

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 | HALF TAPA 5

GF ★ * CURRIED BROCCOLI

STEAMED AND TOSSED IN SOUTH INDIAN CURRY OIL

GF ★ * DIJON MARINATED RAW KALE

TOSSED WITH PUMPKIN 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 ★ * 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 + 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 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 & 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, 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.