

GENERAL STORE PANTRY

BULK SIZE

WHOLE WHEAT FLOUR \$3/LB

BROWN RICE FLOUR \$5/LB

VITAL WHEAT GLUTEN FLOUR \$8/LB

WHOLE GRAINS \$8/LB

SUGAR \$5/LB

DRY BEANS \$6/LB

SPICES & HERBS \$5/EACH

DICED TOMATOES \$12/CAN

TOMATO PASTE \$14/CAN

DIJON MUSTARD \$6/GALLON

CHICKPEA FLOUR \$8/1LB

ARROWROOT POWDER \$5/LB

VANILLA \$8: 1/2QT

BAKING POWDER \$5: 1/2LB

BAKING SODA \$3: 1/2LB

FERMENTED BLACK BEANS \$5: 1/2QT

3 CITRUS CHILI PASTE \$8/JAR

FROZEN CHEESECAKE CREAM \$10/1QT

DILL PICKLES \$8/GALLON

SOLO DRESSINGS & SAUCES

\$2.18/TAX

DIJON

CAESAR

RUSSIAN

DILL-MAYO

COCONUT SOUR CREAM

ROSEMARY GRILL SAUCE

SICILIAN SAUCE

BEVERAGES

* FRESH-PRESSED JUICE \$8/16OZ

APPLE
GINGER
ORANGE
BEET
CARROT
CELERY
COLLARD

* APPLE BEET LEMONADE \$8/16OZ

DID YOU KNOW?

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

* 100 % FRESH FRUIT SMOOTHIES \$8/16OZ

VERY BERRY
GOLDEN KIWI
HONEYDEW
CANTALOUPE
RED BEET

WITH FROZEN BANANAS & HOUSE SOY-MILK.

ARTISAN-CRAFTED DRAFT BEER & WINE

\$12.89/TAX

BOTTLED WATER \$2.18/TAX

COFFEE & TEA \$2.18/TAX

ASK ABOUT OUR SELECTION.

DESSERTS

GF COCONUT MILK CHEESECAKE \$65: WHOLE/FROZEN \$12.89 SLICE/TAX

GF CHOCOLATE TRUFFLE CAKE \$65:WHOLE/FROZEN \$12.89 SLICE/TAX

GF ★ PIE, FRUIT OR CREAM \$65: WHOLE/FROZEN \$12.89 SLICE/TAX

GF CARMEL CAKES \$65: WHOLE/FROZEN \$12.89 SLICE/TAX

GF * TRIPLE CHOCOLATE BROWNIE \$60: SHEET/FROZEN \$10.88 SLICE/TAX

GF ★ GENERAL STORE COOKIE \$5/EACH

GF - Gluten Free ★ - Soy Free * - Sugar Free

MISSION

TO BE HAPPIER, TO BE BETTER PLACED TO MAKE OUR FELLOW BEINGS HAPPIER. TO SUFFER LESS, TO BE IN A BETTER POSITION TO HELP OUR FELLOW BEINGS SUFFER LESS.



