



Menu, 11.26.2018 * San Francisco * Lafayette



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BREAKFAST & ALL-DAY BRUNCH

* includes spicy potatoes & toast choice ...

AVOCADO TOAST, *poached egg* 10

ORGANIC EGGS, *in your style* 12 *

HUEVOS RANCHEROS, *frijoles* 14

VEGGIE SCRAMBLE, *cheese, herbs* 13.5 *

CALIFORNIA, *poached eggs, avocado, tomato, rocket* 15

SMOKED SALMON HASH, *cabbage, potato, eggs* 16 *

BENEDICT, *hollandaise, ham* 17 / one BENEDICT 13.5

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

CHICKEN-APPLE-SAUSAGE & MUSHROOM SCRAMBLE 15 *

HOT GRAINS & GRIDDLED

PANCAKES 10 / MARION'S PANCAKES, *fruit* 12.5

FRENCH TOAST, *fruit, mascarpone* 12

IRISH OATMEAL, *bananas, currants & cream* 9

SIDES

APPLEWOOD-SMOKED BACON 6

ORGANIC CHICKEN-APPLE SAUSAGE 6

KID'S PANCAKE, *organic maple syrup* 8

KID'S FRENCH TOAST, *fruit* 9

POTATOES, *brava sauce, aioli* 4.5

BISCUIT, *butter, jam* 3.5

CHOWFOODBAR.COM

215 Church st., S.F. (415) 552-"CHOW" 2469
53 Lafayette cir., Laf. (925) 962-2469



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CHOW FOOD - BAR

HOT BEVERAGES



TEA SELECTION, organic 4

BLACK ~ Aged Earl Grey, Breakfast Blend

GREEN ~ Gunpowder, Jasmine

WHITE ~ Orange Spice, White Rose

HERBAL ~ Chamomile Lemon, Moroccan Mint

CHAI, coconut or almond milk 5

ORGANIC CHOCOLATE, whipping cream 5

ORGANIC COFFEE, Straus organic 1/2 & 1/2 4

COFFEE DRINKS

ESPRESSO 3

CAPPUCCINO 5

LATTE 5

AMERICANO 3

AU LAIT 4.5

MACCHIATO 3

MOCHA 5.5

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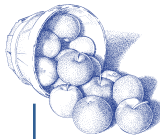
LATTE 5

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

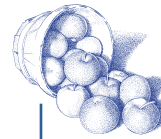
REGULAR 5
FORMIDABLE 6.5

APPLE, ORANGE, CARROT, GRAPEFRUIT

(Special mixes ... A.Q.)



MADE / SQUEEZED TO ORDER !!!



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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

SPARKLING WINES

BORTOLOTTI PROSECCO 10

GERMAN GILBERT CAVA BRUT 11

J.C.B., BRUT ROSE, FRANCE 15

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J.C.B., BRUT ROSE, FRANCE 15

STRAUS DAIRY

ORGANIC MILK 4.5 / 3

COTTAGE CHEESE 3

ORGANIC YOGURT 4

BOWLS / OUR GRANOLA

FRUIT, *cashews, coconut, seeds* 9

HOUSE ORGANIC GRANOLA 8

ORGANIC GRANOLA, *fruit, yogurt* 10

STRAUS DAIRY

ORGANIC MILK 4.5 / 3

COTTAGE CHEESE 3

ORGANIC YOGURT 4

BOWLS / OUR GRANOLA

FRUIT, *cashews, coconut, seeds* 9

HOUSE ORGANIC GRANOLA 8

ORGANIC GRANOLA, *fruit, yogurt* 10



ORGANIC FRUITS

SIDE OF FRUIT 4.5

BOWL OF FRUIT 7

HALF GRAPEFRUIT 2.5



MORNING PASTRY

BRAN MUFFIN 3

BLUEBERRY MUFFIN 3

CROISSANT 3.5



ORGANIC FRUITS

SIDE OF FRUIT 4.5

BOWL OF FRUIT 7

HALF GRAPEFRUIT 2.5



MORNING PASTRY

BRAN MUFFIN 3

BLUEBERRY MUFFIN 3

CROISSANT 3.5