

## 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.