

LOCAL FACT ...  
 WE OFFER ORGANIC BREAKFAST  
 / BRUNCH EVERY DAY FROM  
 OPENING THROUGH CLOSING



LES  VINS  
 WINES LISTED  
 ON BACK PAGE

Opening Menu, 2018 \* 3770 Piedmont Ave. \* Oakland \* Ph. (510) 260-2469 \* TG, 2/19/2018

**ALL-DAY BRUNCH**

\* includes choice of toast & spicy potatoes ...

- AVO TOAST, poached egg 8
- 2 ORGANIC EGGS, in your style 9 \*
- SPRING VEGGIE SCRAMBLE, goat cheese 12 \*
- SPICY HUEVOS RANCHEROS, frijoles 10
- CALIFORNIA, poached eggs, avo, tomato, rocket 12
- > PEPE'S BAGUETTE FRENCH TOAST 10
- > LEMON-SOUFFLE PANCAKES 9 ... add fruit + 2.5
- SMOKED SALMON HASH, poached eggs 13 \*
- BENEDICT, hollandaise, ham 14 /one BENEDICT 12 \*
- CHICKEN-APPLE-SAUSAGE & MUSHROOM SCRAMBLE 12 \*

**LUNCH & DINNER**

Menu below offered from 11 on ...

**STARTERS**

- |                          |                         |
|--------------------------|-------------------------|
| HALIBUT CRUDO, orange 10 | MARKET CHEESE 7         |
| FRIED ASPARAGUS 9        | IGNACIO'S NACHOS 10     |
| BAKED GOAT CHEESE 9      | WONTONS, prawn, pork 10 |

**SALADS** starters or light meals

- GARDEN LETTUCES 8
- CLASSIC CAESAR SALAD 9
- SPINACH, beets, avo, orange, hazelnuts 11
- LOCAL TUNA NIÇOISE, peppers, olives, egg 15
- GRILLED PRAWN LOUIE-LOUIE, 1000 Island 15
- Rex's Twice-Spicy THAI CHICKEN SALAD, 3 herbs 13
- COBB, bacon, avocado, blue cheese & farm egg 14

Good for me... **SOUP**

- ORGANIC MINESTRONE 6
- SPICY TORTILLA, avocado 7
- ORGANIC CHICKEN-NOODLE 7
- ORGANIC CHILI CON CARNE 8


**SIDES**

- ORGANIC EGG 3
- ORGANIC FRUITS / TOASTS
- DAILY ORGANIC VEGETABLES
- RICE & BEANS 5
- BACON or CHICKEN SAUSAGE 6

**KID'S** \* includes veg pick

- MAC N' CHEESE 9\*
- KID'S BREAKFAST HITS
- PIZZA 8 / PEPPERONI 9
- ORGANIC CHICKEN FINGERS 10\*
- ORGANIC CHEESE-BURGER 10\*

**DESSERTS** plenty to share...

- CHOW PIES... from our bakery 
- MARKET FRUIT CRISP 9
- CHOCOLATE CAKE, ala mode 9
- GINGER CAKE, pumpkin ice cream 10
- SICILIAN-AMERICAN CANNOLI 4 ea.

For descriptions of dishes- please consult your server ...

**LUNCH & DINNER**

Menu below offered from 11 on...

**SANDWICHES** add fries, green salad - or - minestrone ... + 4

- |                         |                                |
|-------------------------|--------------------------------|
| LOCAL FISH TACOS 12     | RARE AHI TUNA, ginger 14       |
| ORGANIC VEG BURGER 10   | ORGANIC CHICKEN BLT 13         |
| OPEN-FACED TUNA MELT 10 | BURGER ROYALE, with cheese 11  |
| GULF SHRIMP PO'BOY 13   | LOCAL LAMB BURGER, tzatziki 12 |

**PIZZA** from the wood oven

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| MARGHERITA 11                   | SPICY PEPPERONI 12                |
| ASPARAGUS, pesto 13             | SAUSAGE, peppers & rapini 13      |
| SMOKED SALMON, creme fraiche 14 | PROSCIUTTO, rocket, mozzarella 14 |

**PASTA / NOODLES / BOWLS**

- |                             |  |
|-----------------------------|--|
| Wood-Oven Baked LASAGNA 15  | RAGU' OF LAMB, fresh pasta 15          |
| SEAFOOD LINGUINI, as quoted | SPAGHETTI & MEATBALLS, organic 12      |
| CORKSCREWS, pork, funghi 13 | ASIAN NOODLES, chili, beef, chicken 14 |

**MAINS** all good for sharing...

- WOOD-GRILLED DAILY SEAFOOD / MEATS
- GRILLED ORGANIC CHICKEN BREAST, spring vegetables 16
- ORGANIC CHICKEN ENCHILADAS, Verde -or- Mole Negro 15
- ORGANIC STEAK FRITES, tarragon butter 18
- Red-wine braised ORGANIC POT ROAST OF BEEF 16
- ORGANIC VEG PLATTER, asparagus, greens, polenta, mushrooms 14

**CHOW:** Chef-driven Prepared-Food-Market, Cafe & Bakery

**MISSION:** Prepare, offer & serve affordable sustainable foods

**MARKETEER:** Chefs & Restaurateurs re-defining neighborhood Markets

For impromptu dining during busy hours... 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 @ (510) 260-CHOW

