

LOCAL FACT ...  
 WE ALSO ARE A  
 CHEF-DRIVEN / ORGANIC  
 PREPARED-FOOD MARKET -  
 PLEASE CONSIDER SAVING YOURSELF  
 A SHOPPING TRIP WHILE YOU'RE HERE ...



LES  VINS  
 WINES LISTED  
 ON BACK PAGE

Spring Menu, 2018 \* 3770 Piedmont Ave. \* Oakland \* Ph. (510) 260-2469 \* MD, 3/26/2018

**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 11
- CALIFORNIA, poached eggs, avo, tomato, rocket 12
- FRENCH TOAST 10, PANCAKES 9 ... add fruit + 2.5
- SMOKED SALMON HASH, cabbage, potato, eggs 13\*
- BENEDICT, hollandaise, ham 14 /one BENEDICT 12
- ORGANIC PORK CARNITAS SCRAMBLE, salsa, avo, tortilla 13
- CHICKEN-APPLE-SAUSAGE & MUSHROOM SCRAMBLE 12\*

**LUNCH & DINNER**

Menu below offered from 11 on ...

**STARTERS**

- VEGGIE SPRING ROLL 9
- BAKED GOAT CHEESE 9
- IGNACIO'S NACHOS 10
- WONTONS, prawn, pork 10

**SALADS** starters or light meals

- GARDEN LETTUCES 7
- CLASSIC CAESAR SALAD 10
- ICEBERG WEDGE, blue cheese, tomato 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

**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\*


Good for me... **SOUP**

- ORGANIC VEG MINESTRONE 6
- CHICKEN TORTILLA, avocado 7
- ORGANIC CHICKEN-NOODLE 7

**SIDES**

- ORGANIC EGG 3
- ORGANIC FRUITS / TOASTS
- DAILY ORGANIC VEGETABLES
- RICE & BLACK BEANS 4
- BACON or CHICKEN SAUSAGE 6

**DESSERTS** plenty to share...

- CHOW PIES... from our bakery 
- STRAWBERRY-RHUBARB CRISP 9
- CHOCOLATE CAKE, à la 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
- ORGANIC VEG BURGER 10
- OPEN-FACED TUNA MELT 10
- GULF SHRIMP PO'BOY 13
- RARE AHI TUNA, ginger 14
- ORGANIC CHICKEN BLT 13
- BURGER ROYALE, with cheese 11
- LOCAL LAMB BURGER, tzatziki 12

**PIZZA** from the wood oven

- MARGHERITA 11
- ASPARAGUS-PESTO FOCACCIA 13
- SMOKED SALMON, creme fraiche 15
- PEPPERONI 12
- SAUSAGE, onion, tomato, feta 13
- PROSCIUTTO, rocket, mozzarella 14

**PASTA / NOODLES / BOWLS**

- Wood-Oven LASAGNA 15
- SEAFOOD LINGUINI 15 / 19
- SPIRALS, sausage, mushroom 13
- RAGU' OF LAMB, house pasta 15
- PASTA & MEATBALL(s), organic 12 / 15
- CHILI NOODLES, beef, chicken, herbs 14

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

- WOOD-GRILLED DAILY SEAFOOD / MEATS
- GRILLED CHICKEN BREAST, spring vegetables 16
- ORGANIC CHICKEN ENCHILADAS, salsa verde 15
- ORGANIC STEAK FRITES, tarragon butter 19
- 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, provide & 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, *sabé gold-rum, mint, soda* 11
- MARGARITA, *sabé blanco-tequila, lime, agave* 11.5
- MIMOSA, *prosecco, organic orange juice* 9.5
- YUZU MARTINI, *sabé yuzu-vodka, lemon, simple* 11.5
- CUCUMBER FIZZ, *sabé cucumber-gin, cappelletti, lemon* 12
- BOULEVARDIER, *sabé copper-bourbon, kina l'aero, sweet ver* 12
- BLOODY MARY, *sabé jalapeño-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*
- STOUT, *North Coast, Fort Bragg, smooth*
- 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 - / 32
- GERMAN GILABERT, *Cava Brut Reserva, Catalonia, Spain, NV*, - 10 / 44
- SCHRAMSBERG, *Brut Rosé, Napa Valley, California*, '15 - 15 / 59

**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.*, '17 - 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*, '16 - 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*, '16 - 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
- 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*
- 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 ...