Your Vegan General Store

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(212)-337-0863

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WWW.SACREDCHOW.COM
WWW.FACEBOOK.COM/SACREDCHOW

BRUNCH

GF **DAILY BRUNCH SPECIAL**
PICK-UP & DELIVERY. \$17.42/TAX

GF **OMELET BATTER**
\$12/1QT

Sunflower Feta Crumble \$12:1/2 qt
Coconut-milk Sour Cream \$8:1/2 qt

GF **★ WAFFLE MIX**
\$12.00/2LB

Frozen Fruit Compote \$12/1qt
Chocolate Truffle Cream \$10/1qt

★ WHOLE WHEAT BANANA LB CAKE
\$20/WHOLE

Frozen Fruit Compote \$10/1qt
French Toast Dip \$10/1qt

WHOLE WHEAT SOY-BUTTERMILK BISCUITS
\$30/1 DOZEN

GF **SCRAMBLE MIX, FROZEN**
\$16/2LBS

¹ Salsa verde \$10/qt
Coconut white gravy \$10/qt

★ GF MIMOSA & SANGRIA MIX
\$25/MAKES 1 GALLON

GF **★ BRUNCH PANTRY**
COCONUT WHITE GRAVY. \$10/1QT

GF **★ ★ BRUNCH PANTRY**
SALSA VERDE. \$10/1QT

GF **BRUNCH PANTRY**
CHOCOLATE TRUFFLE CREAM. \$10/1/2QT

★ GF BRUNCH PANTRY
FRUIT COMPOTE, FROZEN. \$10/1QT

GF GF **BRUNCH PANTRY**
COCONUT-MILK SOUR CREAM. \$10:1/2QT

GF **★ BRUNCH PANTRY**
SUNFLOWER FETA CRUMBLE. \$10: 1/2QT

BULK SAUCES, DRESSINGS, TAPA MIX

GF **★ ★ SICILIAN SAUCE** \$13/1QT

GF **★ LEMONGRASS RED CURRY** \$13/1QT

GF **★ ★ DILL MAYO** \$13/1QT

GF **RUSSIAN DRESSING** \$13/1QT

GF **★ DIJON DRESSING** \$13/1QT

★ GF ★ GRILL SAUCE \$13/1QT

GF **★ MEXICAN LATKE MIX** \$12/2LB

GF **★ LENTIL DOSA MIX** \$12/1LB

GF **★ BROWN RICE IDLI MIX** \$12/1LB

SOUPS

FROZEN
\$10/1QT

GENERAL STORE DAILY

\$8.71/12OZ/TAX

SALADS

GF **KALE CAESAR** \$18.51/TAX
RAW KALE, VEGGIE NOODLES & PUMPKIN SEEDS,
TOSSED IN A HOUSE CAESAR.
CHOICE OF PLANT PROTEIN.

GF **★ ★ GREEK SALAD** \$18.51/TAX
MIXED BABY GREENS, RED ONION, TOMATO,
PEPPERONCINI, KALAMATA OLIVE, SUNFLOWER
FETA CRUMBLE & CHOICE OF PROTEIN. TOSSED IN
A DIJON VINAIGRETTE.

GENERAL STORE SAMMIES

SERVED W/ HOME FRIES.

GF **★ GRILLED NAMA GORI** \$18.50/TAX
STEAMED COLLARDS, SLICED AVOCADO & DILL
MAYO. SERVED WITH DILL PICKLES.
LENTIL PATE \$2.18/TAX

★ BLACK OLIVE SEITAN \$18.50/TAX
STEAMED COLLARDS & DIJON SAUCE.
SERVED WITH DILL PICKLES.
LENTIL PATE \$2.18/TAX

★ ★ BUBBY MEYER'S
"CHOPPED LIVER" SEITAN PASTRAMI
\$16.01/TAX

SAUERKRAUT, CARAMELIZED ONIONS &
TOMATOES ON TOASTED RYE.
SERVED WITH PICKLE ROUNDS.

★ MASALA BURGER \$16.01/TAX
CHICKPEAS, ROASTED ONIONS, BROCCOLI, KALE,
CILANTRO, JALAPENO. SERVED ON WHOLE
WHEAT HOUSE BUN WITH CARAMELIZED ONION,
DIJON DRESSING, PICKLE ROUNDS.
AVOCADO +\$1.63/TAX

GF **TEMPEH REUBEN** \$12/FROZEN
SAUERKRAUT, CARAMELIZED ONIONS, BROWN
RICE WRAP.

★ MAMA'S MEATBALL PARM \$12/FROZEN
PAN-SEARED W/ A SPICY SICILIAN SAUCE.
TOPPED W/ MELTED PARM.

★ THAI-GINGER BBQ SEITAN \$12/FROZEN
ROASTED IN AN OJ GINGER-GARLIC MOLASSES
SAUCE.

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

BULK PLANT PROTEINS

GF **★ ★ BUFFALO CASHEW MOZZARELLA**
12 PIECES IN BASIL BRINE \$24

GF **★ CASHEW MOZZARELLA WEDGE**
WHOLE \$35
GF BEER BATTER DIP \$10/QT
GF DRY MIX \$8/1LB
SCAMPI SAUCE \$12/1QT

GF **★ ★ FRENCH LENTIL MEATLOAF**
WHOLE \$35
SICILIAN SAUCE \$10/1QT

★ THAI GINGER BBQ SEITAN
\$16/2LB
BBQ SAUCE \$10/1QT

GF **NAMA GORI TOFU**
MARINATED IN A ROSEMARY GRILL SAUCE.
\$16/2LB
DILL MAYO \$6: 1/2QT

★ ROASTED BLACK OLIVE SEITAN
\$16/2LB
DIJON SAUCE \$6: 1/2QT

GF **★ BUBBY MEYER'S**
"CHOPPED LIVER" PATE
\$16/2LB
CRUDITÉ \$10/1QT
CARAMELIZED ONIONS \$6: 1/2QT

GF **★ INDONESIAN TEMPEH**
\$16/2LB
RUSSIAN DRESSING \$6: 1/2QT
CARAMELIZED ONIONS \$6/QT
SAUERKRAUT \$6/QT

★ GF ★ BURMESE CHICKPEA "TOFU"
\$12/1LB
SALSA VERDE \$5: 1/2QT

GF **★ WINE-AGED OAT CHEESE**
\$12: 1/2QT