

DID YOU KNOW ...
 WE SERVE ORGANIC BREAKFAST &
 BRUNCH EVERY DAY FROM
 OPENING THROUGH TWO O'CLOCK



WINES LISTED
 ON BACK PAGE

Late Winter Menu, 2017 * 53 Lafayette Circle * Lafayette * Ph. (925) 962-2469 * jm 1.26.17

KID'S BAR

choice... 4.95
MONKEY TIME
Pineapple, orange, primates
BEST FRIENDS
Carrot, apple, lemonade
PINEAPPLE UPSIDE-DOWN
Vanilla, pineapple, cherry

ICY BLENDS

Malts, 6.50
 Milk Shakes, 6.50
 Boston Cooler, 6.95
 Root Beer Float, 6.95
 Blushing Dream, 6.95

DRINKS

Can of... Coke, Diet Coke, 7-Up, 2.75
 Fizzy Water, Lrg. / 4.50, Sm. / 2.50
 Btl Coke or Artisanal Sodas, 3.95
 Ginger Ale or Root Beer, 3.25
 Coconut Water, (8oz bottle) 3.50



ORGANIC DRINKS

Iced Tea or Iced Coffee, 3.50
 Lemonade, 4.95
 Arnold Palmer, 4.75
 Raspberry Lemonade, 5.50
 Hibiscus Cooler, 4.95

VIRGIN COCKTAILS



LAZY RIVER 6.50
Grapefruit, pomegranate, ginger
SPICY TOMATO 6.95
Organic tomato juice, Mary spices
BLOOD ORANGE COSMO 6.95
Orange, cranberry, lime, vanilla
JOHNNY APPLESEED 6.75
Orchard Berry tea, apple, lemon

ORGANIC DELICIOUS JUICES



lg. 5.95 / reg. 4.95

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

SQUEEZED TO ORDER !!!

COFFEE & TEA



Tea, organic..... 3.75
*Black ~ Assam Breakfast, Earl Grey,
 Decaf English Breakfast*
Green ~ Orange Sencha, Tropical Green
*Herbal ~ Chamomile, African Sunset,
 Peppermint, Orchard Berry*
 Chai, coconut or organic milk 4.50
 Organic Coffee, Straus organic ½ & ½ 3.95

CRAFT BEER



Short (half-pint) 4.95

BOTTLED BEER

Formidable ! 6.50

PILSNER, Coronado Brewing, Coronado
Light, crisp, clean finish
 MEXI-LAGER, EL Sully, 21st Amendment Br., SF
Light & refreshing, subtle malt
 HEFEWEIZEN, Golden Road, Los Angeles
Banana & clove, subtle citrus
 IPA, Racer 5, Bear Republic, Healdsburg
Full-body & sweet hops
 AMBERALE, Boont, Anderson Valley Brewing, CA
Toasted malt, toffee & floral notes
 ROTATING HANDLE, quoted

BUD / BUD LIGHT 4.25
 ERDINGER WEISSBRÄU, Non-Alcoholic 5.95
 OMISSION PALE ALE, Gluten-Free, OR 5.50
 STELLA ARTOIS, BELGIUM 5.75
 HOEGAARDEN, BELGIUM 5.75
 CIDERBOYS, APPLE-PINEAPPLE CIDER, WI 5.50
 FIRESTONE DBA, PALE ALE, FIRESTONE WALKER, CA 5.95
 CHEZ PANISSE FARMHOUSE ALE, CALICRAFT (500 mL) 9.95
 90 MINUTE IMPERIAL IPA, DOG FISH HEAD, DE 7.50

DESSERTS & PIES



(all good for sharing)

Pies from our Bakery, selection varies A.Q.
 * Organic Apple
 * Cream Pie of the Day
 * Organic Southern Pecan
 Ginger Cake, pumpkin ice cream. . . . 8.75
 Flourless Chocolate Cake, ala mode . 8.50
 Organic Apple-Cranberry Cobbler . 8.95
 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 20 years ...

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



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Soups,

Organic Veggie Minestrone, 5.75 / 4.50

Organic Chicken Noodle, bowl) 6.50 / cup) 5.25

Starters, we encourage sharing ...

