

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
 MANY DISHES CAN BE VEGAN...
 PLEASE CONSULT YOUR SERVER

Fall Menu, 2018 * San Francisco * Oakland * Lafayette * CHOWFOODBAR.COM

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, avo, 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 SCRAMBLE, *mushroom, spinach* 14 *



SNACKS Lunch & Dinner menu below offered from 11 on ...

- v VEGGIE ROLL, *peanut* 10
- v HUMMUS, *peppers, olives* 9
- IGNACIO'S NACHOS 11
- WONTONS, *prawn, pork* 11

SALADS starters or light meals

- v ORGANIC GARDEN LETTUCES 8
- TRADITIONAL CAESAR SALAD 11.5
- SPINACH, *apples, walnuts, currants, feta* 12
- GRILLED PRAWN LOUIE, *1000 Island* 16.5
- AHI TUNA NIÇOISE, *peppers, olives, egg* 17
- Rex's Twice-Spicy THAI CHICKEN SALAD, *3 herbs* 15
- COBB, *bacon, avocado, blue cheese & farm egg* 16.5

KID'S * includes veg pick

- MAC n' CHEESE 9*
- KID'S-STYLE BREAKFAST 8
- PIZZA 10 / PEPPERONI 11
- ORGANIC CHICKEN FINGERS 12*
- ORGANIC CHEESE-BURGER 12*

SOUP bowl / cup

- ORG VEGIE-STRONE 6 / 4.5
- CHICKEN TORTILLA, *avo* 7 / 5.5
- ORG CHICKEN-NOODLE 7 / 5.5

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

MISSION: Prepare, provide & serve affordable healthful foods

MARKETEER: Chefs & Restaurateurs re-defining neighborhood Markets

For descriptions of dishes- please consult your server ...

LUNCH & DINNER

Menu below offered from 11 on...

TACOS / SANDWICHES

add fries, green salad, minestrone soup, rice & beans ... + 4.5

- FISH TACOS, *grilled* 12
- SPICY FRIED SHRIMP TACOS 13
- CHICKEN TACOS, *black mole* 12.5
- PORK TACOS, *al pastor* 12.5
- OPEN-FACED TUNA MELT 11.5
- LAMB BURGER, *tzatziki* 13.5
- ORGANIC BURGER ROYALE, *cheese* 12.5
- Bacon + 3 · Mushrooms + 2
- Avocado + 2 · B, M & Onions + 3

PIZZA from the wood oven ...

- CHEESE 12, Fresh Mozz 13
- SPICY PEPPERONI 13
- BIANCA, *fall vegetables* 14
- PORK-FENNEL SAUSAGE, *peppers* 15
- PROSCIUTTO, *mushroom, rocket* 16

PASTA / NOODLES

- LASAGNA, *spinach, ricotta* 16
- LINGUINI, *clams, mussels, wine* A.Q.
- FUSILLI, *sausage, chicken, cream* 16
- CHILI NOODLES, *beef, chicken, herbs* 16
- ROSE'S PASTA & MEATBALL(S) 13 / 15.5

MAINS

- GRILLED SEAFOOD A.Q.
- CHICKEN ENCHILADAS VERDE 18
- GRILLED FLANK STEAK FRITES 19.5
- ORGANIC POT ROAST OF BEEF 18


VEGGIE MAINS

- HOUSE VEG BURGER 13
- CORN NOODLES, *veg, miso, tofu* 16 v
- MARKET VEG-QUINOA BOWL 15

B-SIDES

- FRENCH TOAST 11
- PANCAKES 10... + fruit 2.5
- MARKET VEGETABLES A.Q.
- BRUSSELS SPROUTS, *apple, bacon* 6
- BACON or CHICKEN SAUSAGE 6

DESSERTS plenty to share...

