



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Soups,

Organic Veggie Minestrone, 5.75 / 4.50

Organic Chicken Noodle, bowl) 6.50 / cup) 5.25

Starters, we encourage sharing ...

Goat Cheese Pot, tomato, toast, 7.50

Baked Nachos, salsa, sour cream, avocado, 8.75

Mussels, white wine, lemon, parsley, 9.50

Wontons, shrimp, pork, ginger-chili sauce, 9.95

* Wood-Baked Artichoke, lemon-mayo, 6.50

Sandwiches, choice of Salad, Fries or Minestrone

½ Picnic-Style Sandwich, (Quoted daily) 6.95

Organic Veggie Burger, mushrooms, spinach, 12.50

* Asian-Style Grilled Fish, voted #1 in Bay Area! A.Q.

Wild Albacore Tuna Melt, sourdough, avocado, 13.50

* Sustainable Fish Tacos, avo, queso fresco, salsa, 15.95

Organic Grilled Chicken BLT, avo, herbs, mayo, 15.95

* Organic Fried Egg, country ham, tomato, gruyère, 11.95

* Local Lamb Burger, yogurt, tzatziki, mint, 15.95

* Organic Burger on Organic Baguette or Soft Bun, 14.75

Healthful Salads,

Organic Greens, spring vegetables, mushrooms, lemon-vin large 9.95 / medium 8.25 / petite 5.95

* Organic Caesar, romaine, reggiano, croutons, caesar dressing 10.95 / 8.95 / 6.50

Iceberg Wedge, tomato, radish, beets, creamy blue cheese dressing - / 9.50 / 6.95

Organic Spinach, beets, feta, cranberries, walnuts, apple, sherry vin - / 11.50 / 7.95

Organic Chopped Salad, veggies, salame, croutons, herb-parmesan dressing 12.50 / 11.25 / 7.75

Thai-Style Organic Chicken Breast Salad, chili, lime, mint, herbs, peanuts 14.50 / 12.75 / 8.95

* Grilled Prawn Louis, iceberg, avocado, tomato, chives, organic egg & olives 16.50 / 14.50 / 12.50

Cobb Salad, organic chicken breast, bacon, blue cheese, avocado, tomato, egg 14.95 / 12.95 / 9.75

HOURS		
FOOD		
BREAKFAST	Mon-Fri	7-2 pm
BRUNCH	Sat-Sun	8-2 (most holidays too)
LUNCH	Mon-Sun	11-5
DINNER	Sun-Thurs	5-9:30 ... last order in by
	Fri-Sat	5-10
WINE BAR		
	Sun-Thurs	'til 9:30 pm
	Fri-Sat	'til 10 pm

We have a "same day" table reservation system. This is a quick and easy solution... without the hassle of traditional systems.

For impromptu dining during busy hours... you can save yourself a wait by calling in ahead. We will quote the wait (if any) and give you the time that your table will be ready.

For parties of 8 or more, we take advance reservations.

When in doubt... call Chow @ (925) 962-CHOW

Pasta & Noodles,

- Gnocchi, ricotta, spinach, tomato sauce..... entree 15.50 / medium 12.75
- Farfalle, asparagus, peas, spinach, pesto, cream 14.95 / 12.50
- Organic Wood-Baked Lasagna of ricotta, spinach & tomato 17.50 / 14.95
- Rose's Old-Fashioned Spaghetti & Organic Meatball(s) 14.95 / 12.50
- *Linguini with Seafood, shrimp, clams, white wine & parsley..... 19.95 / 16.95
- Fusilli of Chicken & Sausage, mushrooms, tomato, cream, rosemary..... 16.25 / 14.25
- Thai-Style Noodles with Steak & Chicken, peanuts, spicy lime-chili-garlic broth 16.95 / 14.50
- *Smiling Noodles of Chicken & Shrimp, veggies, spicy ginger-garlic-curry sauce..... 15.95 / 13.50

Pizza, 9" Wood-Oven Fired

- Cheese, tomato, 11.50
- Pepperoni, mozz, tomato, 12.75
- Asparagus, tomato, mozz, basil, 14.95
- Combo, spicy salame, sausage, mushroom, 13.95
- Prosciutto, ricotta, tomato, arugula, 15.50
- Sausage, artichoke, capers, tomato, mozzarella, 14.95

Mains, most served with a different seasonal side

- *Sustainable Seafood entree/medium A.Q.
- Spring Veggie Platter 14.50
- Adobo Chicken Enchiladas 17.50
- Organic Grilled Lemon Chicken, daily..... A.Q.
- *Bistro-Style Steak Frites, arugula, tomato A.Q.
- Organic "Pot Roast" of Beef, spring veg, mash 17.95

Kid's Menu / Organic Vegetables & Sides,

- Mac n' Cheese,*Organic Burger, Tuna Melt, Organic Chicken Fingers, Scrambled Eggs ... 9.75 | All served with veggie choice
- Assorted Vegetable sides, a la carte, 5.50 / Please consult with your server for additional vegetables to our menu...

