

START HERE *
 ... WE'VE STARTED CATERING
 GIVE US A 72
 HOUR HEADS UP -
 AND WE'LL HAVE YOUR
 FAVORITE MENU ITEMS NEATLY
 PACKED & READY TO-GO ...



LES  VINS
 WINES LISTED ON BACK PAGE
 V = VEGAN
 MANY DISHES CAN BE VEGAN...
 PLEASE CONSULT YOUR SERVER

Café Menu, 11.26.2018 * San Francisco * Lafayette * CHOWFOODBAR.COM

BREAKFAST & ALL-DAY BRUNCH

* includes spicy potatoes & toast choice ...

- AVOCADO TOAST, *poached egg* 10
- 2 ORGANIC EGGS, *in your style* 12 *
- HUEVOS RANCHEROS, *frijoles* 14
- VEGGIE SCRAMBLE, *cheeses, herbs* 13.5 *
- CALIFORNIA, *poached eggs, avo, 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 SCRAMBLE, *mushroom, spinach* 15 *

BREAKFAST
 Served All Day
 SF from... 8am
 Laf M-F... 7am
 Laf Sat-Sun 8

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

LUNCH & DINNER

Menu below offered from 11 on ...

TACOS / SANDWICHES

One-plate meal - includes fries, green salad, minestrone or rice & beans ...

- FISH TACOS, *grilled* 16
- ROCK-SHRIMP TACOS 16.5
- Jorge's CHICKEN CHALUPA 16
- RANCHERO BEEF TACOS 15.5
- OPEN-FACED TUNA MELT 14.5
- LAMB BURGER, *tzatziki* 17
- ORGANIC BURGER, *cheese* 16.5
- REUBEN ROYALE, *swiss, rye* 16.5
- ORGANIC CHICKEN BLT 17
- GRILLED FISH, *tomato, tartar* 16.5

SNACKS Lunch & Dinner menu below offered from 11 on

- v VEGGIE ROLL, *peanut* 10
- GOAT CHEESE POT, *tomato* 10
- Ignacio's NACHOS 12
- WONTONS, *prawn, pork* 12

SALADS starters / lunch / light meals

- CAESAR SALAD 12 / GARDEN SALAD 9
- ICEBERG WEDGE SALAD, *blue cheese* 11
- SPINACH, *apples, beets, walnuts, feta* 12
- GRILLED PRAWN LOUIE, *1000 Island* 17.5 / 14
- AHI TUNA NIÇOISE, *peppers, olives, egg* 19 / 15.5
- Rex's Spicy THAI CHICKEN SALAD, *3 herbs* 16.5 / 13.5
- COBB, *bacon, avocado, blue cheese & farm egg* 18 / 14.5

PIZZA from the wood oven ...

- SPICY PEPPERONI 14
- CHEESE 13, Fresh MOZZ 15
- MUSHROOM, *artisan cheeses* 16.5
- PORK-FENNEL SAUSAGE, *peppers* 16
- ADD PROSCIUTTO TO ANY PIE + 3.5

MEAT PASTA / NOODLES

- LINGUINI, *clams, mussels, shrimp* 22 / 17
- FUSILLI, *sausage, chicken, cream* 18.5
- Rose's PASTA & MEATBALL (s) 17 / 13.5
- CHILI NOODLES, *beef, chicken, 3 herbs* 18.5
- SMILING NOODLES, *shrimp, chicken, curry* 19

MAINS today's fish quoted ...

- ½ CHICKEN or BREAST 24 / 19
- CHICKEN ENCHILADA(s) 19 / 15
- GRILLED FLANK STEAK FRITES 20
- ORGANIC POT ROAST OF BEEF 19

VEG MAINS / PASTA

- HOUSE VEG BURGER 16
- LASAGNA, *spinach, ricotta* 19 / 14.5
- CORN NOODLES, *veg, miso, tofu* 16 v
- MARKET VEGETABLE PLATTER 15

KID'S * includes veg pick

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


VEG / SOUP bowl / cup

- ORG VEGIE-STRONE 6 / 4.5
- Jose's CHICKEN TORTILLA 7 / 5
- ORG CHICKEN-NOODLE 7 / 5
- MARKET VEGETABLE(s) quoted
- BRUSSELS, APPLE & BACON 7

BREAKFAST-BASICS

- FRENCH TOAST, *fruit* 12
- Marion's PANCAKES, *fruit* 12.5
- BUTTERMILK PANCAKES 10
- APPLEWOOD SMOKED BACON 6
- ORGANIC CHICKEN SAUSAGE 6

DESSERTS plenty to share...

