

Add-ons: 5/3*

Nama	Tempah	Home
Gori	Paté	Fries
Scramble	BBQ	Daily
Olive	Noodles*	bean
Seitan	Quinoa*	Pound
Meatballs	Steamed	cake
Rice*	greens*	

Dressings/2

Dijon	Dill-Mayo	EVOO w/
Caesar	Balsamic-	Vinegar,or
Russian	tamarind	Lemon
		Juice

Sauces/2

Sour	Truffle &/or
Cream	Whipped
Salsa:	Cream
Verdi;	Maple
Fresca	Syrup
Grill	Sicilian
Sauce	Sauce



Condiments/1.5

Pickles	Black Olives
Sunflower Feta	Caramelized
Parm	Onions
Pepperoncini	Carrots &
Sliced Avocado	Cukes

Beverages

Fresh Pressed Juice: Apple/ginger;
Collard/celery/cucumber
OJ/beet; Carrot/kale. 8
Custard Smoothies (w/ almond or soy milk):
Very Berry; Charlie Brown; Gym Body;
Espresso Wake Up 8
Milk Shake w/ whipped cream 8
Vanilla, chocolate, or coffee
Apple Beet Lemonade 8
Sparkling Pellegrino 3.5
For Cocktails, Wine, & Beer
See our drink menu.
For latte, cappuccino, espresso,
coffee, & tea
Ask your server



A gratuity of 20% is included on tables of four or more.

Desserts

GF **Coconut Milk Cheesecake** 10
Lush, delicious, baked in a graham cracker cookie crumb crust. Served w/ coconut whipped cream; finished w/ a seasonal compote or coulis.
GF **Triple Chocolate Brownie** 6
Rich, delicate, slightly crusty, soft melt in your mouth creamy fudgy-chocolaty. Drizzled w/ chocolate truffle cream.
GF **Ice Cream Sundae** 10
Triple Chocolate Brownie layered w/ ice cream, truffle cream, & toasted peanuts.
GF **Chocolate Truffle Cake** 10
Decadent & rich. Filled w/ a two berry jam. Topped w/ silky almond milk ganache.
Dessert Special w/ Latte or Cappuccino 7
GF **Vanilla Ice Cream** 4/scoop
*Chocolate Cream Sauce +2



A Sacred Mission: Make Less Violence Happen
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 Mother Earth.



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**Hand-Crafted
100% Plant Based
Kosher*Vegan*Organic**

**Gluten Free GF No Soy ★
Sugar Free ✨**

Sacred Chow caters big & small events; bakes custom cakes; cultures plant-based cheese; kneads bread; makes spreads; & does wholesale!

GIFT CERTIFICATES AVAILABLE.



Brunch

Served Daily, 11am-4pm

GF * **Sardinian Omelet 17**

A soya crème omelet, folded closed w/ kalamata olives, feta crumble, cucumber sour cream. Served w/ salad or home-fries.

Add sliced avocado +1.5 Perfect w/ parm +1.5

GF * **Scramble & Salsa Bowl 16**

A scramble of pan-seared tofu, peppers, & caramelized onions. paired w/ steamed spinach & raw veg noodles. Served w/ a side of salsa verde.

(For no soy: request Brooklyn Tempeh.)

Super perfect w/ parm +1.5

GF **Belgian Waffle 15**

Crispy, soft & pillowy, drenched w/ a strawberry compote, & whipped coconut cream.

Blissfully delicious w/vanilla ice cream; +4

Velvety chocolaty truffle cream +2

(★ Ask for almond milk)

Banana French Toast 16

Two thick slices of banana cake submerged in a French toast dip, griddled till crispy crunchy. topped w/ a blueberry compote.

Coconut whipped cream +2

Scoop of vanilla ice cream +4

Soy Buttermilk Biscuit Po 'Boy 16

Delicate, crumbly biscuit halves, heaped w/ a fluff of scramble &/or grilled seitan medallions, steamed collards, & coconut white gravy. Served w/ side salad or home-fries.

Add in sliced avocado +1.5

GF * **Huevos Rancheros 16**

Soft Corn Tortillas, topped w/ pan seared scrambled tofu, salsa verde, daily bean, salsa fresca, cheese, & cilantro. Served with home-fries.

Make it bottomless: one entree + one hour of cocktails, wine, beer, or fresh juice. 30

POWER BOWLS

Big Kahuna 16

Choice of any tapa, green, grain or noodle, dressing or sauce.

Sub w/ quinoa.

★ GF * **French Lentil Meatloaf 16**

This tasty whole food is served w/ fresh herbed Sicilian sauce, steamed collards, brown basmati rice, & melted parm.

