

- WE CATER -  
 DELICIOUS & AFFORDABLE  
 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

Spring Café Menu, 3.7.2019 \* San Francisco \* Lafayette \* CHOWFOODBAR.COM

**BREAKFAST & ALL-DAY BRUNCH**

\* includes potatoes & toast choice ...

- AVOCADO TOAST, *poached egg* 11
- 2 ORGANIC EGGS, *in your style* 12.5 \*
- HUEVOS RANCHEROS, *frijoles* 14.5
- ASPARAGUS SCRAMBLE, *goat cheese, herbs* 14 \*
- CALIFORNIA, *poached eggs, avo, 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 SCRAMBLE, *mushroom, spinach* 15 \*

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

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

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| v SPRING ROLL, <i>peanut</i> 9    | Ignacio's NACHOS 12             |
| GOAT CHEESE POT, <i>tomato</i> 10 | GULF PRAWN COCKTAIL 13          |
| WONTONS, <i>prawn, pork</i> 12    | MUSSELS, <i>Bistro-style</i> 12 |

**SALADS** starters / lunch / light meals

- CAESAR SALAD 12.5 / GARDEN SALAD 10
- ICEBERG WEDGE SALAD, *creamy blue cheese* 12
- SPINACH, *apples, beets, walnuts, cranberry, feta* 13
- CHAR-GRILLED PRAWN LOUIE, *1000 Island* 18.5 / 15
- RARE TUNA NICOISE, *asparagus, artichoke, peppers* 20 / 16
- Rex's Spicy THAI CHICKEN SALAD, *3 herbs* 16.5 / 13.5
- COBB, *bacon, avocado, blue cheese & a farm egg* 18.5 / 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-STROME 6 / 4.5
- Jose's CHICKEN TORTILLA 7 / 5
- ORG CHICKEN-NOODLE 7 / 5
- MARKET VEGGIE PLATTER 15
- GRILLED ASPARAGUS, *lemon* 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 ...

- GULF-SHRIMP TACOS 17
- FISH TACOS, *grilled* 16.5
- PORK TACOS, *avo-mango* 16
- HOUSE VEGGIE BURGER 15.5
- OPEN-FACED TUNA MELT 14.5

- LAMB BURGER, *tzatziki* 18
- ORGANIC BURGER, *cheese* 17
- REUBEN ROYALE, *swiss, rye* 17.5
- ORG CHICKEN BLT, *avocado* 17.5
- STEAK PATTY MELT, *onions* 18.5

**PIZZA** from the wood oven ...

- Fresh MOZZ 14 / PEPPERONI 14
- ARTICHOKE & MUSHROOM 16.5
- PORK-FENNEL SAUSAGE, *peppers* 17

**PASTA / NOODLES**

- PENNE, *tomato, basil, butter* 14
- RAVIOLI, *arugula, ricotta, tomato* 18
- LASAGNA, *fresh ricotta, spinach* 18.5
- FARFALLE, *prawns, pesto, tomato* 19
- SHELLS, *artichoke, prosciutto, cream* 19.5
- LINGUINI, *fish & shellfish*, MARKET PRICE
- FUSILLI, *sausage, chicken, mushrooms* 19
- Rose's Pasta w/ org MEATBALL(s) 17.5 / 14
- CORN NOODLES, *veggies, miso, tofu* 16 v
- SMILING NOODLES, *shrimp, chicken, curry* 19
- SPICY-THAI CHILI NOODLES, *beef, chicken* 19.5


**MAINS** specifics quoted ...

- FISH OF THE DAY, MARKET PRICE
- GRILLED CHICKEN BREAST 22
- ORG CHICKEN ENCHILADA(s) 20 / 16
- GRILLED PORK CHOP, *peppers* 22
- GRILLED LAMB CHOPS, *artichoke* 24
- HERB-GRILLED STEAK FRITES 22
- ORGANIC POT ROAST OF BEEF 19

**BREAKFAST-SIDES**

- FRENCH TOAST, *fruit* 11.5
- Marion's PANCAKES, *fruit* 12
- BUTTERMILK PANCAKES 10
- APPLEWOOD SMOKED BACON 6
- ORGANIC CHICKEN SAUSAGE 6

**DESSERTS** plenty to share...

- PIE ... from our bakery 
- CHOCOLATE CAKE, *à la mode* 11
- STRAWBERRY-RHUBARB COBBLER 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 a neighborhood Market

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, raspberry* 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*  
 805, FIRESTONE, *Paso Robles, Blonde on Blonde*

## BOTTLED

others available, here's a start ...