- PIE... from our bakery 
- PEAR-HUCKLEBERRY CRISP 10
- CHOCOLATE CAKE, *à la mode* 10
- GINGER CAKE, *pumpkin ice cream* 11
- ORGANIC ICE CREAM, *scoop* 3 ea

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



- PRICKLY PEAR, *sabé gold-rum, pomegranate, lemon* 11.5
- BELLINI, *prosecco, peach* 11
- MARGARITA, *sabé blanco-tequila, lime, agave* 11.5
- MIMOSA, *prosecco, organic orange juice* 10.5
- VIOLETA, *sabé yuzu-vodka, huckleberry, lemon* 11
- NEGRONI, *sabé cucumber-gin, cappelletti, sweet ver* 11
- PEACH OLD FASHIONED, *sabé copper-bourbon, bitters* 11
- 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*
- KELLERWEIS, *Sierra Nevada, Chico, unfiltered*
- 1500 PALE ALE, *Drake's, San Leandro, citrus*
- IPA, *Fieldwork Brewing, Berkeley, hoppy*
- DEATH AND TAXES, *Moonlight Brewing, Santa Rosa, smooth*
- BOTTLED CRAFT BEERS, *available by request*

JUICES & BLENDS

lg. 6.5 / reg. 5



APPLE, ORANGE, CARROT or GRAPEFRUIT

MARKET BLENDS

- to name a few -

- BEEF, APPLE, GINGER, CARROT 8
- POMEGRANATE, SPINACH, PEAR 8
- KALE, CELERY, PINEAPPLE, LEMON 8
- APPLE, LIME, AVO, BANANA 9

SQUEEZED TO ORDER !!!

CHOW FOOD - BAR

SPARKLING

GLASS 5.5 oz · BOTTLE

- BORTOLOTTI, *Glera, Prosecco, Valdobbiadene, Italy, NV* - 10 / 38
- BILLECART-SALMON, *Brut Reserve, Champagne, France, NV, 375 ml* - 35
- GERMAN GILABERT, *Cava Brut Reserva, Catalonia, Spain, NV* - 11 / 44
- SCHRAMSBERG, *Brut Rosé, Napa Valley, California*, '15 - 16 / 59

WHITE & ROSÉ

TASTE 3.75 oz · GLASS 6 oz · BOTTLE

- HOUSE, *Chardonnay, Mi Terruño, Argentina*, '17 - 7 / 10 / 30
- BIDAIA, *Txakolina Rose, Getariako Txakolina, Spain*, '17 - 9 / 12 / 39
- GOBELSBURG CISTERCIEN, *Rosé, Kamptal, Austria*, '17 - 9 / 12 / 39
- MIDDLE EARTH, *Sauv. Blanc, Nelson, N.Z.*, '17 - 8 / 11 / 35
- NAVARRO, *Chardonnay, Mendocino, California*, '16 - 10 / 13 / 43
- DEXTER LAKE BLONDINI, *White Blend, Calaveras, California*, '14 - 10 / 13 / 43
- DOMAINE FEUILLAT-JUILLOT, *Chardonnay, Montagny, 1er, France*, '15 - 11 / 15 / 48
- GRGICH HILLS, *Fumé Blanc, Napa Valley, California*, '15 - 11 / 15 / 48



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 - 9 / 12 / 39
- CELLER FRISACH, *Grenache-Carignan, Catalonia, Spain*, '17 - 8 / 11 / 35
- RADIO-COTEAU, *Pinot Noir, 'La Neblina', Sonoma Cst., Ca.*, '13 - 13 / 17 / 59
- BROC CELLARS, *Valdiguié, Green Valley, California*, '17 - 11 / 15 / 48
- 1808 VALCAVADA, *Tempranillo, Rioja, Spain*, '16 - 9 / 12 / 39
- AERENA, *Cabernet Sauvignon, Red Hills, California*, '16 - 11 / 14 / 45
- RIDGE, *Zinfandel, East Bench, Dry Creek Valley, California*, '16 - 12 / 16 / 57



ORGANIC ICE CREAM

- MALTS 7
- MILK SHAKES 7
- BOSTON COOLER 7.5
- ROOT BEER FLOAT 7.5
- BLUSHING DREAM, *raspberry float* 7.5
- ICE CREAM SCOOP, *consult your server* 3



ORGANIC DRINKS

- ICED TEA or ICED COFFEE 3.95
- LEMONADE, *fizzy or plain* 5
- ARNOLD PALMER, I.T., *Lemonade* 4.75
- RASPBERRY LEMONADE, *mint* 5.5
- HIBISCUS COOLER, *orange, star anise* 5.5
- THAI COCONUT WATER, (8oz bottle) 5
- ARTISANAL SODAS, FIZZY WATER A.Q.

HOT COFFEE / CHOCOLATE / TEA

- 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, *whipped cream* 5
- ORGANIC COFFEE, *Straus organic ½ & ½* 3.95

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 healthful / sustainable foods ...