

WE SERVE A PURE
HEALTHY ORGANIC BREAKFAST
EACH & EVERY MORNING



LES  VINS

WINES LISTED
ON BACK PAGE

Late Winter Menu, 2015 * 215 Church Street * San Francisco * Ph. (415) 552-2469 * cm 2.9.15

KID'S BAR

choice... 3.95
MONKEY TIME
Pineapple, orange, primates
MY FRIEND GEORGE
Orange, sweet ginger, pomegranate
APPLE ORCHARD
Apple, vanilla, spiced maple

ICY BLENDS

Malts, 6.25
Milk Shakes, 6.25
Boston Cooler, 6.50
Root Beer Float, 6.50
Blushing Dream, 6.50

DRINKS

Btl. Coke, 3.25 / Diet Coke, 7-Up, 2.50
Fizzy Water, Lrg. / 4.50, Sm. / 2.50
Artisanal Sodas, (Selection) 3.95
Ginger Ale or Root Beer, 3.25
Coconut Water, (8oz bottle) 3.50



ORGANIC DRINKS

Iced Tea or Iced Coffee, 2.95
Lemonade, 4.50
Arnold Palmer, 4.25
Raspberry Lemonade, 4.75
Hibiscus Cooler, 4.50

WINE COCKTAILS



MIMOSA 7.95
Prosecco, orange juice
POMEGRANATE ROYALE 8.25
Bubbly, citrus, pomegranate
WINE MOJITO 7.50
Albariño, lime, mint
WINTER TRIP 8.25
Gewürztraminer, coconut, mango

ORGANIC DELICIOUS JUICES



lg. 5.95 / reg. 4.95

APPLE, ORANGE,
CARROT, GRAPEFRUIT
(Special vegetable mixes ... A.Q.)

SQUEEZED TO ORDER !!!

COFFEE & TEA



Teas, organic 3.50
*Black ~ Morning Rise, Earl Grey,
Chocolate Pu-erh, De-Caf Earl Grey
Green / White ~ Gunpowder Green, Orange Spice
Herbal ~ Moroccan Mint, Chamomile Lemon
Chai, coconut or organic milk 4.50
Organic Coffee, Straus organic ½ & ½ 3.50*

CRAFT BEER



Short (half-pint) 4.95

BOTTLED BEER

Formidable ! 6.25

PILSNER, Trumer Brauerei, Berkeley
German-style pilsner, spicy noble hops, clean finish
AMBER ALE, Half Moon Bay Brewing Co., HMB
Full-flavored, caramel notes, subtle floral & citrus
WINTER WARMER, Winter Solstice, Anderson Valley
Rich, notes of toffee, spice, caramel, creamy finish
IMPERIAL IPA, Hop Henge IPA, Deschutes, OR
Sweet malts, "whole hop" flowers, full bright finish
PORTER, Payback Porter, Speakeasy, SF
Robust & smooth, dark smoky malts, hint of chocolate
ROTATING HANDLE, quoted

BUDWEISER, Lager, USA 3.95
ABITA LIGHT, NEW ORLEANS 5.50
ERDINGER WEISSBRÄU, Non-Alcoholic 5.95
OMISSION PALE ALE, Gluten-Free, OREGON 6.25
FRESH CUT, Dry-Hopped Pilsner, PEAK ORGANIC BR., ME 6.25
HOEGAARDEN, BELGIUM 5.75
STELLA ARTOIS, BELGIUM 5.75
HARD APPLE HONEY CIDER, RED BRANCH, CA 8.95
AFFLIGEM, Blonde Ale, BROUWERIJ DE SMEDT, BELGIUM 7.50
90 MINUTE IMPERIAL IPA, DOG FISH HEAD, DE 6.50

DESSERTS & PIES



(all good for sharing)

Today's Pies, A.Q.
* Organic Apple
* Cream Pie of the Day
* Organic Southern Pecan
Ginger Cake, pumpkin ice cream. . . . 8.25
Flourless Chocolate Cake, ala mode .. 7.50
Apple-Cranberry Cobbler 7.95
Sally's Trifles & Puddings. as quoted
Organic Ice Cream, scoop. 2.95

We are here
to feed you !!!

We use Good Groceries.
Menu changes seasonally.

We reserve our rights.
Try our gift cards !!!

Sales tax is added to
all food & drinks sold.

We recycle & compost.
Thanks for your support for the past 17 years ...

Our goal is to feed you / your family healthfully, creatively, affordably & sustainably ... / A 4% service charge will be added to your bill for San Francisco employer mandates, thank you ...



Late Winter Menu, 2015 * 215 Church Street * San Francisco * Ph. (415) 552-2469 * cm 2.9.15

Soups,

Organic Chicken Noodle, bowl) 6.25 / cup) 4.95

Organic Winter Vegetable Minestrone, 5.75 / 4.50

Starters, we encourage sharing ...

