

WE SERVE A PURE  
HEALTHY ORGANIC BREAKFAST  
EACH & EVERY MORNING



LES  VINS

WINES LISTED  
ON BACK PAGE

Holiday Menu, 2014 \* 1240 9th Ave. \* San Francisco \* Ph. (415) 665-9912 \* cm 11.14.14

### KID'S BAR

choice... 3.95  
**MONKEY TIME**  
*Pineapple, orange, primates*  
**LITTLE REBEL**  
*Orange, sweet ginger, pomegranate*  
**APPLE ORCHARD**  
*Apple, vanilla, spiced maple*

### ICY BLENDS

Malteds, 5.95  
Milk Shakes, 5.95  
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 ) 3.50  
Ginger Ale or Root Beer, 3.25  
Coconut Water, ( 8oz bottle ) 3.50



### ORGANIC DRINKS

Iced Tea or Iced Coffee, 2.95  
Lemonade or A. Palmer, 4.25  
Raspberry Lemonade, 4.75  
Hibiscus Cooler, 4.50  
Straus Egg Nog, 4.95

### WINE COCKTAILS



**MIMOSA** 7.95  
*Prosecco, orange juice*  
**POMEGRANATE ROYALE** 8.25  
*Bubbly, persimmon, pomegranate*  
**WINE MOJITO** 7.50  
*Albariño, lime, mint*  
**FRENCH WILDFLOWER** 8.25  
*Lillet, wildflower honey, prosecco*

### ORGANIC DELICIOUS JUICES

reg. 6.25 / sm. 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,  
Darjeeling Berry, De-Caf Earl Grey*  
*Green /White ~ Gunpowder Green, Orange Spice*  
*Herbal ~ Moroccan Mint, Chamomile Lemon*  
Chai BaBa Chai, coconut or organic milk 4.50  
Organic Coffee, Straus organic ½ & ½ ..... 3.50

### DRAFT BEER



Short ( half-pint ) 4.75

### BOTTLED BEER

Formidable ! 5.95

PILSNER, Trumer Brauerei, Berkeley  
*German-style pilsner, spicy noble hops, clean finish*  
HOPPY WHEAT ALE, Park, Fort Point Beer Co., SF  
*Grapefruit aroma, subtle malt, dry, lightly hopped*  
IPA, Racer 5, Bear Republic, Healdsburg  
*Golden amber, citrus, bready malts, bitter finish*  
BROWN ALE, "Oaktown Brown", Calicraft Brewing  
*Smooth, roasted malts, cocoa notes, subtle bitter finish*  
PORTER, Payback Porter, Speakeasy, SF  
*Robust & smooth, dark smoky malts, hint of chocolate*  
ROTATING HANDLE, quoted

BUDWEISER, Lager, USA 3.75  
AMSTEL LIGHT, Lager, NETHERLANDS 4.50  
ERDINGER WEISSBRÄU, Non-Alcoholic 5.75  
OMISSION PALE ALE, Gluten-Free, OREGON 5.95  
MAVERICKS, Belgian Wit, HALF MOON BAY 4.75  
HOEGAARDEN, BELGIUM 5.25  
HARD APPLE HONEY CIDER, RED BRANCH, CA 7.95  
BACK IN BLACK, Black IPA, 21ST AMENDMENT, CA 5.50  
AFFLIGEM, BROUWERIJ DE SMEDT, BELGIUM 7.50  
PLINY THE ELDER, IPA, RUSSIAN RIVER 8.50

### DESSERTS & PIES



( all good for sharing )

Today's Pies, ..... A.Q.  
\* Organic Apple  
\* Pumpkin  
\* Cream Pie of the Day  
\* Organic Southern Pecan  
Apple-Cranberry Cobbler ..... 7.95  
Flourless Chocolate Cake, ala mode .. 7.50  
Ginger Cake, pumpkin ice cream. .... 8.25  
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 provide a civil food system that is good, clean & fair ... / A 4% service charge will be added to your bill for San Francisco employer mandates, thank you ...



