



Fall Menu, 2018 * San Francisco * Oakland * Lafayette

Organic Eggs

BREAKFAST & ALL-DAY BRUNCH

* includes spicy potatoes & toast choice ...

AVOCADO TOAST, *poached egg* 9

2 ORGANIC EGGS, *in your style* 11 *

HUEVOS RANCHEROS, *frijoles* 13

FALL VEGGIE SCRAMBLE, *gruyere, herbs* 12.5 *

CALIFORNIA, *poached eggs, avocado, tomato, rocket* 14.5

SMOKED SALMON HASH, *cabbage, potato, eggs* 15.5 *

BENEDICT, *hollandaise, ham* 15.5 / one BENEDICT 13

ORGANIC PORK CARNITAS SCRAMBLE, *salsa, avo, tortilla* 15

CHICKEN-APPLE-SAUSAGE & MUSHROOM SCRAMBLE 14 *

HOT GRAINS & GRIDDLED

PANCAKES, *organic maple syrup* 10

FRENCH TOAST, *mascarpone* 11... *fruit* +2.5

IRISH OATMEAL, *bananas, currants & cream* 9

SIDES

APPLEWOOD-SMOKED BACON 6

ORGANIC CHICKEN-APPLE SAUSAGE 6

KID'S PANCAKE, *organic maple syrup* 7

KID'S FRENCH TOAST, *fruit* 8.5

POTATOES, *brava sauce, aioli* 4.5

HOUSE TOAST / BISCUIT, *butter, jam* 3

CHOWFOODBAR.COM

CHOW FOOD + BAR

HOT BEVERAGES



TEA SELECTION, *organic* 4

BLACK ~ *Aged Earl Grey, Breakfast Blend*

GREEN ~ *Gunpowder Green, Jasmine Green*

WHITE ~ *Orange Spice*

HERBAL ~ *Chamomile Lemon, Moroccan Mint*

CHAI, *coconut or almond milk* 4.5

ORGANIC CHOCOLATE, *whipping cream* 5

ORGANIC COFFEE, *Straus organic ½ & ½* 3.95

COFFEE DRINKS

ESPRESSO 3

CAPPUCCINO 5

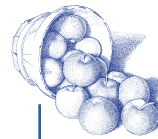
LATTE 5

AMERICANO 3

AU LAIT 4.5

MACCHIATO 3

MOCHA 5.5



ORGANIC

MARKET BLENDS

BEET, APPLE,
GINGER, CARROT 8

KALE, CELERY,
PINEAPPLE, LEMON 8

APPLE, LIME,
AVOCADO, BANANA 9

DELICIOUS JUICES NUTRITIOUS

REGULAR 5
FORMIDABLE 6.5



APPLE, ORANGE,
CARROT, GRAPEFRUIT

(*Special mixes ... A.Q.*)

MADE / SQUEEZED TO ORDER !!!

WINE DRINKS



MARGARITA, *sabé tequila* 11.5

MIMOSA, *prosecco, orange* 10.5

BELLINI, *prosecco, peach* 11

BLOODY MARY, *sabé vodka* 12.5

SPARKLING WINES

BORTOLOTTI PROSECCO 10

GERMAN GILBERT CAVA BRUT 11

SCHRAMSBERG BRUT ROSE 16

STRAUS DAIRY

ORGANIC MILK 4.5 / 3

COTTAGE CHEESE 3

ORGANIC YOGURT 4

BOWLS / OUR GRANOLA

FRUIT, *cashews, coconut, seeds* 9

ORGANIC GRANOLA 8

GRANOLA, *fruit, yogurt* 10



ORGANIC FRUITS

SIDE OF FALL FRUIT 5.5

BOWL OF FALL BERRIES 7

HALF GRAPEFRUIT 2.5



MORNING PASTRY

BRAN MUFFIN 3

BLUEBERRY MUFFIN 3

CROISSANT / DANISH 3.5