

## BEVERAGES

### \* FRESH-PRESSED JUICE 8

APPLE  
GINGER  
ORANGE  
BEET  
CARROT  
CELERY  
COLLARDS

CHOOSE UP TO 3, THEN EACH ADDITIONAL +1.5

### \* APPLE BEET LEMONADE 8

#### DID YOU KNOW?

PLANT FOODS CONTAIN AN AVERAGE OF 64 TIMES MORE ANTIOXIDANTS THAN ANIMAL FOODS. ICEBERG LETTUCE IS RICHER IN ANTIOXIDANTS THAN CHICKEN!

### \* SMOOTHIES 8

VERY BERRY  
CHARLIE BROWN  
GYM BODY  
ESPRESSO WAKE UP

MADE WITH BANANA AND ALMOND- OR SOY-MILK.

### MILK SHAKES 8

VANILLA  
CHOCOLATE  
COFFEE

MADE WITH SOY ICE CREAM.

### SAN PELLEGRINO 3.5

### COFFEE 3

### TEA 3

ASK SERVER FOR SELECTION

### LATTE 4.5

### ESPRESSO 3

### CAPPUCINO 4.5

## DESSERTS

<sup>GF</sup> COCONUT MILK CHEESECAKE 10  
GRAHAM CRACKER CRUST & SEASONAL FRUIT  
COMPOTE.

<sup>GF</sup> TRIPLE CHOCOLATE BROWNIE 6  
TOPPED WITH A CHOCOLATE TRUFFLE CREAM.

<sup>GF</sup> ICE CREAM SUNDAE 10  
TRIPLE-CHOCOLATE BROWNIE, TRUFFLE CREAM  
& TOASTED PEANUTS.

<sup>GF</sup> CHOCOLATE TRUFFLE CAKE 10  
FILLED WITH A BERRY JAM, TOPPED WITH  
ALMOND MILK GANACHE.

<sup>GF</sup> VANILLA ICE CREAM SCOOP 4  
CHOCOLATE SAUCE +2

BANANA POUNDCAKE 5



#### KEY

<sup>GF</sup>  
GLUTEN  
FREE

★  
SOY  
FREE

\*  
SUGAR  
FREE



#### WE CATER!

SACRED CHOW CATERES EVENTS OF ALL SIZES!  
EMAIL REQUESTS TO  
CONTACT@SACREDCHOW.COM.

#### MISSION

SACRED CHOW WAS FOUNDED WITH A COUNTER CULTURE SPIRIT AND A SOARING OBJECTIVE: TO CREATE AND PROMOTE ORGANIC PLANT-BASED FOOD THAT IS GREAT FOR YOU, OUR FELLOW BEINGS, AND FOR MOTHER EARTH.



*Hand-Crafted  
100% Plant Based  
Vegan, Organic & Kosher*

CONTACT@SACREDCHOW.COM  
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## TAPA TOWER

3 FOR 25 | INDIVIDUAL TAPA 10

GF ★ ✨ **CURRIED BROCCOLI**  
STEAMED AND TOSSED IN SOUTH INDIAN CURRY OIL

GF ★ ✨ **DIJON MARINATED RAW KALE**  
TOSSED WITH PINE NUTS

GF ✨ **GRILLED NAMA GORI**  
MARINATED IN A ROSEMARY GRILL SAUCE, WITH  
STEAMED COLLARDS & DILL MAYO DIP.  
SERVED WITH A SOFT CORN TORTILLA.  
SLICED AVOCADO +1.5

GF ★ ✨ **MAMA'S MEATBALL PARM**  
MADE WITH LENTILS AND RICE,  
SERVED WITH A SPICY SICILIAN SAUCE,  
FRESH HERBS & MELTED PARMESAN.  
CHOICE OF NOODLES.

★ **THAI GINGER BBQ SEITAN**  
OJ GARLIC-GINGER MOLASSES,  
STEAMED GREENS & CARAMELIZED ONIONS.  
SERVED WITH A BUTTERMILK BISCUIT HALF.

GF **MEXICAN LATKES**  
MADE WITH RED POTATOES, SWEET POTATO,  
JALAPENO, ONION, DILL, CUMIN & LIME.  
SERVED WITH COCONUT SOUR CREAM.

★ **ROASTED BLACK OLIVE SEITAN**  
STEAMED GREENS & DIJON.  
SERVED WITH A BUTTERMILK BISCUIT HALF.

GF ★ **BUBBY MEYER'S  
"CHOPPED LIVER" PATE**  
MADE WITH FRENCH LENTILS,  
CARAMELIZED ONIONS & SUNFLOWER SEEDS.  
SERVED WITH RAW CARROT CHIPS.

GF ★ ✨ **TRUFFLE FRIES**  
BABY RED POTATOES, GARLIC, FRESH HERBS  
& BLACK TRUFFLE OIL.  
MELTED PARMESAN +1.5

GF ✨ **INDONESIAN TEMPEH**  
SERVED WITH MARINATED SAUERKRAUT, SAUTEED  
ONIONS, A CORN TORTILLA & RUSSIAN DRESSING.

