

LOCAL FACT ...
 WE OFFER ORGANIC BREAKFAST
 & BRUNCH EVERY DAY FROM
 OPENING THROUGH TWO O'CLOCK

Grow

FOOD + BAR

LES  VINS

WINES LISTED
 ON BACK PAGE

Fall Menu, 2017 * 53 Lafayette Circle * Lafayette * Ph. (925) 962-2469 * md 9.20.17

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



- Fountain Sodas... Coke(s), 2.75
- Fizzy Water, Lrg. / 4.50, Sm. / 2.50
- Btl Coke or Artisanal Sodas, 3.95
- Ginger Ale, Root Beer, 7up, 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
- APPLE REFRESHER** 6.95
Apple, ginger, lemon

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, North Coast, Ft. Bragg
Clean, crisp, dry finish
- SAISON, HenHouse, Petaluma
Light, clean & slightly sweet
- GOLDEN ALE, Laughing Monk, San Francisco
Bright, refreshing, soft citrus
- 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
- MIGHTY DRY CIDER, GOLDEN STATE, CA 7.25
- OLD #38 STOUT, NORTH COAST BREWERY, CA 5.95
- CHEZ PANISSE FARMHOUSE ALE, CALICREFT (500 ML) 9.95
- SPACEDUST IPA, ELYSIAN, WA 7.25

DESSERTS & PIES



(all good for sharing)

- Pies from our Bakery, selection varies A.Q.
- * Pumpkin
- * 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

Pears, Prosciutto, almonds & arugula, 9.95

Fall Veggie Rolls, peanut-coconut sauce, 7.95

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

*Wood-Oven Roasted Mussels, drawn butter, 9.95

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, avocado, queso fresco, salsa, 15.50

Grilled Chicken, fall mushroom-herb jam & arugula, 15.50

Applewood Bacon, sourdough, pesto, heirloom tomato, 14.95

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

*Organic Burger on Organic Baguette or Soft Bun, 14.95

Healthful Salads,

Organic Mixed Greens, fall veggies, lemon, herbs light meals - / medium 8.50 / petite 5.95

*Organic Caesar, romaine, reggiano, croutons, Caesar dressing..... - / 8.95 / 6.95

Iceberg Wedge, tomato, radish, beets, creamy blue cheese dressing..... - / 9.50 / 7.50

Organic Spinach, beets, feta, cranberries, walnuts, apple, sherry vin..... - / 11.50 / 8.50

*Tuna Niçoise Salad, fall lettuces, green goddess, egg, olives, beans, potatoes16.50 / - / 12.50

Thai-Style Organic Chicken Breast Salad, chili, lime, mint, herbs, peanuts14.50 / 12.50 / 9.50

*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..... 15.95 / 13.50 / 10.50

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

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,

- Spicy Penne, tomato, olives, anchovy, capers, chiles entree 14.95 / medium 11.50
- Organic Potato Gnocchi, beef, mushroom & red wine ragu' 16.95 / 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
- *"Broken-Noodle" Cioppino, fish & shellfish stew, tomato, saffron, fennel, basil A.Q. / -
- Fusilli of Chicken & Sausage, mushrooms, tomato, cream, rosemary 16.95 / 13.50
- 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
- Fall Mushroom, greens, olives, gruyere, 14.95
- *Smoked Salmon, crème fraiche, cucumbers, 15.50
- Prosciutto, Bellwether ricotta, tomato, rocket, 15.50
- Combo, salame, sausage, mushrooms, chiles, 14.95

Mains, most served with a different seasonal side

- *Sustainable Seafood entree/medium A.Q.
- Farmer's Market Veggie Platter 14.95
- Organic Chicken Enchiladas Verde 16.95
- Organic Chicken, sweet potato, brussels, cranberry. 18.95
- *Bistro-Style Steak Frites, arugula, tomato A.Q.
- Organic "Pot Roast" of Beef, mashed potatoes 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, 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
8	12	55

WHITE & ROSÉ

WINE OF THE DAY

HOUSE, <i>Chardonnay</i> , Mi Terruño, Argentina, '17 (Sustainable)
BIDAIA, <i>Txakoli</i> , Getariako Txakolina, Spain, '16 (Sustainable)
RABBLE, <i>Syrah, Rosé</i> , Paso-Robles, California, '16 (Sustainable)
MIDDLE EARTH, <i>Sauvignon Blanc</i> , Nelson, New Zealand, '16 (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, '15
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
9	12	43
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)
RADIO-COTEAU, <i>Pinot Noir</i> , 'La Neblina', Sonoma Coast, California, '13 (Organic)
CELLER FRISACH, <i>Grenache-Carignan</i> , Catalonia, Spain, '15 (Organic)
1808 VALCAVADA, <i>Tempranillo</i> , Rioja, Spain, '15 (Sustainable)
HORSE & PLOW, <i>Red Blend</i> , North Coast, California, '15 (Organic)
DONATI, <i>Cabernet Sauvignon</i> , Paicines, California, '13 (Sustainable)
RIDGE, <i>Zinfandel</i> , East Bench, Dry Creek Valley, California, '15 (Organic)
BLACKBIRD ARISE, <i>Red Blend</i> , Napa Valley, California, '14 (Sustainable)

A.Q.	A.Q.	A.Q.
6	9	27
8	11	39
12	16	61
7	10	35
7	10	35
8	11	39
9	12	43
11	15	57
12	16	61