

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

Summer Menu, 2018 \* 53 Lafayette Circle \* Lafayette \* Ph. (925) 962-2469 \* md 6.17.18

## KID'S BAR

- choice... 4.95
- MONKEY TIME**  
*Pineapple, orange, lemon*
- BEST FRIENDS**  
*Carrot, apple, lemonade*
- SUMMER SPRITZER**  
*Raspberry, almond, vanilla*

## 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, cherry, ginger*
- SPICY TOMATO** 6.95  
*Organic tomato juice, Mary spices*
- CITRUS COOLER** 6.95  
*Orange, lime, vanilla*
- MELON REFRESHER** 7.50  
*Watermelon, chili, lime*

## ORGANIC DELICIOUS JUICES



lg. 5.95 / reg. 4.95

APPLE, ORANGE,  
 CARROT, GRAPEFRUIT  
 Try our Strawberry Apple blend!  
 (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*
- RED, Westfalia, Fort Point Brewery, SF  
*Rich caramel, smooth, creamy malt*
- LAGER, Dead Canary, Ol' Republic, CA  
*Smooth, crisp, light hops*
- IPA, Delicious, Stone Brewing, Napa  
*Hoppy, citrus notes, gluten reduced*
- IPA, Fieldwork Brewing, Berkeley  
*Fresh hops, clean & crisp*
- ROTATING HANDLE, quoted

- 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
- 1500 PALE ALE, DRAKE'S BREWING, CA 5.75
- 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. . . . 9.50
- Flourless Chocolate Cake, à la mode . 8.95
- Peach-Raspberry Crisp, whip cream. . . . 9.50
- 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, 5.95 / 4.75
- Organic Chicken Noodle, bowl) 6.95 / cup) 5.25

### Starters, we encourage sharing ...

- Nachos, guacamole, pico de gallo, 9.95
- Goat Cheese Pot, tomato, toast, 8.50
- Summer Veggie Rolls, peanut-coconut sauce, 8.95
- Wontons, shrimp, pork, ginger-chili sauce, 10.50
- Heirloom Tomato Bruschetta, mozzarella, 10.50

### Sandwiches, choice of Salad, Fries or Minestrone

- ½ Picnic Sandwich, ( Quoted daily ) 8.50
- Portobello, romesco, avo, arugula... on focaccia, 12.95
- Wild Albacore Tuna Melt, sourdough, avocado, 13.50
- Local Fish Tacos, avocado, queso fresco, salsa, 15.95
- Grilled-Rare Ahi Tuna, ginger, aioli, tomato, 16.50
- Char-Grilled Chicken, pesto, tomato, avocado, 15.95
- Mexican-style Petrale, avocado, salsa, crema, cilantro, 15.95
- Local Lamb Burger, yogurt-cucumber-mint-tzatziki, 16.50
- \* Organic Burger on Chow-Bakery Ciabatta or Soft Bun, 15.95

### Healthful Salads,

- \*Organic Caesar, romaine, reggiano, croutons, Caesar dressing ..... light meals - / medium 10.50 / petite 7.50
- Iceberg Wedge, tomato, radish, beets, creamy blue cheese dressing ..... - / 10.95 / 7.95
- Chopped, salami, chick-peas, olives, tomatoes, croutons & ranch..... - / 12.50 / 9.50
- Organic Spinach, beets, apple, walnut, goat cheese, citrus vinaigrette..... - / 12.50 / 9.50
- \* Ahi-Tuna Niçoise Salad, peppers, olives, beans, potatoes, egg, green goddess .....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 / -

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

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, summer veggies, cream, pesto, tomato ..... entree 15.50 / medium 12.50
- Organic Wood-Baked Lasagna of ricotta, spinach & tomato ..... 17.50 / 14.95
- Rose's Old-Fashioned Spaghetti & Organic Meatball(s) ..... 16.50 / 13.50
- Linguini with Seafood, clams, shrimp, garlic, white wine, parsley ..... 19.95 / 15.95
- Fusilli of Chicken & Sausage, mushrooms, tomato, cream, rosemary ..... 16.95 / 13.95
- Organic Garden Noodles, tofu, miso, summer veggies, peanuts (corn pasta) ..... 15.50 / 12.50
- 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 12.50
- Pepperoni, mozzarella, tomato, 13.50
- Veggie, spinach, mushrooms, goat cheese 14.95
- Prosciutto, nectarine, ricotta, wild arugula, 15.50
- Local Lamb, tomato, eggplant, olives, capers, feta 14.95
- Fennel Sausage, mushroom, pepper, onion, mozzarella 14.95

### Mains, most served with a different seasonal side

- \*Sustainable Seafood ..... entree/medium A.Q.
- Market Vegetable Platter ..... 14.95
- Organic Chicken Enchiladas Verde ..... 17.95
- Organic Chicken Breast, summer corn ragout ..... 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 ... 9.95 | 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 .....	10.50
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
--	--	35
8	15	59

## WHITE & ROSÉ

### WINE OF THE DAY

HOUSE, <i>Chardonnay</i> , Mi Terruño, Argentina, '17 (Sustainable)
GOBELSBURG CISTERCIEN, <i>Rosé</i> , Kamptal, Austria, '17
MIDDLE EARTH, <i>Sauvignon Blanc</i> , Nelson, New Zealand, '17 (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.
7	10	-
8	11	39
8	11	39
9	12	43
11	15	57
8	11	39
11	15	57
9	12	43
9	12	43

## RED

### WINE OF THE DAY

HOUSE, <i>Cabernet Sauvignon</i> , Los Morros, Central Valley, Chile, '15 (Sustainable)
DOMAINE ALLIMANT LAUGNER, <i>Pinot Noir</i> , Alsace, France, '15
CELLER FRISACH, <i>Grenache-Carignan</i> , Catalonia, Spain, '16 (Organic)
1808 VALCAVADA, <i>Tempranillo</i> , Rioja, Spain, '15 (Sustainable)
RADIO-COTEAU, <i>Pinot Noir</i> , 'La Neblina', Sonoma Coast, California, '13 (Organic)
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, '16 (Organic)
BLACKBIRD ARISE, <i>Red Blend</i> , Napa Valley, California, '14 (Sustainable)

A.Q.	A.Q.	A.Q.
7	10	-
8	11	39
7	10	35
8	11	39
12	16	61
9	12	43
10	13	45
11	15	57
12	16	61