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## Soups,

Organic Chicken Noodle, bowl) 5.95 / cup) 4.75

Organic Winter Vegetable Minestrone, 5.75 / 4.50

## Starters, we encourage sharing ...

\*Spicy Winter Root Vegetables, 4.95

Baked Goat Cheese, tomato, walnut toasts, 6.50

Wontons, shrimp, pork, ginger, chilis, 7.95

\*Wood-Roasted Mussels on Rock Salt, butter, 8.95

\*Wine-Steamed Mussels, herbs, grilled garlic toast, 9.50

Chow-Style Nachos, guajillo, crema, avocado, 6.50

## 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

Organic Pork Loin Cutlet, swiss, ham, coleslaw, 13.25

\*Sustainable Fish or Veg Tacos, avo, salsa, 13.95 / 12.50

Organic Grilled Chicken BLT, avocado, mayo, 13.95

Organic Fried Egg, country ham, tomato, gruyère, 10.95

\*Local Lamb Burger, yogurt, cucumber, mint, 14.25

\*Organic Burger on Organic Baguette or Bun, 13.50

## 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 / 9.25 / 6.50

Iceberg Wedge, tomato, radish, creamy blue cheese dressing ..... 11.25 / 9.50 / 6.75

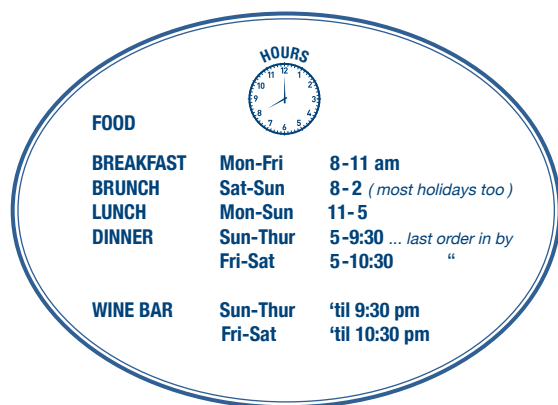
Organic Spinach Salad, apples, feta, spiced walnuts & currants ..... 11.95 / 9.95 / 6.95

Red & Golden Beet Salad, greens, citrus, goat cheese, avocado, walnut toast ..... 12.50 / 10.95 / 7.50

Thai-Style Organic Chicken Breast Salad, chili, lime, mint, herbs, peanuts ..... 13.25 / 11.95 / 7.95

\*Grilled Prawn Louis, iceberg, avocado, tomato, organic egg & olives ..... 15.95 / 13.95 / 11.50

Cobb Salad, organic chicken breast, bacon, blue cheese, avocado, tomato, egg ..... 14.50 / 12.75 / 8.95



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 advanced reservations.

When in doubt... call Chow @ (415) 665-9912

## Pasta & Noodles,

Farfalle, vegetables, tomatoes, olives & breadcrumbs ..... entree 11.50 / medium 9.50

Rose's Old-Fashioned Spaghetti with Organic Meatball(s) ..... 12.95 / 10.75

Wood-Baked Lasagna, fresh ricotta, tomato / Winter Lasagna, squash, greens, hazelnuts ..... 15.50 / 12.95

\*Linguini with Seafood, clams, prawns, squid, mussels, garlic & lemon ..... 16.25 / 13.50

Fusilli of Chicken & Sausage, mushrooms, tomato & cream ..... 14.50 / 12.50

Organic Garden Noodles, tofu, winter veggies, chili-citrus-miso-sesame ..... 10.50 / 8.50

Thai-Style Noodles with Steak & Chicken, peanuts, spicy lime-chili-garlic broth ..... 14.50 / 12.50

\*Smiling Noodles of Chicken & Shrimp, bok choy, mushrooms, spicy ginger-garlic sauce ..... 13.25 / 11.25

