

Devilish Desserts

Ask about daily dessert specials

		Wheat-free	Gluten-free	Sugar-free
Muffins & Scones Wild Maine Blueberry, Strawberry Ginger	\$2.25	●	●	○
Velvet Brownie Crunch Add vanilla soy or organic dairy ice cream to any above + \$1 per scoop Add chocolate sauce, blueberry sauce, dairy cream cheese, or brown rice syrup jam +.75¢	\$3	●	●	○
Cookies Hot Cocoa Latte Crunch Swedish Oatmeal Raisin Chewy Ginger Flax Snap (wheat-free)	\$2.25	○	○	○
Jammies -oats & sunflower seeds, date puree, strawberry preserves	\$2.50	●	○	●
Cupcake - chocolate soycream-frosted vanilla cupcake with toasted almond pralines	\$3	○	○	○
Pound cake - Orange Chocolate Chip Lemony Lemon Banana Bread	\$2.25	○	○	○
Chocolate cake w/strawberry ganache & pralines	\$4	●	○	○
Sinner Bar w/coconut caramel dipped in chocolate	\$2.25	●	●	○
Nougatines - chocolate covered caramelized nuts	\$2.50	●	●	○
Toasted Coconut Rice Syrup Macaroons	\$2	●	●	●
NRG Bar - lots of high protein of seeds brown rice syrup & tahini	\$3	●	●	●
Sacred Sundae Choice of vanilla soy or organic dairy ice cream topped w/chocolate sauce, blueberry sauce, rainbow sprinkles & toasted peanuts	\$6	●	●	○

Breakfast

(available M-F)

Muffins & Scones (wheat free)	\$2.25	●	●	○
Soy Buttermilk Biscuit Add blueberry sauce, dairy cream cheese, or brown rice syrup jam + .75¢	\$1.50	○	○	○
Multigrain Molasses Oat Soda Bread Almost no sugar or fat in this amazing crackly & crunch treat	\$2.25	●	○	○
Omega-3 Oatmeal	\$3	●	○	●
Organic Yogurt (soy or dairy) w/granola +\$2 w/fresh fruit +\$2	\$3	○	○	○
Sunflower Oat Granola add organic vanilla soy, or dairy yogurt +\$1.50 add sliced fresh fruit +\$2	\$3	●	○	●
<i>Additional choices for weekend brunch</i>				
Omega-3 Waffles (w/maple syrup or blueberry sauce) Add sliced fresh fruit +\$1.25; tempeh strips +\$3 home fries \$2.25; organic vanilla soy or dairy yogurt \$2	\$6	●	○	○
Scrambled Tofu with Pan-fried Onions*	\$7			
Tuscan Frittata Roll*	\$7			

*Includes choice of 3 sides: spinach-sunflower pesto, soy mozzarella or cheddar, carrot pate, chopped tomatoes, sautéed shiitakes, tempeh strips, home fries, curried roasted broccoli, greens of the day (>3 sides +.75)



Powerful
vegan foods to
fuel your mind
and body

Tapas
Heroes
Salads
Soups
Beverages
Wine & beer
Desserts

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Sacred Chow's nutritional vegan foods are prepared using organic & kosher certified ingredients. Dairy items available as noted.

Free delivery- \$10 min. Delivery area - West and East Village, Soho

Wholesale, catering, special occasions cakes, house accounts

Heavenly Tapas

Order individually, or any 3 choices from below for \$9
Ask server for daily specials

Protein rich tapas \$3.50 each

Grilled Western Tofu	Shredded Tofu Spa Salad
Orange Blackstrap BBQ Seitan*	Roasted Black Olive Seitan*
Roasted Indonesian Tempeh	Tofu in Sunflower Pesto
Korean Tofu Cutlets	Mama's Soy Meatballs
Toasted Sunflower Lentil Pate	Hummus of the Day

* contains wheat

Complex carb tapas \$3.25 each

Root Vegetable Latkes (Pancakes)*	Roast Vegetable of the Day
Dijon Marinated Raw Kale	Grain, or Greens of the Day
Sautéed Shitake Mushroom W/ Toasted Sunflower Seeds	Sliced Ginger Soba Noodles w/spicy Peanut Sauce*
Moroccan Spiced Carrot Pate	Curried Roasted Broccoli

Amazing Hero Sandwiches \$8

All sandwiches served on toasted 6" Italian bread with baby greens & pickle spears

Grilled Western Tofu Hero Thickly sliced moist western tofu, dill soy-mayonnaise, cheese*	Roasted Black Olive Seitan Sub Sliced chewy & tender olive seitan, dill soy-mayonnaise, cheese*
Shredded Tofu Spa Salad Hero Light & creamy tofu salad, dill soy- mayonnaise, cheese*	Orange Barbecued Seitan Sub Sliced chunky orange-molasses seitan, roasted ginger, onions & garlic sauce, cheese*

Mama's Soy Meatball Sub
Homestyle meatballs, spicy Sicilian
sauce, cheese*

* Choice of soy-based casein-free cheese
(mozzarella, cheddar)

Dairy-based rennet-free organic cheese
(jack or cheddar) +\$1

Hot Diggity Soy Dog \$3
The dog of all dogs; served on an
organic sprouted wheat bun

Top with soy-based casein-free cheese
(mozzarella, cheddar) +.75* | dairy-based rennet-
free organic cheese (jack or cheddar) +\$1.00 |
caramelized onions +.25* | tangy sauerkraut +.25*

Divine Soups & Tapas-Salads

A changing selection of soups & stews (ask server) add organic brown rice, soy-buttermilk biscuit, or crostini +.75* add 1/2 a hero +\$4	\$4
A changing selection of seasonal greens, shredded beets, carrots & apples with crunchy yuba strips & dressing	\$4.75/\$9.50
Shitake mushroom & spinach salad & dressing	\$4.75/\$9.50
Create a Tapas-Salad - any tapas + your choice of seasonal greens & dressing (from a daily selection of greens & dressings)	\$9.25

Blissful Beverages

Frozen Smoothies: \$5.50

Very Berry bananas, blueberries, soymilk or apple juice	Gym Body banana, toasted almonds, cinnamon, flax oil, soymilk or apple juice	Iced Coffee Wake Up banana, organic espresso crystals, soymilk or apple juice
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Herbal Energy Drinks - delicious mix of blended fruits, brown rice syrup,
springwater & pure flavors St. John's Ginger Balm • Cranberry Echinacea • Pure C \$5.25

Fresh Pressed Juice - carrot, cucumber, celery, beet, or any combo (add ginger+.25¢) \$5

Organic Natural Juices - orange, or apple (add ginger+.25¢) \$4

Blue Sky Sodas (all-natural) Cola • Root Beer • Cherry Vanilla Crème • Jamaican Ginger \$2
Add vanilla soy or organic dairy ice cream to any soda for a **Blue Sky Float** + \$2

Bottled Water (still or sparkling) \$2

Organic Bottled & Draft Beer (ask server for current selection) \$5/\$18

Organic Wines (see Wine List)

Organic Coffee & Teas (available with soy or dairy milk) \$2
French roast coffee; espresso; tea \$3
Latte; cafe con leche

Happy Hour Special



4-6:30 pm daily

Purchase a pint of draft beer for \$3, or a pitcher for
\$11.50 and enjoy any of the following specials for \$3

Any 2 Tapas Dishes	1/2 Hero Sandwich	2 Hot Diggity Soy Dogs
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