

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 \* 215 Church Street \* San Francisco \* Ph. (415) 552-2469 \* md 9.27.17

**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**



**BOTTLED BEER**

- Short (half-pint) 4.95
- 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

- Formidable! 6.50
- BUDWEISER, Lager, USA 4.25
- STELLA ARTOIS, BELGIUM 5.75
- ERDINGER WEISSBRÄU, Non-Alcoholic 5.95
- OMISSION PALE ALE, Gluten-Free, OREGON 5.50
- HOEGAARDEN, BELGIUM 5.75
- MIGHTY DRY CIDER, GOLDEN STATE, CA 7.25
- 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.
- \* 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, potatoes .....16.50 / - / 12.50

Thai-Style Organic Chicken Breast Salad, chili, lime, mint, herbs, peanuts .....14.50 / 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		
<b>FOOD</b>		
<b>BREAKFAST</b>	Mon-Fri	8-2 pm
<b>BRUNCH</b>	Sat-Sun	8-2 (most holidays too)
<b>LUNCH</b>	Mon-Sun	11-5
<b>DINNER</b>	Sun-Thurs	5-10 ... last order in by
	Fri-Sat	5-10:30 ""
<b>WINE BAR</b>	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,

- 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