*Eating raw or undercooked fish, shellfish, eggs or meat may increase risk of foodborne illness.

WINES

MIXED DRINKS

WINE MOJITO, Albariño, mint, soda	7.95
MIMOSA, Prosecco, organic orange juice	9.50
SABE MARGARITA, Sabe blanco, lime, agave	10.75
SAKE BLOODY MARY, Kumosabé Sake, house spicy tomato	10.95



STARS IN A BOTTLE

BORTOLOTTI, <i>Glera</i> , Prosecco, Valdobbiadene, Italy, NV
BILLECART-SALMON, <i>Chardonnay, PN, PM</i> , Brut Reserve, Champagne, France, NV, 375 mL
SCHRAMSBERG, <i>Pinot Noir, Chardonnay</i> , Brut Rosé, Napa Valley, California, '14

Taste	Glass	Bottle
3 OZ	5.50 OZ	
5	9	38
--	--	29
7	11	55

WHITE & ROSÉ

WINE OF THE DAY
HOUSE, <i>Chardonnay</i> , Mi Terruño, Argentina, '16 (Sustainable)
BIDAIA, <i>Txakoli</i> , Getariako Txakolina, Spain, '16 (Sustainable)
GÉRARD BERTRAND, <i>Grenache Gris & Grenache, Rosé</i> , Languedoc-Roussillon, France, '15 (Sustainable)
BROOKS, <i>Amycas, White blend</i> , Willamette Valley, Oregon, '15 (Sustainable)
MT. BEAUTIFUL, <i>Sauvignon Blanc</i> , New Zealand, '15 (Sustainable)
TINPOT HUT, <i>Grüner Veltliner</i> , Marlborough, New Zealand, '15 (Sustainable)
NAVARRO, <i>Chardonnay</i> , Mendocino, California, '13
DOMAINE FEUILLAT-JUILLOT, <i>Chardonnay</i> , Montagny 1er Cru, France, '14 (Sustainable)
GRGICH HILLS, <i>Sauvignon Blanc, Fumé Blanc</i> , Napa Valley, California, '14 (Organic & Sustainable)
MIGRATION, <i>Chardonnay</i> , Russian River Valley, California, '14
STOLPMAN, <i>Roussanne</i> , Ballard Canyon, California, '14 (Organic)

Taste	Glass	Bottle
3.75 OZ	6 OZ	
A.Q.	A.Q.	A.Q.
6	9	27
9	12	43
7	10	35
7	10	35
7	10	35
10	13	48
8	11	39
11	15	57
10	14	53
9	12	43
8	13	48

RED

WINE OF THE DAY
HOUSE, <i>Cabernet Sauvignon</i> , Los Morros, Central Valley, Chile, '15 (Sustainable)
FOSSIL POINT, <i>Pinot Noir</i> , Edna Valley, California, '15 (Sustainable)
STOLLER, <i>Pinot Noir</i> , Dundee Hills, Oregon, '15 (Sustainable)
ALVARO CASTRO, <i>Red Blend</i> , Dão, Portugal, '12 (Biodynamic & Sustainable)
RADIO-COTEAU, <i>Pinot Noir</i> , 'La Neblina', Sonoma Coast, California, '13 (Organic)
GREEN & RED VINEYARD, <i>Zinfandel</i> , Chiles Canyon Vineyards, Napa, California, '13 (Sustainable)
SIETE FINCAS, <i>Malbec</i> , Mendoza, Argentina, '15 (Sustainable)
DONATI, <i>Cabernet Sauvignon</i> , Paicines, California, '13 (Sustainable)
MONTICELLO, <i>Merlot</i> , Napa Valley, California, '13 (Sustainable)
RIDGE, <i>Zinfandel</i> , East Bench, Dry Creek Valley, California, '15 (Organic)
BLACKBIRD ARISE, <i>Red Blend</i> , Napa Valley, California, '13 (Sustainable)

A.Q.	A.Q.	A.Q.
6	9	27
7	11	38
10	13	48
7	10	35
12	16	61
8	13	48
6	9	32
9	12	43
10	14	53
11	15	57
12	16	61