Goat Cheese Pot, tomato, toast, 7.50

Nachos, salsa, sour cream & avocado, 8.75

Mussels, white wine, lemon, parsley, 9.50

Wontons, shrimp, pork, ginger-chili sauce, 9.95

Potted Pork Crostini, spiced apples & currants, 8.50

Sandwiches, choice of Salad, Fries or Minestrone

½ Picnic-Style Sandwich, (Quoted daily) 6.95

Organic Veggie Burger, mushrooms, spinach, 12.50

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

Wild Albacore Tuna Melt, cheddar, avocado, 13.50

* Sustainable Fish Tacos, avo, queso fresco, salsa, 15.95

Organic Grilled Chicken BLT, avo, herbs, mayo, 15.95

* Organic Fried Egg, country ham, tomato, gruyère, 11.95

* Local Lamb Burger, yogurt, tzatziki, mint, 15.95

* Organic Burger on Organic Baguette or Soft Bun, 14.75

Healthful Salads,

Organic Greens, orange, fennel, hazelnut, goat cheese, olive large 9.95 / medium 8.25 / petite 5.95

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

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

Organic Chopped Salad, veggies, salame, croutons, herb-parmesan dressing 12.50 / 11.25 / 7.75

Thai-Style Organic Chicken Breast Salad, chili, lime, mint, herbs, peanuts 14.50 / 13.25 / 8.95

* Grilled Prawn Louis, iceberg, avocado, tomato, chives, organic egg & olives. 16.50 / 12.75 / 12.50

Cobb Salad, organic chicken breast, bacon, blue cheese, avocado, tomato, egg. 15.25 / 14.50 / 9.75

Warmed Organic Spinach, bacon, mushrooms & tomato-herb crostini 11.50 | add a poached egg for 2.50

FOOD		
		
BREAKFAST	Mon-Fri	7-2 pm
BRUNCH	Sat-Sun	8-2 (most holidays too)
LUNCH	Mon-Sun	11-5
DINNER	Sun-Thurs	5-9:30 ... last order in by
	Fri-Sat	5-10
WINE BAR	Sun-Thurs	'til 9:30 pm
	Fri-Sat	'til 10 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 @ (925) 962-CHOW

Pasta & Noodles,

Gnocchi, ricotta, spinach, organic tomato sauce entree 15.50 / medium 12.75

Rose's Old-Fashioned Spaghetti & Organic Meatball(s) 14.95 / 12.50

Organic Wood-Baked Lasagna of ricotta, spinach & tomato 17.50 / 14.95

*Linguini with Seafood, shrimp, clams, garlic, lemon & parsley 19.95 / 16.95

Fusilli of Chicken & Sausage, mushrooms, tomato, cream, rosemary 16.25 / 14.25

House Green Curry, organic pork, mushrooms, peppers, peanuts, coconut 15.95 / 13.50

Thai-Style Noodles with Steak & Chicken, peanuts, spicy lime-chili-garlic broth 16.95 / 14.50

*Smiling Noodles of Chicken & Shrimp, veggies, spicy ginger-garlic-curry sauce 15.95 / 13.50

Pizza, 9" Wood-Oven Fired

Cheese, tomato, 11.50

Pepperoni, mozz, tomato, 12.75

*Clam, tomato, potato, bacon, parsley, 14.95

Combo, salame, sausage, chile, mushroom, 13.95

Prosciutto, ricotta, tomato, arugula, 15.50

Fennel Sausage, peppers, onions, mozz, tomato, 13.95

Mains, most served with a different seasonal side

*Sustainable Seafood entree/medium A.Q.

Garden-Party Veggie Platter 14.50

Organic Chicken Enchiladas Verde 17.50

Organic Char-Grilled Chicken, daily A.Q.

*Bistro-Style Steak Frites, arugula, tomato A.Q.

Organic "Pot Roast" of Beef, mashed potatoes 17.95

Kid's Menu / Organic Vegetables & Sides,

Mac n' Cheese, *Organic Burger, Tuna Melt, Organic Chicken Fingers, Scrambled Eggs ... 9.75 | All served with veggie choice

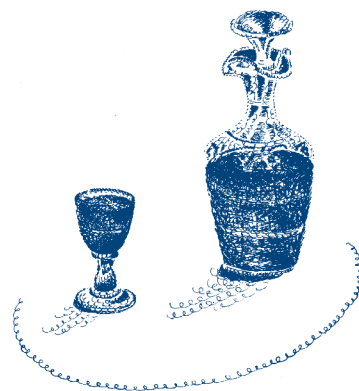
Assorted Vegetable sides, a la carte, 5.50 / Please consult with your server for additional vegetables to our menu...

