



Park Chow ~ 1240 9th Ave.
 Open Mon. - Thurs. 11am - 10pm, Fri. 11am - 11pm,
 Sat. 10am - 11pm, Sun. 10am - 10pm

Chow ~ 215 Church St.
 Open Mon. - Thurs. 11am - 11pm, Fri. 11am - 12am,
 Sat. 10am - 12am, Sun. 10am - 11pm

Good Time Taste, Open Daily

Starters

- 15~ Minestrone / Daily Soup.....cup 5.00...bowl 6.00
- 2~ Chicken Noodle Soup *homemade noodles,*
organic roasted chicken & veggiescup 5.00...bowl 6.25
- 9~ Wontons - *prawns, pork & ginger*8.00
- 14~ Baked Goat Cheese *tomato tapenade & walnut levain*.....6.50
- 106~ Steamed Mussels *white wine, butter, garlic & garlic-rubbed toast* 7.50
- 17~ Half Wood-Baked Artichoke *with house-made lemon aioli*6.50
- 3~ Arancini *crispy saffron rice balls with mozzarella & marinara*7.25

Healthful Salads

Add grilled chicken breast to any salad \$4.95

- | | Small | Medium | Large |
|---|-------|--------|-------|
| 20~ Organic Lettuces..... | 6.00 | 6.95 | 8.50 |
| 22~ "Caesar" Salad..... | 6.50 | 8.75 | 9.95 |
| 23~ Organic Spinach Salad..... | 7.00 | 10.25 | 13.25 |
| 24~ Iceberg Wedge, <i>blue-cheese dressing</i> | 5.95 | 7.95 | 9.95 |
| 25~ "Cobb" <i>organic chicken breast, bacon,</i>
<i>blue cheese avocado, tomato & egg</i> | 8.25 | 11.25 | 13.25 |
| 27~ "Thai-Style" Chicken Breast Salad..... | 7.50 | 11.00 | 13.25 |
| 40~ Grilled Prawn Louis..... | 9.50 | 11.75 | 13.25 |
| 71~ Beet Salad <i>goat cheese, endive, marinated beets, fennel,</i>
<i>avocado toast, grapefruit vinaigrette</i> | 7.50 | 10.50 | 13.50 |

Grills, Roasts, Meats... All Organic/ Sustainable

- 43~ Sustainable Seafood of the Day ...Lunch 18.95... Dinner (after 4pm) 20.95
- 46~ Pork Chop(s), *soft polenta, spring onion,*
asparagus, spinach, snap peas.....(1) 12.95...(2) 17.45
- 49~ Beef Pot Roast, *with mashed potatoes and seasonal veggies*..... 12.95
- 26~ Grilled Organic Chicken Breast, *cauliflower puree,*
bloomsdale spinach, whole grain mustard sauce..... 14.00
- 59~ Natural Flank Steak, *fries* 15.95
- 97~ Baked Eggplant Parmesan, *ricotta, pasta side* 13.25
- 83~ Organic Roasted Veggie Platter, *with quinoa ragout,*
mushrooms and beans 10.75

Sides

- 104~ Steamed Spinach.....5.75
- 55~ Spring Veggie Medley *sweet peas, spring onion,*
asparagus, spinach, snap peas.....5.95
- 61~ Sweet Potato Mash5.75
- 64~ Roasted Acorn Squash *with maple syrup*.....5.75

Pasta, Noodles, Wood-Oven Pizzas

- 29~ Wood Oven Lasagna, *ricotta, tomato, spinach*.....Md 10.50... Lg 12.75
- 30~ Fusilli of Chicken & Sausage, *tomato & cream*Md 10.00...Lg 13.00
- 33~ Rose's Spaghetti with Meatball, *parmesan*.....Md 10.00... Lg 12.25
- 35~ "Thai-Style Noodles" *Steak & Chicken, peanuts,*
spicy lime-chili-garlic brothMd 9.95... Lg 12.95
- 36~ "Smiling Noodles" *Chicken & Prawns, bok choy,*
mushrooms, coconut curry, black beansMd 9.50... Lg 12.50
- 19~ Linguini with Clams, *seafood, prawns, garlic*Md 10.95... Lg 12.95
- 21~ Garden Vegetables Noodles *gluten-free corn noodles,*
veggies, orange-ginger miso sauceMd 9.95... Lg 11.25
- 93~ Spring Lasagna *pesto, snap peas,*
asparagus, spring onion.....Md 11.75...Lg 12.75
- 101~ Spring Farfalle *asparagus, fava beans,*
lemon creamMd 9.75...Lg 11.75
- 41~ Lamb Sugo *lamb bolognese, spinach*.....Md 12.25...Lg 13.95
- 37~ Pepperoni-Mozz Pizza..... Sm 8.75... Lg 11.75
- 42~ Fennel-Sausage Pizza Sm 10.00... Lg 13.00
- 54~ Cheese Pizza Sm 8.25... Lg 12.25
- 32~ Prosciutto Pizza, *tomato, fresh ricotta, arugula* Sm 12.00... Lg 15.00