Wood-Oven Baked Garlic Bread, 5.50

Baked Goat Cheese, tomato, walnut toasts, 6.95

* Wontons, shrimp, pork, ginger, chilis, 8.50

* Wine-Steamed Mussels, herbs, grilled garlic toast, 9.95

Chow-Style Nachos, guajillo, crema, avocado, 7.95

Sandwiches, choice of Salad, Fries or Minestrone

½ Picnic-Style Sandwich, (Quoted daily) 6.95

Organic Veggie Burger, tzatziki, avocado, 11.95

Asian-Style Grilled Fish, voted #1 in Bay Area! A.Q.

Local Albacore Tuna Melt, cheddar, avocado, 12.95

* Sustainable Fish or Veg Tacos, avo, salsa, 14.50 / 12.50

Organic Grilled Chicken BLT, avocado, mayo, 14.95

Organic Fried Egg, country ham, tomato, gruyère, 11.50

* Local Lamb Burger, yogurt, cucumber, mint, 14.95

* Organic Burger on Organic Baguette or Bun, 13.95

Healthful Salads,

Organic Greens, winter vegetables, lemon-shallot vinaigrette large 9.95 / medium 8.25 / petite 5.95

* Caesar, romaine hearts, reggiano, croutons, caesar dressing 10.95 / 8.95 / 6.50

Iceberg Wedge, tomato, radish, creamy blue cheese dressing 11.50 / 9.50 / 6.95

Organic Spinach Salad, apples, feta, spiced walnuts & currants 11.95 / 10.50 / 7.25

Red & Golden Beet Salad, greens, citrus, goat cheese, avocado, walnut toast 12.50 / 11.25 / 7.75

Thai-Style Organic Chicken Breast Salad, chili, lime, mint, herbs, peanuts 13.50 / 11.95 / 8.50

Chinese-Style Organic Chopped Chicken Salad, apples, sesame-peanut dressing 13.95 / 12.50 / 8.75

* Grilled Prawn Louis, iceberg, avocado, tomato, organic egg & olives 15.95 / 13.75 / 11.50

Cobb Salad, organic chicken breast, bacon, blue cheese, avocado, tomato, egg 14.95 / 12.95 / 9.50

FOOD		
		HOURS
BREAKFAST	Mon-Fri	8-11 am
BRUNCH	Sat-Sun	8-2 (most holidays too)
LUNCH	Mon-Sun	11-5
DINNER	Sun-Thurs	5-10:30 ... last order in by
	Fri-Sat	5-11 "
WINE BAR	Sun-Thurs	'til 10:30 pm (last call)
	Fri-Sat	'til 11 pm

We have a "same day" table reservation system. This is a quick and easy solution... without the hassle of traditional systems.

For impromptu dining during busy hours... you can 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 @ (415) 552-CHOW

Pasta & Noodles,

Rigatoni, simmered tomato sauce, butter, basil entree 10.95 / medium 8.50

Rose's Old-Fashioned Spaghetti with Organic Meatball(s) 12.95 / 10.95

Lasagna, fresh ricotta, tomato / Asian Lasagna, shrimp, greens, mushrooms, chicken broth 16.50 / 13.50

*Linguini with Seafood, clams, prawns, mussels, garlic & lemon 16.95 / 13.95

Fusilli of Chicken & Sausage, mushrooms, tomato & cream 14.95 / 12.95

Organic Garden Noodles, mixed veggies, spicy-chili-oyster sauce, peanuts 12.75 / 10.50

Thai-Style Noodles with Steak & Chicken, peanuts, spicy lime-chili-garlic broth 14.95 / 12.95

*Smiling Noodles of Chicken & Shrimp, bok choy, mushrooms, spicy ginger-garlic sauce 13.50 / 11.50

Pizza, 9" Wood-Oven Fired

Cheese, tomato, 10.50 / Pepperoni, 11.50

Squash-Mushroom, greens, ricotta, herbs, 12.50

Steak, potato, blue cheese, arugula, mozzarella, olives, 13.50

Greens, ricotta, mushroom, tomato sauce-topped, 12.95

Prosciutto, ricotta, baked tomato, fennel, arugula, 13.95

Fennel Sausage, peppers, onions, mozzarella, tomato, 12.95

Mains, most served with a different seasonal side

*Sustainable Seafood entree/medium A.Q.

Organic Chicken Enchiladas Verdes 15.50

*Organic ½ Chicken, char-grilled 19.95

*Organic Pork Chop, char-grilled 16.50

*Bistro-Style Organic Steak Frites 18.95

Organic "Pot Roast" of Beef, winter vegetables ... 16.50

Kid's Menu / Organic Vegetables & Sides,

Mac n' Cheese, *Organic Tiny Burger, Sustainable Tuna Melt, Organic Chicken Fingers, ... includes fries or vegetable choice, 8.50

Assorted Vegetable sides, a la carte, 4.95 / Winter Garden-Party Veggie Platter, 12.50 ... add grilled protein of choice, A.Q.