- |                                    |                                 |
|------------------------------------|---------------------------------|
| BUD, <i>lager, U.S.A.</i> .... 4.5 | BOONT AMBER, <i>Ca.</i> ..... 6 |
| ERDINGER, <i>N.A.</i> ..... 6      | HOEGAARDEN, <i>Begium</i> .. 6  |
| GLUTENBERG, <i>P.A.</i> ... 7.5    | MIGHTY DRY CIDER .. 7.5         |
| STELLA ARTOIS ..... 6              | SPACEDUST IPA ..... 7.5         |
| ALMANAC SPR-NOVA ... 7.5           | OYSTER STOUT ..... 7.5          |

## JUICES & BLENDS

lg. 6.5 / reg. 5



APPLE, ORANGE, CARROT or GRAPEFRUIT  
**MARKET BLENDS**

- to name a few -

- APPLE, BEET, CARROT, TURMERIC 8  
 STRAWBERRY, CUCUMBER, MINT, GINGER 8  
 BANANA, APPLE, LIME, BERRY 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 GILBERT, *Cava Brut Reserva, Catalonia, Spain, NV* - 11 / 44  
 SHRAMSBERG, *Pinot Noir, Brut Rosé, Napa, California Valley*, '15 - 16 / 59

## WHITE & ROSÉ

TASTE 3.75 oz · GLASS 6 oz · BOTTLE

- HOUSE, *Chardonnay, Mi Terruño, Argentina*, '18 - 7 / 10 / 30  
 BIDAIA, *Txakolina Rose, Getariako Txakolina, Spain*, '17 - 9 / 12 / 39  
 GOBELSBURG CISTERCIEN, *Rosé, Kamptal, Austria*, '17 - 9 / 12 / 39  
 PACO & LOLA, *Albarino, Rias Baixas, Spain*, '17 - 11 / 14 / 45  
 MIDDLE EARTH, *Sauv. Blanc, Nelson, N.Z.*, '18 - 8 / 11 / 35  
 NAVARRO, *Chardonnay, Mendocino, California*, '16 - 10 / 13 / 43  
 GRGICH HILLS, *Fume Blanc, Napa, California*, '16 - 10 / 14 / 53  
 DOMAINE FEUILLAT-JUILLOT, *Chardonnay, Montagny, 1er, France*, '16 - 11 / 15 / 48  
 ROMBAUER, *Chardonnay, Carneros, California*, '17 - 13 / 17 / 59



## RED WINE

TASTE 3.75 oz · GLASS 6 oz · BOTTLE

- HOUSE, *Cabernet Sauvignon, Los Morros, Central Valley, Chile*, '17 - 7 / 10 / 30  
 RON RUBIN, *Pinot Noir, Green Valley of Russian River, California*, '15 - 11 / 15 / 48  
 CASSINI, *Merlot & Cabernet Franc, Bordeaux, France*, '12 - 8 / 11 / 35  
 RADIO-COTEAU, *Pinot Noir, 'La Neblina', Sonoma Cst., Ca.*, '14 - 13 / 17 / 59  
 1808 VALCAVADA, *Tempranillo, Rioja, Spain*, '17 - 9 / 12 / 39  
 HORSE & PLOW, *Red Blend, North Coast, California*, '17 - 8 / 11 / 39  
 ST. SUPERY, *Cabernet Sauvignon, Napa, California*, '16 - 13 / 17 / 59  
 RIDGE, *Zinfandel, East Bench, Dry Creek Valley, California*, '16 - 12 / 16 / 57



## 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* 4.5  
 FRESH LEMONADE 5.5  
 ARNOLD PALMER, *I.T., Lemonade* 6  
 RASPBERRY LEMONADE 6.5  
 HIBISCUS COOLER, *orange, star anise* 6.5  
 THAI COCONUT WATER, ( 8oz bottle ) 5.5

## 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* ..... 6  
 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 ...