



Menu, 3.7.2019 * San Francisco * Lafayette



BREAKFAST & ALL-DAY BRUNCH

** includes potatoes & toast choice ...*

AVOCADO TOAST, *poached egg* 11

ORGANIC EGGS, *in your style* 12.5 *

HUEVOS RANCHEROS, *frijoles* 14.5

ASPARAGUS SCRAMBLE, *goat cheese, herbs* 14 *

CALIFORNIA, *poached eggs, avocado, tomato, rocket* 15.5

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

BENEDICT, *hollandaise, ham* 18 / *one* BENEDICT 14

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

CHICKEN-APPLE-SAUSAGE & MUSHROOM SCRAMBLE 15 *

HOT GRAINS & GRIDDLED

PANCAKES 10 / MARION'S PANCAKES, *fruit* 12

FRENCH TOAST, *fruit, mascarpone* 11.5

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"
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CHOW FOOD - BAR

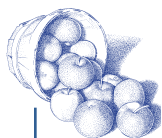
HOT BEVERAGES



- 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 6
- ORGANIC COFFEE, Straus organic ½ & ½ 4

COFFEE DRINKS

- ESPRESSO 3
- CAPPUCCINO 5
- LATTE 5
- AMERICANO 3
- AU LAIT 4.5
- MACCHIATO 3
- MOCHA 6



ORGANIC

MARKET BLENDS

BEET, APPLE,
TURMERIC, CARROT 8

STRAWBERRY, MINT,
CUCUMBER, GINGER 8

APPLE, LIME,
BERRY, 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

SPARKLING WINES

- BORTOLOTTI PROSECCO 10
- GERMAN GILBERT CAVA BRUT 11
- SHRAMSBERG, BRUT ROSE, NAPA 16

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