

## 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  
WWW.SACREDCHOW.COM  
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IG: @SACREDCHOWVEGAN

## TAPA TOWER

3 FOR 25 | INDIVIDUAL TAPA 10

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

GF ★ \* **SOFRITO BROCCOLI**

GF ★ \* **DIJON MARINATED RAW KALE**  
TOSSED WITH SUNFLOWER SEEDS

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

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

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.

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

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

## POWER BOWLS

**BIG KAHUNA** 16  
CHOICE OF ANY TAPA +  
BROWN RICE/NOODLES/QUINOA +  
KALE/COLLARDS/BROCCOLI

GF ★ **LEMONGRASS RED CURRY** 17  
CHEWY GARLIC TOFU, BROCCOLI & 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 & PUMPKIN SEEDS  
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,  
BROCCOLI, 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**  
5

**TOFU SCRAMBLE**  
5

**OLIVE SEITAN** 5

**BBQ SEITAN** 5

**LENTIL & RICE  
MEATBALLS** 5

**TEMPEH** 5

**SUNFLOWER  
LENTIL PATÉ** 5

**BROWN RICE** 3

**NOODLES** 3

**QUINOA** 3

**HOME FRIES** 5

**DAILY BEAN** 5

**SUNFLOWER  
"FETA" CRUMBLE**  
1.5

**PARMESAN** 1.5

**STEAMED GREENS**  
3

**PICKLE CHIPS** 1.5

**PEPPERONCINI** 1.5

**KALAMATA  
OLIVES** 1.5

**AVOCADO** 1.5

**RAW CARROT  
CHIPS** 1.5

## DRESSINGS & SAUCES

2

**DIJON**

**CAESAR**

**RUSSIAN**

**DILL-MAYO**

**BALSAMIC**

**OLIVE OIL &  
VINEGAR/LEMON  
JUICE**

**COCONUT SOUR  
CREAM**

**ROSEMARY GRILL  
SAUCE**

**SICILIAN SAUCE**

**CHOCOLATE  
TRUFFLE CREAM**

**MAPLE SYRUP**

**WHIPPED  
COCONUT CREAM**