

sandwiches

Hot Sandwiches take 10 minutes to prepare. Served with your choice of soup, tabouli, or house side salad. Available à la carte for \$3 less.



Lentil Burger

Seattle's Best Veggie Burger is accentuated by our delectable special sauce and served on a grilled panino roll with vegenaïse, marinated onions, cucumber, sprouts and bread & butter pickles. \$12.50

Mighty Mofo

Our take on a reuben sandwich with housemade seitan, sauerkraut, mustard, cucumbers, sprouts. \$12.50

Artichoke Melt

Flavorful artichoke pate, cashew cheese and vegenaïse grilled on molasses wheat bread, topped with cucumbers and sprouts. \$11.95.

Avocado Sandwich

Simple pleasures! Avocado, cucumber, marinated onions, sprouts and vegenaïse on molasses wheat bread. \$10.20

THC

Perfect for satisfying the munchies, molasses wheat bread with housemade garlicky hummus, smoked paprika tempeh bacon, vegenaïse, cucumbers and sprouts. \$11.95

Shiitake Arugula Sandwich

Arugula and radish pesto with sauteed shiitakes and leeks. Gluten Free available upon request. \$13.50

Please let us know about any serious allergies you may have, as not all ingredients are listed here. Thanks!

gf sandwiches

Some of our sandwiches are available gluten free *by request only*:

Artichoke, Avocado, & THC, Shiitake Arugula

salads

all salads are gluten-free

House Salad

Chaco's tangy apple garlic vinaigrette tossed with mixed greens and topped with cucumbers, carrots, marinated onion, sprouts and sesame seeds. \$5.50 / 8.25

Quinoa Tabouli Salad

It's back! A chilled tabouli salad with cucumber, mint, parsley, marinated onions, and extra-virgin olive oil. \$5.50

Arugula Salad

Fresh arugula with raspberry vinaigrette, garnished with radishes, cucumbers, marinated onions, sprouts, and pecans. \$5.50 / 8.25



grain bowls

all grain bowls are gluten-free
no substitutions please!

Thai Peanut Bowl

Chaco's spicy, gingery peanut sauce atop brown rice, sauted sesame veggies, and fresh baby spinach, topped with toasted peanuts. \$6.95 / 9.95

The Hippie Bowl

Housemade garlic tahini drizzled over baked tofu, high-protein quinoa, fresh carrots, sprouts, and topped with a sprinkle of sesame seeds. \$6.95 / 9.95

Green Papaya Curry Bowl

Mixed veggies with shredded green mango, served over brown rice and topped with a fresh green curry sauce. A delectable spring meal! \$7.50 / 10.95



Build Your Own Bowl

1. Pick your Base

Rice or Quinoa (sm) \$4.95 / (lg) 6.60

3. Pick your Sauce

Peanut Sauce or Tahini

2. Pick your Goodies

Black Beans or Cucumber \$0.75

Spinach, Zucchini, or Carrot \$1.00

Steamed or Raw Mixed Veggies \$1.75

Pico de Gallo, Avocado, or Sesame Veggies \$1.75

Baked Tofu or Tempeh Bacon \$1.95

Sesame Seeds (Free)

raw entrees

Enchilada Plate

Tomato-flax tortillas filled with herbed cashew cheese, spiced veggies and avocado. Topped with mango pico de gallo and served with a beautiful salad. \$13.95

Tuna-less Sandwich

Amazing raw sandwich made with buckwheat-flax raw flatbread, sunflower seed 'tuna' pate, cucumbers & sprouts, and served with our tasty house salad. \$13.95

Ginger Sesame Bowl

Our wonderful tangy and sweet ginger-sesame sauce mixed with shredded veggies and raw kelp noodles, topped with tamari pumpkin seeds and carrots. \$11.95

Arugula Pesto Sandwich

A raw sandwich made with our buckwheat-flax raw flat bread, arugula sunflower seed pesto, avocado, cucumbers, marinated onions, and Willie Greens arugula. Served with a side salad. \$12.95

soups

all soups are gluten-free

Look for a list of our housemade soups on our Soup Board.

Cup of Soup \$4.30

Served with a side of toast, quinoa, or rice.

Bowl of Soup \$5.65

Served with a side of toast, quinoa, or rice.