## COCKTAIL PARLOR



- MOJITO, *sabe gold-rum, mint, soda* 11  
 MARGARITA, *sabe blanco-tequila, lime, agave* 11.5  
 MIMOSA, *prosecco, organic orange juice* 9.5  
 YUZU MARTINI, *sabe yuzu-vodka, lemon, simple* 11.5  
 CUCUMBER FIZZ, *sabe cucumber-gin, cappelletti, lemon* 12  
 BOULEVARDIER, *sabe copper-bourbon, kina l'aero, sweet ver* 12  
 BLOODY MARY, *sabe jalapeno-vodka, spicy tomato mix* 12.5



## DRAFT BEER

SHORT 5 / FORMIDABLE! 7

- ROTATING HANDLE, *quoted*  
 PILSNER, *Trumer, Berkeley, crisp*  
 HEFEWEIZEN, *Oakland United, unfiltered*  
 1500 PALE ALE, *Drake's, San Leandro, citrus*  
 IPA, *Fieldwork Brewing, Berkeley, hoppy*  
 GUINNESS, *Ireland, smooth, creamy... Shane's brew!*  
 BOTTLED CRAFT BEERS, *available by request*



lg. 6.5 / reg. 5

APPLE, ORANGE, CARROT or GRAPEFRUIT

### MARKET BLENDS

- to name a few -

- BEEF, APPLE, GINGER, CARROT, 7.5  
 KALE, CELERY, PINEAPPLE, LEMON, 7.5  
 PINEAPPLE, ORANGE, APPLE, CAYENNE, 7.5  
 APPLE, LIME, AVO, BANANA, 8

**SQUEEZED TO ORDER !!!**

# CHOW FOOD + BAR

## SPARKLING

GLASS 5.5 oz · BOTTLE

- BORTOLOTTI, *Glera, Prosecco, Valdobbiadene, Italy, NV* - 9 / 38  
 BILLECART-SALMON, *Brut Reserve, Champagne, France, NV, 375 ml* - / 29  
 GERMAN GILABERT, *Cava Brut Reserva, Catalonia, Spain, NV* - 10 / 44  
 SCHRAMSBERG, *Brut Rosé, Napa Valley, California*, '14 - 13 / 55

## WHITE & ROSÉ

TASTE 3.75 oz · GLASS 6 oz · BOTTLE

- HOUSE, *Chardonnay, Mi Terruño, Argentina*, '17 - 6 / 9 / 27  
 RABBLE, *Syrah, Rosé, Paso-Robles, Calif.*, '16 - 7 / 10 / 35  
 MIDDLE EARTH, *Sauv. Blanc, Nelson, N.Z.*, '17 - 8 / 11 / 39  
 NAVARRO, *Chardonnay, Mendocino, California*, '15 - 9 / 12 / 43  
 DOMAINE FEUILLAT-JUILLOT, *Chardonnay, Montagny, 1er, France*, '15 - 11 / 15 / 57  
 PASCONA LA GERMANA, *Macabeau, Catalonia, Spain*, '16 - 8 / 11 / 39  
 GRGICH HILLS, *Fumé Blanc, Napa Valley, California*, '15 - 10 / 14 / 53  
 STOLPMAN, *Roussanne, Ballard Canyon, California*, '15 - 9 / 12 / 43



## RED WINE

TASTE 3.75 oz · GLASS 6 oz · BOTTLE

- HOUSE, *Cabernet Sauvignon, Los Morros, Central Valley, Chile* '15 - 6 / 9 / 27  
 FOSSIL POINT, *Pinot Noir, Edna Valley, California*, '16 - 8 / 11 / 39  
 CELLER FRISACH, *Grenache-Carignan, Catalonia, Spain* '16 - 7 / 10 / 35  
 1808 VALCAVADA, *Tempranillo, Rioja, Spain*, '15 - 7 / 10 / 35  
 RADIO-COTEAU, *Pinot Noir, 'La Neblina', Sonoma Cst., Ca.* '13 - 12 / 16 / 59  
 HORSE & PLOW, *Red Blend, North Coast, California*, '15 - 8 / 11 / 39  
 RESOLUTE, *Cabernet Sauvignon, Lake County, California*, '15 - 10 / 13 / 45  
 RIDGE, *Zinfandel, East Bench, Dry Creek Valley, California*, '15 - 11 / 15 / 57



## ORGANIC ICE CREAM

- MALTS, 6.5  
 MILK SHAKES, 6.5  
 BOSTON COOLER, 7  
 ROOT BEER FLOAT, 7  
 BLUSHING DREAM, *raspberry float* 7  
 DAILY FRUIT / NUT SHAKE  
 ICE CREAM SCOOP, *consult your server* 3



## ORGANIC DRINKS

- ICED TEA or ICED COFFEE, 3.5  
 LEMONADE, *fizzy or plain* 5  
 ARNOLD PALMER, *I.T., Lemonade* 4.75  
 RASPBERRY LEMONADE, *mint* 5.5  
 HIBISCUS COOLER, *orange, star anise* 5  
 THAI COCONUT WATER, (8oz bottle) 3.5  
 ARTISANAL SODAS, FIZZY WATER, A.Q.

## HOT COFFEE / CHOCOLATE / TEA

- TEA SELECTION, *organic* ..... 4  
 BLACK ~ *Himalayan Darjeeling, Royal Grey*  
 GREEN ~ *Jasmine Dream*  
 HERBAL ~ *Moonlight Mint, Rosy Chamomile*  
 TISANE ~ *Herbal Infusion*  
 CHAI, *coconut or organic almond milk* ..... 4.5  
 ORGANIC CHOCOLATE, *whipped cream* ..... 5  
 ORGANIC COFFEE, *Straus organic ½ & ½* ..... 3.5

We are here  
to feed you !!!

We use Good Groceries.  
Menu changes seasonally.

We do catering.  
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 ...