## POWER BOWLS

**BIG KAHUNA** 16  
CHOICE OF ANY TAPA,  
BROWN RICE/NOODLES/QUINOA,  
COLLARDS/BROCCOLI & DRESSING/SAUCE.

GF ★ ✨ **LEMONGRASS RED CURRY** 17  
CHEWY GARLIC TOFU, SNOW PEAS & RED  
PEPPERS TOSSED IN COCONUT CREAM CURRY.  
SERVED OVER ASIAN NOODLES AND TOPPED  
WITH SCALLIONS, CILANTRO & BASIL.

GF ★ ✨ **FRENCH LENTIL MEATLOAF** 16  
SICILIAN SAUCE, STEAMED COLLARDS, BROWN  
RICE & MELTED PARMESAN.

## SOUPS

ASK SERVER FOR SELECTION.

**SMALL** 5  
**LARGE** 10  
WITH CHOICE OF BREAD

## SALADS

GF **KALE CAESAR** 15  
RAW KALE, VEGGIE NOODLES & PINE NUTS  
TOSSED IN A HOUSE CAESAR.  
CHOICE OF PLANT PROTEIN.

GF ★ ✨ **GREEK SALAD** 15  
MIXED BABY GREENS, RED ONION, TOMATO,  
PEPPERONCINI, KALAMATA OLIVE, SUNFLOWER  
FETA CRUMBLE & GRILLED NAMA GORI TOSSED  
IN A BALSAMIC-DIJON VINAIGRETTE.

GF ★ ✨ **HERBAL SIDE SALAD** 8  
FRESH HERBS, BABY GREENS, TOMATO,  
RED ONION & AVOCADO.  
CHOICE OF DRESSING.

## PANINIS & BURGERS

ASK YOUR SERVER FOR GLUTEN-FREE BREAD.

GF ✨ **GRILLED NAMA GORI** 16  
STEAMED COLLARDS, SLICED AVOCADO & DILL  
MAYO. SERVED WITH PICKLE CHIPS.  
SUNFLOWER LENTIL PATE +2

GF **TEMPEH REUBEN** 16  
SAUERKRAUT, CARAMELIZED ONIONS,  
RUSSIAN DRESSING & PICKLE CHIPS  
ON JEWISH RYE.

GF ★ ✨ **MAMA'S MEATBALL PARM** 16  
PAN-SEARED IN A SPICY SICILIAN SAUCE,  
TOPPED WITH MELTED PARMESAN.  
SERVED WITH PEPPERONCINI.

★ **THAI-GINGER BBQ SEITAN** 16  
ROASTED IN AN OJ GINGER-GARLIC  
MOLASSES SAUCE. TOPPED WITH STEAMED KALE  
& CARAMELIZED ONIONS.  
SERVED WITH PEPPERONCINI.

★ **BLACK OLIVE SEITAN** 16  
STEAMED COLLARDS & DIJON SAUCE.  
SERVED WITH PICKLE CHIPS.  
SUNFLOWER LENTIL PATE +2

★ **BUBBY MEYER'S  
"CHOPPED LIVER" SEITAN PASTRAMI** 16  
SAUERKRAUT, BROWND ONIONS &  
TOMATOES ON TOASTED RYE.  
SERVED WITH PICKLE CHIPS.

GF ★ ✨ **MASALA BURGER** 16  
MADE WITH CHICKPEAS, ROASTED ONIONS,  
POBLANO PEPPERS, KALE & CILANTRO.  
TOPPED WITH CARAMELIZED ONIONS & DIJON  
DRESSING. SERVED WITH PICKLE CHIPS.  
AVOCADO +1.5

NAMA GORI (A.K.A. "SNOW TOFU") IS FROZEN,  
DEFROSTED, SQUEEZED DRY, THEN MARINATED AND  
GRILLED FOR AMAZINGLY CHEWY, JUICY TOFU.

## ADD-ONS & SIDES

|                              |                                    |
|------------------------------|------------------------------------|
| NAMA GORI<br>5               | HOME FRIES 5                       |
| TOFU SCRAMBLE<br>5           | DAILY BEAN 5                       |
| OLIVE SEITAN 5               | SUNFLOWER<br>"FETA" CRUMBLE<br>1.5 |
| BBQ SEITAN 5                 | PARMESAN 1.5                       |
| LENTIL & RICE<br>MEATBALLS 5 | STEAMED GREENS<br>3                |
| TEMPEH 5                     | PICKLE CHIPS 1.5                   |
| SUNFLOWER<br>LENTIL PATÉ 5   | PEPPERONCINI 1.5                   |
| BROWN RICE 3                 | KALAMATA<br>OLIVES 1.5             |
| NOODLES 3                    | AVOCADO 1.5                        |
| QUINOA 3                     | RAW CARROT<br>CHIPS 1.5            |

## DRESSINGS & SAUCES

2

|                                       |                            |
|---------------------------------------|----------------------------|
| DIJON                                 | COCONUT SOUR<br>CREAM      |
| CAESAR                                | ROSEMARY GRILL<br>SAUCE    |
| RUSSIAN                               | SICILIAN SAUCE             |
| DILL-MAYO                             | CHOCOLATE<br>TRUFFLE CREAM |
| BALSAMIC                              | MAPLE SYRUP                |
| OLIVE OIL &<br>VINEGAR/LEMON<br>JUICE | WHIPPED<br>COCONUT CREAM   |