Sub quinoa for rice.

GF * **Lemongrass-Red Curry 17**

Chewy garlic tofu, served over rice noodles, snow peas, red peppers & tossed in a lemongrass-red curry coconut cream sauce.

Topped w/ scallions, cilantro, & Thai basil.

Daily Soups

(Ask your server for selection.)



Full w/ bread: 10

Half w/o bread: 5



Salads

GF **Kale Caesar 15**

Raw kale, veg noodles, & pine nuts, tossed in a house Caesar. Choice of plant protein.

GF * **Greek Salad 15**

Mixed baby greens, red onions, tomatoes, cukes, poblano peppers, black olives, sunflower feta crumble, & Grilled Nama Gori tossed in a balsamic tamarind vinaigrette.

GF * **Herbal Side Salad 8**

Fresh herbs w/ baby greens, cucumbers, tomatoes, red onions, & avocado. choice of dressing.

Add on: Biscuit: 3; Italian, B.R. tortilla: 2;

Slice of rye, tortilla: 1.50; 2 Tacos: 1

Paninis & Burgers

Choose Italian bread, w.w. tortilla, Classic burger bun, rye bread, or brown rice tortilla/gf. Side of truffle fries (gf, ns, sf), or side salad (gf, ns, sf).

GF * **Grilled Nama Gori 16**

With steamed collards, sliced avocado, & dill mayo. Served w/ dill pickles.

SUPER DELICIOUS W/ PATE +2 TRY THE NAMA W/ SICILIAN.

GF **Tempeh Reuben 16**

Served on Jewish rye w/ sauerkraut, caramelized onions, Russian dressing, & dill pickle rounds.

MAKE IT A BROOKLYN TEMPEH REUBEN.

GF * **Mama's Meatball Parm 16**

Pan-seared in a spicy Sicilian sauce, topped w/ melted parm, & fresh basil.

Served w/ pepperoncini.

★ **Thai-Ginger BBQ Seitan 16**

Roasted in an OJ ginger-garlic molasses sauce. Topped w/ steamed kale, & caramelized vidalias. Served w/ pepperoncini.

★ **Black Olive Seitan 16**

With steamed collards & Dijon sauce. Served w/ dill pickles.

Great w/ Sunflower Lentil Pate. +2

★ **Bubby Meyer's "Chopped Liver" w/Seitan Pastrami on Toasted Rye. 16**

Jewish Deli-Style, w/ Sauerkraut, Browned Onions, & Tomatoes. Served w/ pickle rounds.

GF * **Masala Burger 16**

Made with chickpeas, roasted vidalia onions, poblano peppers, kale, & cilantro. Served w/ pickle rounds.

ADD AVOCADO. +1.5



Tapa Tower

3 for 25 Individual Tapa 10

GF * **3 Greens & 3 Herbs**
Steamed greens topped w/ fresh herbs. choice of dressing.

GF * **Dijon Marinated Raw Kale**
tossed w/ creamy pine nuts.

GF * **Grilled Nama Gori**
Marinated in a rich rosemary grill sauce, w/ steamed collards, & dill mayo dip. Served w/ a soft corn taco.

ADD SLICED AVOCADO +1.5

GF * **Mama's Meatball Parm**
Served w/ a spicy Sicilian sauce, fresh herbs, & melted parm. Choice of rice or veg noodles.

★ **Thai Ginger BBQ Seitan**
Roasted in an OJ garlic-ginger molasses, w/ steamed greens, caramelized onions, & a buttermilk biscuit half.

GF **Mexican Latkes**
Made w/ red potatoes, dill, pumpkin, jalapeno, cumin, limes, & onions. Served w/ a cooling cucumber sour cream.

★ **Roasted Black Olive Seitan**

A DDelicious chewy spicy bite, w/ steamed greens, & drizzled w/ Dijon. Served w/ a buttermilk biscuit half.

GF * **Bubby Meyer's "Chopped Liver" Pate**

Peppery French lentils, onions, & sunflower seeds morph into your bubby's chopped liver. Served w/ carameliized onions, & crudite or tortilla chips

GF * **Truffle Fries**

Baby reds potatoes, garlic, & fresh herbs. baked till fragrant & perfect. finished w/ black truffle oil.

Great w/ melted parm +1.5

GF * **Brooklyn (azuki-rice) Tempeh**

Pan-seared in Chow's bang-up grill sauce; w/ greens, salsa verde, & corn taco.



AKA: SNOW TOFU. Freeze tofu till rock solid, defrost, squeeze dry, marinate & grill. Voilà: Chewy, juicy tofu