

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

Late Summer Menu, 2017 * 215 Church Street * San Francisco * Ph. (415) 552-2469 * md 8.9.17

KID'S BAR

- choice... 4.95
- MONKEY TIME**
Pineapple, orange, lemon
- 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
- CITRUS COOLER** 6.95
Orange, 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, Napa Smith Brewery, Vallejo, CA
Crisp hops, subtle malts, light
- HEFEWEIZEN, Sudwerk Brewery, Davis, CA
Unfiltered, slightly fruity, malty finish
- SAISON, HenHouse, Petaluma, CA
Light, clean, and slightly sweet
- IPA, Tropical Torpedo, Sierra Nevada, Chico, CA
Tropical & citrusy hops
- NITRO, Red Seal Ale, North Coast Brwy., Ft. Bragg
Hops, malt & spicy finish
- ROTATING HANDLE, quoted

- BUDWEISER, Lager, USA 4.25
- SOUR MONKEY, VICTORY BREWING, PA 7.25
- ERDINGER WEISSBRÄU, Non-Alcoholic 5.95
- OMISSION PALE ALE, Gluten-Free, OREGON 5.50
- HOEGAARDEN, BELGIUM 5.75
- CIDERBOYS, APPLE-PINEAPPLE CIDER, WI 5.50
- LITTLE SUMPIN' SUMPIN' ALE, LAGUNITAS 6.25
- SPACEDUST IPA, ELYSIAN, WA 7.25
- CHEZ PANISSE FARMHOUSE ALE, CALICRAFT (500 ML) 9.95

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. 8.95
- Flourless Chocolate Cake, à la mode . 8.95
- Local Pear & Huckleberry Crisp 8.50
- 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

Nachos, corn salsa, guacamole, Mexi-cream, 9.95

Summer Veg Rolls, peanut-coconut sauce, 7.95

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

Country Pork Pâté, cornichon, grain mustard, 10.50

Sandwiches, choice of Salad, Fries or Minestrone

½ Picnic-Style Sandwich, (Quoted daily) 6.95

Organic Veggie Burger, mushrooms, spinach, 12.50

* Grilled Fish of the day, tomato, tartar sauce, A.Q.

Wild Albacore Tuna Melt, sourdough, avocado, 13.50

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

Organic Chicken BLT, tomato, avocado, pesto, 15.95

Saucy Carolina-Style Pulled Pork, coleslaw, 14.95

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

* Organic Burger on Organic Baguette or Soft Bun, 14.95

Healthful Salads,

Organic Greens, summer squashes, mint, lemon, tomato 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

* Local Tuna Niçoise Salad, little gems, green goddess, egg, olives, potato16.50 / 14.50 / -

Thai-Style Organic Chicken Breast Salad, chili, lime, mint, herbs, peanuts14.50 / 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..... 15.50 / 13.25 / 9.95

FOOD		
BREAKFAST	Mon-Fri	8-2 pm
BRUNCH	Sat-Sun	8-2 (most holidays too)
LUNCH	Mon-Sun	11-5
DINNER	Sun-Thurs	5-10 ... last order in by
	Fri-Sat	5-10:30 ^{4pm}
WINE BAR		
	Sun-Thurs	'til 10 pm
	Fri-Sat	'til 10:30 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 @ (415) 552-CHOW

Pasta & Noodles,

- Gnocchi, ricotta, spinach, tomatoes entree 14.95 / medium 12.50
- Spicy Penne, tomato, olives, anchovy, capers, chiles 15.95 / 13.50
- 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, clams, shrimp, garlic, lemon & parsley 19.95 / 16.95
- Fusilli of Chicken & Sausage, mushrooms, tomato, cream, rosemary 16.95 / 14.50
- 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, 12.95
- Veggie, tomato, corn, pesto, arugula, 13.95
- Combo, spicy salame, sausage, mushroom, 14.50
- Prosciutto, ricotta, tomato, arugula, 15.50
- *Smoked Salmon, crème fraîche, cucumbers, 15.75

Mains, most served with a different seasonal side

- *Sustainable Seafood entree/medium A.Q.
- Farmer's Market Veggie Platter 14.50
- Organic Chicken Enchiladas Verde 17.50
- Grilled Organic Chicken Breast, Brava-style 17.95
- *Bistro-Style Steak Frites, arugula, tomato A.Q.
- Organic "Pot Roast" of Beef, 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
SABÉ MARGARITA, Sabé Blanco, lime, agave.....	10.75
SABÉ BLOODY MARIA, Sabé Blanco, house spicy tomato	10.95



STARS IN A BOTTLE

BORTOLOTTI, <i>Glera</i> , Prosecco, Valdobbiadene, Italy, NV
BILLECART-SALMON, <i>Chardonnay</i> , PN, PM, Brut Reserve, Champagne, France, NV, 375 mL
SCHRAMSBERG, <i>Pinot Noir</i> , <i>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)
RABBLE, <i>Syrah</i> , <i>Rosé</i> , Paso-Robles, California, '16 (Sustainable)
MIDDLE EARTH, <i>Sauvignon Blanc</i> , Nelson, New Zealand, '15 (Sustainable)
NAVARRO, <i>Chardonnay</i> , Mendocino, California, '14
DOMAINE FEUILLAT-JUILLOT, <i>Chardonnay</i> , Montagny 1er Cru, France, '14 (Sustainable)
GRGICH HILLS, <i>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, '15 (Organic)

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

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, '16 (Sustainable)
ALVARO CASTRO, <i>Red Blend</i> , Dão, Portugal, '14 (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, '14 (Sustainable)
DONATI, <i>Cabernet Sauvignon</i> , Paicines, California, '13 (Sustainable)
1808 VALCAVADA, <i>Tempranillo</i> , Rioja, Spain, '14 (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	10	35
7	10	35
12	16	61
9	12	43
9	12	43
7	10	35
11	15	57
12	16	61