## Pizza, 9" Wood-Oven Fired

Cheese, tomato, 9.95 / Pepperoni, 10.95

Mushroom, tomato, fresh mozzarella, 12.50

Steak, potato, arugula, tomato, mozzarella, olives, 13.50

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

Prosciutto, ricotta, tomato, fennel, arugula, 13.50

Fennel Sausage, peppers, onions, mozzarella, tomato, 12.75

## Mains, most served with a different seasonal side

\*Char-Grilled Squid, beans, polenta, greens ..... 15.95

Organic Chicken Enchiladas Verdes ..... 14.50

\*Organic ½ Chicken, char-grilled ..... 18.95

\*Organic Pork Chop, char-grilled ..... 16.50

\*Char-Grilled Flank Steak Frites ..... 17.95

Organic "Pot Roast" of Beef, winter vegetables .... 15.95

## 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



## SPARKLING, WHITE, ROSÉ ...

## HOUSE WINES & REDS

| <b>Stars ( in a bottle )</b>                          | <b>Glass / Btl</b> |    |
|-------------------------------------------------------|--------------------|----|
| Bortolotti, Prosecco, Valdobbiadene, NV               | 8                  | 38 |
| Billecart-Salmon, Brut Reserve, Champagne, NV, 375 mL | 15                 | 29 |
| *Schramsberg, Blanc de Noirs, Napa Valley, '10        | 12                 | 55 |
| Bruno Paillard, Rosé Première Cuvée, Champagne, NV    | 76                 |    |

| <b>Sauvignon Blanc / Loire Varietals</b>             | <b>Glasses / Btl</b> |       |
|------------------------------------------------------|----------------------|-------|
|                                                      | 4.5 oz / 7 oz        |       |
| Simonsig, Chenin Blanc, Stellenbosch, S. Africa, '13 | 6                    | 9 32  |
| Domaine Cailbourdin, Pouilly-Fume, '12               | 10                   | 15 53 |
| Mount Fishtail, Sauv Blanc, New Zealand, '14         | 7                    | 10 35 |
| Champalou, 'Sec Tendre', Chenin Blanc, Vouvray, '13  |                      | 37    |

| <b>Chardonnay / White Burgundy</b>              |    |       |
|-------------------------------------------------|----|-------|
| Dom. Gandines, Mâcon-Péronne, Burgundy, '13     | 6  | 9 32  |
| *Barnett Vineyards, 'Sangiacomo', Carneros, '12 | 9  | 12 43 |
| *Davis Estates, 'Hungry Blonde', Napa, '12      | 11 | 16 56 |
| *Navarro, Mendocino, '12                        | 7  | 10 35 |
| Dom. Romain Collet, 'Les Pargues', Chablis, '11 |    | 53    |
| *Gregory Graham, Carneros, '12                  |    | 51    |

| <b>European Varietals</b>                               |   |       |
|---------------------------------------------------------|---|-------|
| Laurenz, Singing Grüner Veltliner, Austria, '12         | 6 | 9 32  |
| *Laird, 'Cold Creek Ranch', Pinot Grigio, Carneros, '13 | 8 | 11 38 |
| Lafken, 'Single Vineyard', Riesling, Casablanca, '13    | 7 | 10 35 |

| <b>Rosé</b>                                        |    |       |
|----------------------------------------------------|----|-------|
| Château Jean-Pierre Gaussen, Bandol, Provence, '12 | 10 | 15 53 |
| *Botasea, Rosato di Palmina, Lompoc, '12           | 7  | 10 35 |
| Château du Rouët, Rosé, Côtes de Provence, '13     |    | 34    |

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

### Pinot Noir / Burgundy

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

### Cabernet / Merlot / Bordeaux

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

### Zinfandel

|                                             |    |    |      |
|---------------------------------------------|----|----|------|
| Porter Creek, Zinfandel, Sonoma County, '12 | 10 | 15 | 53 * |
| Piccolo, Dry Creek Valley, '12              | 7  | 10 | 35 * |
| Sky, Mt. Veeder, Napa, '11                  |    |    | 47 * |

### Syrah / European Varietals

|                                                 |   |    |      |
|-------------------------------------------------|---|----|------|
| Famiglia Bianchi, Malbec, Mendoza, '12          | 8 | 11 | 38   |
| Preston, Petite Sirah, Dry Creek Valley, '12    | 9 | 12 | 43 * |
| El Pedrosal, Tempranillo, Ribera del Duero, '11 | 7 | 10 | 35   |
| Cesari, Ripasso, 'Bosan', Veneto, Italy '08     |   |    | 62   |

\* West Coast Wines

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