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

WINES

MIXED DRINKS

WINE MOJITO, Albariño, mint, soda	7.95
MIMOSA, Prosecco, organic orange juice	9.50
SABE MARGARITA, Sabe blanco, lime, agave	10.75
SAKE BLOODY MARY, Kumosabé Sake, house spicy tomato	10.95



STARS IN A BOTTLE

BORTOLOTTI, <i>Glera</i> , Prosecco, Valdobbiadene, Italy, NV
BILLECART-SALMON, <i>Chardonnay</i> , PN, PM, Brut Reserve, Champagne, France, NV, 375 mL
SCHRAMSBERG, <i>Pinot Noir</i> , <i>Chardonnay</i> , Brut Rosé, Napa Valley, California, '12

Taste	Glass	Bottle
3 OZ	5.50 OZ	
5	9	38
8	14	29
7	11	55

WHITE & ROSÉ

WINE OF THE DAY
HOUSE, <i>Chardonnay</i> , Mi Terruño, Argentina, '16 (Sustainable)
GÉRARD BERTRAND, <i>Grenache Gris & Grenache, Rosé</i> , Languedoc-Roussillon, France, '15 (Sustainable)
BROOKS, <i>Amycas</i> , <i>White blend</i> , Willamette Valley, Oregon, '15 (Sustainable)
MT. BEAUTIFUL, <i>Sauvignon Blanc</i> , New Zealand, '15 (Sustainable)
LAIRD, <i>Pinot Grigio</i> , Carneros, California, '15
TINPOT HUT, <i>Grüner Veltliner</i> , Marlborough, New Zealand, '15 (Sustainable)
NAVARRO, <i>Chardonnay</i> , Mendocino, California, '13
DOMAINE FEUILLAT-JUILLOT, <i>Chardonnay</i> , Montagny 1er Cru, France, '14 (Sustainable)
GRGICH HILLS, <i>Sauvignon Blanc</i> , Fumé Blanc, Napa Valley, California, '13 (Organic & Sustainable)
MIGRATION, <i>Chardonnay</i> , Russian River Valley, California, '13
STOLPMAN, <i>Roussanne</i> , Ballard Canyon, California, '14 (Organic)

Taste	Glass	Bottle
3.75 OZ	6 OZ	
A.Q.	A.Q.	A.Q.
6	9	27
7	10	35
8	11	38
7	10	35
9	12	43
10	13	48
8	11	39
11	15	61
10	14	53
9	12	43
8	13	43

RED

WINE OF THE DAY
HOUSE, <i>Cabernet Sauvignon</i> , Los Morros, Central Valley, Chile, '15 (Sustainable)
FOSSIL POINT, <i>Pinot Noir</i> , Edna Valley, California, '15 (Sustainable)
STOLLER, <i>Pinot Noir</i> , Dundee Hills, Oregon, '14 (Sustainable)
ALVARO CASTRO, <i>Red Blend</i> , Dão, Portugal, '12 (Biodynamic & Sustainable)
RADIO-COTEAU, <i>Pinot Noir</i> , 'La Neblina', Sonoma Coast, California, '13 (Organic)
GREEN & RED VINEYARD, <i>Zinfandel</i> , Chiles Canyon Vineyards, Napa, California, '13 (Sustainable)
SIETE FINCAS, <i>Malbec</i> , Mendoza, Argentina, '15 (Sustainable)
RAMSAY, <i>Cabernet Sauvignon</i> , North Coast, California, '14
D CUBED, <i>Zinfandel</i> , Howell Mountain, Napa, California, '11 (Organic)
BOOMTOWN, <i>Merlot</i> , Dusted Valley Wines, Columbia Valley, Washington, '13
DONATI, <i>Cabernet Sauvignon</i> , Paicines, California, '13 (Sustainable)

A.Q.	A.Q.	A.Q.
6	9	27
8	11	38
10	13	48
8	11	38
12	16	61
8	13	35
6	9	32
8	11	38
10	14	53
7	10	35
8	13	48