Sandwiches

- One Plate Meals including choice of Salad, Fries or minestrone/daily Soup**
- 47~ Organic Fried Egg Sandwich, *country ham, tomato, gruyere*12.50
 - 51~ Grass-Fed Burger *soft bun or baguette*.....11.50
 Add Cheese \$1.25, Add Applewood Smoked Bacon \$3.00
 - 69~ Local Lamb Burger *feta, cucumber, mint & tomato*.....13.00
 - 18~ Sustainable Fish Tacos.....13.25
 - 87~ Albacore Tuna Melt, *avocado*12.00
 - 88~ Grilled Chicken BLT, *avocado*12.00
 - 89~ Veggie Burger (Available M-F Only)13.00
 - 91~ Chicken Salad Sandwich10.95
 - 72~ BLT *with avocado and lemon aioli*.....11.00
 - 73~ Rose's Meatballs *melted mozzarella and arugula*.....10.50
 - 86~ Grilled Fish Sandwich *fresh local fish, homemade tartar sauce*12.25
 - 45~ Ruben on Rye *corned beef & sauerkraut with 1000 island dressing* 13.25

for the Kids

includes fries or vegetable choice

- 56~ Organic Chicken Fingers8.50
- 58~ Tiny Burger.....8.50
- 57~ Mac n' Cheese.....8.50
- 79~ Sustainable Fish-Sticks..8.50

All sales become final when waiter leaves your premises, please check your order carefully.

SERVICE AREA
 SAN FRANCISCO, DALY CITY, SOUTH SAN FRANCISCO, BRISBANE, SAN BRUNO, PACIFICA, MILLBRAE, SAUSALITO, MILL VALLEY, LARKSPUR, GREENBRAE, OAKLAND, ALAMEDA, EMERYVILLE, BERKELEY

All credit card orders, please show your credit card and valid I.D. upon delivery.

Desserts

48~ Scoop of Organic Ice Cream, <i>pumpkin or vanilla</i>3.00	68~ Organic Strawberry Rhubarb Cobbler <i>with walnuts and fresh whipped cream</i>7.50
<i>Add Chocolate or Caramel Sauce \$1.00</i>	
66~ Flourless Chocolate Cake, <i>vanilla ice cream, chocolate sauce</i>7.00	5~ Milkshakes, <i>chocolate, vanilla, strawberry, caramel or pumpkin</i>5.50
67~ Ginger Cake, <i>pumpkin ice cream, caramel sauce</i>7.00	Add malt: 0.50
65~ Pumpkin Pie7.50	6~ Root Beer Float, <i>Henry Weinhard's root beer, organic ice cream</i>6.00
63~ Apple, Pecan, Banana Butterscotch, Chocolate Cream or Coconut Cream Pie (<i>subject to availability</i>)7.50	74~ Croissant Bread Pudding (<i>subject to availability</i>)7.50

CHOW PARTY PLATTERS**Starters**

	<i>for 5</i>	<i>for 10</i>	<i>for 15</i>
535. Wontons, <i>Prawns, Pork, Ginger</i>32.00	64.00	96.00	
533. Wood-Baked Artichoke32.50	65.00	97.50	

Salads

506. Organic Garden Lettuces30.00	60.00	87.00
507. Traditional Caesar Salad35.00	70.00	105.00
508. Organic Spinach Salad37.80	75.60	113.00
509. Thai-Style Chicken Breast Salad41.80	83.60	125.00
511. Cobb Salad <i>with Chicken, Bacon, Avocado, & Egg</i>44.00	88.00	132.00
537. Grilled-Prawn Salad49.00	98.00	147.00
543. Iceberg Wedge, <i>Blue-Cheese Dressing</i>35.00	70.00	105.00
536. Beet Salad38.00	76.00	114.00

Pastas

512. Rose's Spaghetti Dinner with Meatballs <i>and Parmesan</i>49.00	98.00	147.00
513. Fusilli of Chicken & Sausage, <i>Mushroom, Tomato, Cream</i>52.00	104.00	156.00
514. "Smiling Noodles" <i>Chicken, Prawns, Coconut Curry</i>51.00	102.00	153.00
515. "Thai-Style Noodles" <i>Steak, Chicken, Peanuts, Spicy Lime-Chili-Garlic</i>53.00	106.00	159.00
540. Eggplant Parmesan53.80	107.80	161.40

Grills & Meats

All Served with Garlic Mashed Potatoes & Seasonal Vegetable

518. Pot-Roasted Beef69.80	139.60	209.40
532. Grilled Steak83.75	167.50	250.00
542. Home-Style Pork Chops68.00	136.00	204.00

Desserts

48 Hour Advance Notice Please

544. Ginger Cake Pan <i>includes pumpkin ice cream and caramel sauce</i> serves 6-8 ...12.95
521. Half Sheet Ginger Cake <i>includes pumpkin ice cream and caramel sauce</i> serves 24-30...50.95
522. Chocolate Cake serves 10-12...30.50
523. Apple Pie, <i>caramel sauce</i> serves 8-10...25.95
524. Pecan Pie..... serves 8-10...25.95
525. Special Cream Pies serves 8-10...A.Q.
526. Assorted Cookie Platter..... 24 cookies 27.00.....48 cookies 47.00

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