- PIE ... from our bakery 
- APPLE & OAT CRUMBLE 10
- CHOCOLATE CAKE, *à la mode* 11
- GINGER CAKE, *pumpkin ice cream* 12
- ORGANIC ICE CREAM, *scoop* 3.5 ea

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

MISSION: Provide healthful & sustainable foods - at everyday prices

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 @ (925) 962-CHOW / S.F. (415) 552-CHOW

If you'd like to give us your feedback, please do... Ask to speak with a manager while you're here, thank you kindly, the Chow group ...

WINE COCKTAIL PARLOR



BELLINI, *prosecco, peach* 11

MIMOSA, *prosecco, organic orange juice* 10.5

MARGARITA, *sabé blanco-tequila, lime, agave* 11.5

BLOODY MARY, *sabé jalapeño-vodka, spicy tomato mix* 12



DRAFT BEER

SHORT 5 / FORMIDABLE! 7

ROTATING HANDLE, A.Q.

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

others available, here's a start ...

BUD, *lager, U.S.A.* 4.5

ERDINGER, *N.A.* 6

GLUTENBERG, *P.A.* .. 7.5

STELLA ARTOIS 6

BOONT AMBER, *Ca.* 6

HOEGAARDEN, *Begium* .. 6

MIGHTY DRY CIDER .. 7.5

SPACEDUST IPA 7.5

JUICES & BLENDS

lg. 6.5 / reg. 5



APPLE, ORANGE, CARROT or GRAPEFRUIT
MARKET BLENDS

- to name a few -

BEEF, APPLE, GINGER, CARROT 8

KALE, CELERY, PINEAPPLE, LEMON 8

APPLE, LIME, AVOCADO, BANANA 9

SQUEEZED TO ORDER !!!

ORGANIC ICE CREAM

MALTS 7.5

MILK SHAKES 7.5

BOSTON COOLER 8

ROOT BEER FLOAT 8

BLUSHING DREAM, *raspberry float* 8

ICE CREAM SCOOP, *consult your server* 3.5



ORGANIC DRINKS

ICED TEA, *lemon* 4

FRESH LEMONADE 5

ARNOLD PALMER, I.T., *Lemonade* 5

RASPBERRY LEMONADE 5.5

HIBISCUS COOLER, *orange, star anise* 5.5

THAI COCONUT WATER, (8oz bottle) 5

HOT COFFEE / CHOCOLATE / TEA

TEA SELECTION, *organic* 4

BLACK ~ *Aged Earl Grey, Breakfast Blend*

GREEN ~ *Gunpowder Green, Jasmine Green*

WHITE ~ *Orange Spice, White Rose*

HERBAL ~ *Chamomile Lemon, Moroccan Mint*

CHAI, *coconut or almond milk* 5

ORGANIC CHOCOLATE, *whipped cream* 5

ORGANIC COFFEE, *Straus organic ½ & ½* 4

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 21 years ...

We're here to accelerate the every day availability of affordable healthful / sustainable foods ...

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 GILBERT, *Cava Brut Reserva, Catalonia, Spain, NV* - 11 / 44

J.C.B. #69, *Pinot Noir, Brut Rosé, Burgundy, France, NV* - 15 / 52

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

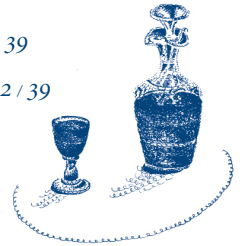
INAMA VIN SOAVE, *Garganega, Verona, Italy*, '17 - 8 / 11 / 35

MIDDLE EARTH, *Sauv. Blanc, Nelson, N.Z.*, '18 - 8 / 11 / 35

NAVARRO, *Chardonnay, Mendocino, California*, '16 - 10 / 13 / 43

BLACKBIRD DISSONANCE, *Sauvignon Blanc, Napa, California*, '16 - 11 / 15 / 48

DOMAINE FEUILLAT-JUILLOT, *Chardonnay, Montagny, 1er, France*, '15 - 11 / 15 / 48



RED WINE

TASTE 3.75 oz · GLASS 6 oz · BOTTLE

HOUSE, *Cabernet Sauvignon, Los Morros, Central Valley, Chile*, '17 - 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

1808 VALCAVADA, *Tempranillo, Rioja, Spain*, '16 - 9 / 12 / 39

HORSE & PLOW, *Red Blend, North Coast, California*, '17 - 8 / 11 / 39

AERENA, *Cabernet Sauvignon, Red Hills, California*, '16 - 11 / 14 / 45

RIDGE, *Zinfandel, East Bench, Dry Creek Valley, California*, '16 - 12 / 16 / 57