WINES



☞ L-light, M-medium-no wood, MW-medium-with wood, F-full-no wood, FW-full-with wood

SPARKLING, WHITE, ROSÉ ...

<i>Stars (in a bottle)</i>	Glass / Btl	
Bortolotti, Prosecco, Valdobbiadene, NV ☞ L	8	38
Billecart-Salmon, Brut Reserve, Champagne, NV, 375 mL ☞ MW	15	29
* Schramsberg, Brut Rosé, Napa Valley, '11 ☞ MW	12	55
Bruno Paillard, Rosé Première Cuvée, Champagne, NV ☞ MW	76	

<i>Sauvignon Blanc / Loire Varietals</i>	Glasses / Btl	
	4.5 oz / 7 oz	
Simonsig, Chenin Blanc, Stellenbosch, S. Africa, '14 ☞ L	6	9 32
* Grgich Hills, Fumé Blanc, Napa Valley, '12 ☞ MW	10	15 53
Mount Fishtail, Sauv Blanc, New Zealand, '14 ☞ M	7	10 35
Domaine Cailbourdin, Pouilly-Fume, '13 ☞ M		53

Chardonnay / White Burgundy

Dom. Gandines, Mâcon-Péronne, Burgundy, '13 ☞ M	6	9	32
* Barnett Vineyards, 'Sangiacomo', Carneros, '13 ☞ MW	9	12	43
* Davis Estates, 'Hungry Blonde', Napa, '12 ☞ FW	11	16	56
* Navarro, Mendocino, '12 ☞ MW	7	10	35
Dom. Romain Collet, 'Les Pargues', Chablis, '12 ☞ M		53	
* Gregory Graham, Carneros, '12 ☞ FW		51	

European Varietals

Laurenz, Singing Grüner Veltliner, Austria, '13 ☞ L	6	9	32
* Laird, 'Cold Crk Ranch', Pinot Grigio, Napa, '14 ☞ M	8	11	38
* Le P'tit Paysan, Viognier, Arroyo Seco, '13 ☞ MW	7	10	35

Rosé

Château Jean-Pierre Gaussen, Bandol, '12 ☞ MW	10	15	53
* Botasea, Rosato di Palmina, Lompoc, '12 ☞ L	7	10	35
Château du Rouët, Rosé, Côtes de Provence, '14 ☞ M		34	

HOUSE WINES & REDS

<i>House Wines</i>	Glasses / Btl		
	4.5 oz / 7 oz		
White, Mi Terruño, Chardonnay, Argentina, '13 ☞ L	5	8	27
Red, Antawara, Cabernet Sauvignon, Chile, '12 ☞ FW	5	8	27
Special Wine of the Day	A.Q.	A.Q.	A.Q.

Pinot Noir / Burgundy

Espino, Maipo Valley, Chile, '13 ☞ MW	7	10	35
Radio-Coteau, 'La Neblina', Sonoma Coast, '12 ☞ MW	10	15	53 *
Iota Cellars, Willamette Valley, Oregon, '11 ☞ MW	12	17	61 *
Pisoni Family, 'Luli', Santa Lucia Highlands, '13 ☞ MW	9	12	43 *
Monticello Vineyards, 'Estate Grown', Napa, '12 ☞ MW		49	*

Cabernet / Merlot / Bordeaux

Pope Valley, 'Single Vineyard', Merlot, Napa, '12 ☞ FW	7	10	35 *
Ramsay, Cabernet Sauvignon, North Coast, '13 ☞ FW	8	11	38 *
Galland Clark, Cabernet Sauvignon, Napa, '09 ☞ MW	12	17	61 *
Les Hauts Lastour, Coteaux du Quercy, '12 ☞ FW	6	9	32
Rusina, Cabernet Sauvignon, Paso Robles, '10 ☞ F		36	*

Zinfandel

Porter Creek, Sonoma County, '12 ☞ MW	10	15	53 *
Saini Vineyards, Dry Creek Valley, '13 ☞ FW	7	10	35 *
Sky, Mt. Veeder, Napa, '11 ☞ FW		47	*

Syrah / European Varietals

Famiglia Bianchi, Malbec, Mendoza, '11 ☞ FW	8	11	38
Preston, Petite Sirah, Dry Creek Valley, '12 ☞ FW	9	12	43 *
El Pedrosal, Tempranillo, Ribera del Duero, '11 ☞ FW	7	10	35
Cesari, Ripasso, 'Bosan', Veneto, Italy, '10 ☞ FW		62	

* West Coast Wines

* Eating raw or undercooked fish, shellfish, eggs or meat may increase risk of foodborne illness.