

## 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

GF COCONUT MILK CHEESECAKE 10  
GRAHAM CRACKER CRUST & SEASONAL FRUIT  
COMPOTE.

GF TRIPLE CHOCOLATE BROWNIE 6  
TOPPED WITH A CHOCOLATE TRUFFLE CREAM.

GF ICE CREAM SUNDAE 10  
TRIPLE-CHOCOLATE BROWNIE, TRUFFLE CREAM, &  
TOASTED PEANUTS.

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

GF VANILLA ICE CREAM SCOOP 4  
CHOCOLATE TRUFFLE CREAM +2

BANANA POUNDCAKE 5



### KEY

GF  
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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## BRUNCH

SERVED DAILY, 11AM-4PM

### BOTTOMLESS BRUNCH 30

ONE ENTREE + ONE HOUR OF COCKTAILS

#### GF ✱ **SARDINIAN OMELETTE 17**

SOY CREAM OMELETTE, KALAMATA OLIVES, FETA CRUMBLE, SOUR CREAM.

SIDE SALAD OR TRUFFLE HOME-FRIES.

AVOCADO +1.5

PARMESAN +1.5

#### GF ✱ **SCRAMBLE & SALSA BOWL 16**

PAN-SEARED TOFU, PEPPERS & CARAMELIZED ONIONS OVER STEAMED BROCCOLI & RAW VEGGIE NOODLES. SIDE OF SALSA.

#### GF **BELGIAN WAFFLE 15**

CRISPY, SOFT & PILLOWY, TOPPED WITH FRUIT COMPOTE & WHIPPED COCONUT CREAM.

ASK SERVER FOR SOY-FREE WAFFLE.

MAPLE SYRUP +2

CHOCOLATE CHIP WAFFLE +2

1 VANILLA ICE CREAM +4

CHOCOLATE TRUFFLE CREAM +2

#### **BANANA FRENCH TOAST 16**

FRIED TILL CRISPY-CRUNCHY, TOPPED WITH FRUIT COMPOTE.

COCONUT WHIPPED CREAM +2

VANILLA ICE CREAM +4

#### **SOY BUTTERMILK BISCUIT Po' BOY 16**

TOFU SCRAMBLE OR GRILLED SEITAN MEDALLIONS, STEAMED COLLARDS & COCONUT WHITE GRAVY.

SIDE SALAD OR TRUFFLE HOME-FRIES.

AVOCADO +1.5

#### GF ✱ **HUEVOS RANCHEROS 16**

SOFT CORN TORTILLAS, PAN-SEARED SCRAMBLED TOFU, SALSA, DAILY BEAN, & CHEESE.

SIDE OF TRUFFLE HOME-FRIES.

## TAPA TOWER

3 FOR 25 | INDIVIDUAL TAPA 10

ORDER ANY PROTEIN FOR +5

#### 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 YOUR SERVER FOR SELECTION.)

#### **SMALL 5**

#### **LARGE**

WITH CHOICE OF BREAD 10



## SALADS

DRESSINGS: RUSSIAN, CAESAR, DILL MAYO, BALSAMIC, DIJON OR OLIVE OIL & LEMON JUICE/VINEGAR

#### 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, 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.