

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

Spring Menu, 2018 * 53 Lafayette Circle * Lafayette * Ph. (925) 962-2469 * md 3.23.18

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
- SPRING TONIC** 6.95
Cucumber, lemon, thyme

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, North Coast, Ft. Bragg
Clean, crisp, dry finish
- RED, Westfalia, Fort Point Brewery, SF
Rich caramel, smooth, creamy malt
- LAGER, Social Kitchen and Brewery, SF
Crisp, clean, easy drinking
- IPA, Racer 5, Bear Republic, Healdsburg
Full-body & sweet hops
- IPA, Fieldwork Brewing, Berkeley
Fresh hops, clean & crisp
- ROTATING HANDLE, quoted

- Formidable! 6.50
- BUD / BUD LIGHT 4.25
- ERDINGER WEISSBRÄU, Non-Alcoholic 5.95
- GLUTENBERG PALE, Gluten-Free, CANADA 7.25
- 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
- DEAD GUY, ROGUE BREWING, OR 5.95
- 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. . . . 8.95
- Flourless Chocolate Cake, à la mode . 8.95
- Strawberry-Rhubarb Crisp, whip cream . . 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 ...

- Nachos, guacamole, pico de gallo, 9.95
- Goat Cheese Pot, tomato, toast, 7.50
- Spring Veggie Rolls, peanut-coconut sauce, 8.50
- Wontons, shrimp, pork, ginger-chili sauce, 9.50
- Mussels, wine, butter, herbs, garlic toast, 9.95

Healthful Salads,

- Organic Mixed Greens, strawberry, almonds, goat cheese light meals - / medium 8.95 / petite 6.95
- *Organic Caesar, romaine, reggiano, croutons, Caesar dressing..... - / 9.50 / 7.50
- Iceberg Wedge, tomato, radish, beets, creamy blue cheese dressing - / 9.75 / 7.75
- Organic Spinach, beets, avocado, orange, hazelnuts, citrus vinaigrette..... - / 12.50 / 9.50
- *Tuna Niçoise Salad, green goddess, egg, peppers, olives, beans, potatoes 17.50 / 13.95 / -
- Grilled Prawn Louis, iceberg, avocado, tomato, chives, organic egg & olives..... 17.50 / 13.95 / -
- Thai-Style Organic Chicken Breast Salad, chili, lime, mint, herbs, peanuts 15.50 / 12.95 / -
- Cobb Salad, organic chicken breast, bacon, blue cheese, avocado, tomato, egg 16.50 / 13.50 / -

Sandwiches, choice of Salad, Fries or Minestrone

- ½ Picnic Sandwich, (Quoted daily) 6.95
- Organic Veggie Burger, romesco, avocado, 12.50
- Wild Albacore Tuna Melt, sourdough, avocado, 13.50
- Sustainable Fish Tacos, avo, queso fresco, salsa, 15.50
- Rare Ahi Tuna, ginger, wasabi aioli, tomato, 16.50
- Gulf Shrimp Po' Boy, remoulade, tomato, 14.95
- * Organic Chicken BLT, pesto, avocado, 15.95
- Local Lamb Burger, yogurt-cucumber-mint-tzatziki, 15.95
- * Organic Burger on Organic Baguette or Soft Bun, 14.95

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,

- Penne, asparagus, peas, pesto, tomato, cream..... entree 14.50 / medium 11.50
- Organic Wood-Baked Lasagna of ricotta, spinach & tomato 17.50 / 14.95
- Rigatoni, long cooked lamb-tomato ragù, ricotta salata 17.50 / 14.95
- Rose's Old-Fashioned Spaghetti & Organic Meatball(s) 15.95 / 13.50
- Linguini with Seafood, clams, shrimp, mussels, white wine, parsley 19.95 / 15.95
- Fusilli of Chicken & Sausage, mushrooms, tomato, cream, rosemary..... 16.95 / 13.95
- Thai-Style Noodles with Steak & Chicken, peanuts, spicy lime-chili-garlic broth..... 17.50 / 14.95
- Smiling Noodles of Chicken & Shrimp, veggies, spicy ginger-garlic-curry sauce..... 16.95 / 13.95

Pizza, 9" Wood-Oven Fired

- Cheese, tomato, basil 11.95
- Pepperoni, mozzarella, tomato, 13.50
- Asparagus, pesto, tomato, ricotta, 14.95
- Smoked Salmon, crème fraîche, cucumbers, 15.50
- Prosciutto, Bellwether ricotta, tomato, rocket, 15.50
- Spicy-Fennel Sausage, spring onion, tomato, feta, 14.95

Mains, most served with a different seasonal side

- *Sustainable Seafood entree/medium A.Q.
- Market Veggie Platter 14.95
- Organic Chicken Enchiladas Verde 17.50
- Organic Chicken, mashed potato, spring veggies ... 18.95
- Char-Grilled Flank Steak Frites, tarragon butter . . 19.95
- 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
MARGARITA, Sabé Blanco, lime, agave	10.75
BLOODY MARY, Sabé jalapeño, 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, '15

Taste	Glass	Bottle
3 OZ	5.50 OZ	
5	9	38
--	--	32
8	15	59

WHITE & ROSÉ

WINE OF THE DAY

HOUSE, <i>Chardonnay</i> , Mi Terruño, Argentina, '17 (Sustainable)
RABBLE, <i>Syrah</i> , <i>Rosé</i> , Paso-Robles, California, '17 (Sustainable)
MIDDLE EARTH, <i>Sauvignon Blanc</i> , Nelson, New Zealand, '16 (Sustainable)
NAVARRO, <i>Chardonnay</i> , Mendocino, California, '15
DOMAINE FEUILLAT-JUILLOT, <i>Chardonnay</i> , Montagny 1er Cru, France, '15 (Sustainable)
PASCONA LA GERMANA, <i>Macabeau</i> , Catalonia, Spain, '16 (Biodynamic)
GRGICH HILLS, <i>Fumé Blanc</i> , Napa Valley, California, '15 (Organic & Sustainable)
MIGRATION, <i>Chardonnay</i> , Russian River Valley, California, '15
STOLPMAN, <i>Roussanne</i> , Ballard Canyon, California, '16 (Organic)

Taste	Glass	Bottle
3.75 OZ	6 OZ	
A.Q.	A.Q.	A.Q.
6	9	27
7	10	35
8	11	39
9	12	43
11	15	57
8	11	39
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, '16 (Organic)
1808 VALCAVADA, <i>Tempranillo</i> , Rioja, Spain, '15 (Sustainable)
HORSE & PLOW, <i>Red Blend</i> , North Coast, California, '16 (Organic)
RESOLUTE, <i>Cabernet Sauvignon</i> , Lake County, California, '15 (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
10	13	45
11	15	57
12	16	61