

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



WINES LISTED
 ON BACK PAGE

V = VEGAN

Summer Menu, 2018 * 3770 Piedmont Ave. * Oakland * Ph. (510) 260-2469 * TG, 7/26/2018

BREAKFAST & ALL-DAY BRUNCH

* includes choice of toast & spicy potatoes ...

- AVOCADO TOAST, *poached egg* 8
- 2 ORGANIC EGGS, *in your style* 9 *
- HUEVOS RANCHEROS, *frijoles* 11
- SUMMER VEGGIE SCRAMBLE, *cheddar 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 *



STARTERS

Menu below offered from 11 on ...

- v SUMMER ROLL, *veggies* 9
- v TOMATOES, *GARLIC TOAST* 8
- v NICE PLATE OF HUMMUS, *pita* 9
- IGNACIO'S NACHOS 10
- WONTONS, *prawn, pork* 10

SALADS *starters or light meals*

- CLASSIC CAESAR SALAD 9
- CHOPPED SALAD, *ranch dressing* 11
- ICEBERG WEDGE, *blue cheese, tomato* 10
- SPINACH, *apples, walnuts, feta, sherry 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
- Cajun SHRIMP PO' BOY 12
- OPEN-FACED TUNA MELT 10
- SPICY-MEXI SOLE SANDWICH 12
- v VEGGIE FOCACCIA, *portobello* 11
- TODAY'S PICNIC 8
- Fried CHICKEN, *slaw* 12
- BACON, LETTUCE, TOMATO 12
- LAMB BURGER, *tzatziki* 13
- BURGER ROYALE, *cheese* 12

PIZZA *from the wood oven ...*

- CHEESE 11
- SPICY PEPPERONI 12
- VEGGIE, *spinach, chevre* 12
- SUMMER TOMATO, *corn, pesto* 13
- SAUSAGE, *mushroom, onions* 13
- PROSCIUTTO, *arugula, fruit* 14

PASTA / NOODLES

- v FARFALLE, *tomato* 12
- Oven Baked LASAGNA 16
- v VEGAN, *veg, miso, tofu, chiles* 13
- FUSILLI, *sausage, chicken, funghi* 15
- CHILI NOODLES, *beef, chicken, herbs* 15
- ROSE'S PASTA & MEATBALL(S) 12 / 15


MAINS *all good for sharing...*

- WOOD-GRILLED DAILY SEAFOOD
- ORGANIC CHICKEN ENCHILADAS VERDE 16
- GRILLED STEAK FRITES, *tarragon butter* 19
- Wine-braised ORGANIC POT ROAST OF BEEF 17
- v PORTOBELLO, *pepper, corn, tomato, eggplant, romesco* 15
- CLASSIC SHELLFISH & FISH STEW, *garlic-saffron toast A.Q.*

SIDES

- FRENCH TOAST 10
- PANCAKES 9... + fruit 2.5
- SUMMER VEGETABLES
- SUMMER CORN ON THE COBB 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

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



- 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
 NEGRONI, *sabé cucumber-gin, cappelletti, sweet ver* 11
 COPPER SMASH, *sabé copper-bourbon, lemon, mint* 11.5
 BLOODY MARY, *sabé jalapeño-vodka, spicy tomato mix* 12.5



DRAFT BEER

SHORT 5 / FORMIDABLE! 7 / PITCHER! 23

- ROTATING HANDLE, *quoted*
 PILSNER, *North Coast, Ft. Bragg, crisp*
 HEFEWEIZEN, *Oakland United, unfiltered*
 1500 PALE ALE, *Drake's, San Leandro, citrus*
 IPA, *Fieldwork Brewing, Berkeley, hoppy*
 PORTER, *Einstök, Iceland, toasted*
 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

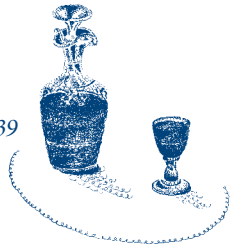
GLASS 5.5 oz · BOTTLE

- 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, 3.75
 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) 4
 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* 3.75

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 ...