

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

V = VEGAN

Summer Menu, 2018 * 3770 Piedmont Ave. * Oakland * Ph. (510) 260-2469 * MD, 6/5/2018

BREAKFAST & ALL-DAY BRUNCH

* includes choice of toast & spicy potatoes ...

- FRENCH TOAST 10, PANCAKES 9... + fruit 2.5
- AVOCADO TOAST, poached egg 8
- 2 ORGANIC EGGS, in your style 9 *
- SPICY HUEVOS RANCHEROS, frijoles 11
- SUMMER SQUASH VEG SCRAMBLE, goat cheese 12 *
- CALIFORNIA, poached eggs, avo, tomato, rocket 13
- SMOKED SALMON HASH, cabbage, potato, eggs 13 *
- BENEDICT, hollandaise, ham 15 / one BENEDICT 12
- ORGANIC PORK CARNITAS SCRAMBLE, salsa, avo, tortilla 13
- CHICKEN-APPLE-SAUSAGE, CHEDDAR & MUSHROOM SCRAMBLE 12 *



LUNCH & DINNER

Menu below offered from 11 on ...

STARTERS

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

SALADS starters or light meals

- GARDEN CAESAR SALAD 9
- RANCH-HOUSE CHOPPED SALAD 11
- ICEBERG WEDGE, blue cheese, tomato 9
- SPINACH, beets, apples, walnuts, citrus vin 11
- AHI TUNA NIÇOISE, peppers, olives, egg 16
- GRILLED PRAWN LOUIE-LOUIE, 1000 Island 15
- Rex's Twice-Spicy THAI CHICKEN SALAD, 3 herbs 13
- COBB, bacon, avocado, blue cheese & farm egg 15

KID'S * includes veg pick

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

Good for me... **SOUP**

- ORGANIC VEG MINESTRONE 6
- CHICKEN TORTILLA, avocado 7
- ORGANIC CHICKEN-NOODLE 7
- BOSTON SEAFOOD CHOWDER 8

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 CHICKEN & PESTO 12
- v PORTOBELLO VEG FOCACCIA 11
- BURGER ROYALE, with cheese 12
- OPEN-FACED TUNA MELT 10
- LOCAL LAMB BURGER, tzatziki 13
- SPICY-MEXI SOLE SANDWICH 13
- PORK CUTLET, greens, provolone 12

PIZZA from the wood oven

- MARGHERITA 11
- PEPPERONI 12
- HAIGHT ST., spinach, chevre 12
- SAUSAGE, mushroom, onions 13
- LAMB, eggplant, olives, feta 14
- PROSCIUTTO, arugula, nectarine 14

PASTA / NOODLES

- FARFALLE, tomatoes, basil 12
- FUSILLI, sausage, chicken, mushroom 15
- PENNE, vegetables, cream, pesto 14
- SPICY THAI CHILI NOODLES, beef, chicken 15
- Wood-Oven Baked LASAGNA 16
- PASTA & MEATBALL(s), organic 12 / 15


MAINS all good for sharing...

- WOOD-GRILLED DAILY SEAFOOD
- ORGANIC CHICKEN ENCHILADAS VERDE 16
- ORGANIC STEAK FRITES, tarragon butter 19
- Wine-braised ORGANIC POT ROAST OF BEEF 17
- v PORTOBELLO, pepper, artichoke, polenta, romesco 15
- ORGANIC VEG PLATTER, corn, beans, zucchini, tzatziki, quinoa 14

SIDES

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

DESSERTS plenty to share...

- CHOW PIES... from our bakery 
- PEACH-RASPBERRY CRISP 10
- CHOCOLATE CAKE, à la mode 9
- GINGER CAKE, pumpkin ice cream 10
- SICILIAN-AMERICAN CANNOLI 4 ea.

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

MISSION: Prepare, provide & serve affordable sustainable foods

MARKETEUR: 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



- HEMINGWAY DAIQUIRI, *sabé gold-rum, grapefruit, lime* 11
- MARGARITA, *sabé blanco-tequila, lime, agave* 11.5
- MIMOSA, *prosecco, organic orange juice* 9.5
- YUZU MULE, *sabé yuzu-vodka, ginger beer, lime* 12
- 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*

JUICES

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
- WATERMELON, CHILI, LIME, 7.5
- APPLE, LIME, AVO, BANANA, 8

SQUEEZED TO ORDER !!!

CHOW FOOD + BAR

SPARKLING

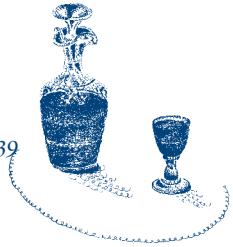
GLASS 5.5 oz · BOTTLE

- BORTOLOTTI, *Glera, Prosecco, Valdobbiadene, Italy, NV* - 9 / 38
- BILLECART-SALMON, *Brut Reserve, Champagne, France, NV, 375 ml* - / 35
- 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 - 7 / 10 / 30
- GOBELSBURG CISTERCIEN, *Rosé, Kamptal, Austria*, '17 - 8 / 11 / 39
- 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 - 11 / 15 / 57
- 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 - 7 / 10 / 30
- DOMAINE ALLIMANT LAUGNER, *Pinot Noir, Alsace, France*, '16 - 8 / 11 / 39
- CELLER FRISACH, *Grenache-Carignan, Catalonia, Spain* '16 - 7 / 10 / 35
- 1808 VALCAVADA, *Tempranillo, Rioja, Spain*, '15 - 8 / 11 / 39
- RADIO-COTEAU, *Pinot Noir, 'La Neblina', Sonoma Cst., Ca.* '13 - 12 / 16 / 59
- HORSE & PLOW, *Red Blend, North Coast, California*, '16 - 9 / 11 / 43
- 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* 4-7.5
- 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 ...