Cup + Side House Salad \$8.30

Bowl + Side House Salad \$9.70



fresh juices

no substitutions please!

The House Juice

Formerly named the 7003, this menu mainstay just works: apple, orange, carrot, ginger. \$4.45 / 5.95

Morning Energizer

Soothing to the digestive system, a cardiovascular stimulant and blood cleanser, this juice helps rid the body of toxins. Apple, pear, parsley, lemon, ginger. \$5.20 / 6.95

Green Cleanse

Helpful in removing toxins, reducing inflammation, lowering blood pressure, strengthening the liver, stomach & kidneys. Cucumber, celery, kale, parsley, spinach, lemon. \$6.40 / 8.50

Immune Boost

Great for the immune system: energizing and cleansing, helpful in toning the liver and lowering blood pressure. Apple, pear, carrot, celery, parsley, ginger. \$5.65 / 7.50

The Antidote

Promotes detoxification, digestion and blood flow, helpful in liver cleansing, energizing, and immune system boosting. Carrot, beet, orange, kale, wheatgrass. \$6.70 / 8.95

Pure Bliss

Antidepressant and energetic properties throughout and tastes ridiculously delicious! Pineapple, apple, spinach, mint, wheatgrass. \$6.70 / 8.95

Zen Calm

Soothing and calming for the digestive and nervous systems. Apple, orange, spinach, mint. \$5.20 / 6.95

Hangover Helper

Helps combat inflammation, cleanses the liver and blood, and removes heavy metals. Carrot, golden beet, cucumber, cilantro, ginger. \$6.40 / 8.50

Inner Fire

A 2 oz. shot "tonic" made entirely of ginger, lemon, and garlic juice, topped with cayenne. \$3.25

Flu Buster

A powerful fresh juice of apple, orange, lemon, ginger, garlic, cayenne. Served hot! \$3.80 / 4.85 / 5.75

Vitamin Boost Juice

Arugula is packed full of Vitamins A, C, K, and B-6! This drink gives your body a boost of essential vitamins! \$5.65 / 7.50

b.y.o. juice

Build Your Own Juice: 10oz / 16oz

1. Pick your Base

Carrot and/or Apple \$3.10 / 4.50

Orange \$3.75 / 5.50

Celery and/or Cucumber \$4.25 / 6.50

Pineapple and/or Pear \$5.20 / 7.95

2. Pick your Goodies

Ginger, Garlic, Cilantro, or Lemon \$0.55

Celery, Pear, Parsley or Mint \$0.75

Orange, Kale, or Echinacea/Goldenseal Tincture \$0.95

Pineapple, Cucumber or Spinach \$1.10

Beet \$1.25

Wheatgrass (per shot) \$2.50



Quantities for Juice & Smoothie Goodies available on request

smoothies

no substitutions please!

Blue Green Blast

The perfect blend of delicious and healthy: blueberries, bananas, fresh apple juice, and green superfood powder. \$4.95 / 6.60

Raw Tropique

Nutrient and vitamin C rich: mango, banana, fresh apple juice. \$4.45 / 5.95

Really Green Smoothie

Nutritionally dense and refreshing: a fistful of seasonal dark greens*, banana and apple juice. \$4.30 / 5.75

Choco-Maca

The Smoothie of the Gods: banana, raw cacao, raw maca, and raw housemade hemp milk. \$5.20 / 6.95

Triple Berry

Antioxidants, vitamins and... deliciousness: strawberries, raspberries, blueberries and hemp milk. \$5.65 / 7.50

Chocolate Raspberry

Raspberries plus banana, raw cacao, and raw housemade hemp milk. \$5.20 / 6.95

Peachy Keen

Made with the legendary Rama Farm peaches: peach, banana and raw housemade hemp milk. \$5.65 / 7.50

The Classic

Just what the name says: strawberries, bananas, toasted almonds, agave and your choice of milk. \$4.30 / 5.75

The Elvis

Breakfast in Graceland! Bananas, peanut butter, agave, salt and your choice of milk. \$3.75 / 5.00

Gaia's Revenge Smoothie

A green smoothie made with fresh arugula, apple juice, mango and banana! \$4.45 / 5.95

*seasonal greens, kale or spinach



b.y.o. smoothie

Build Your Own Smoothie: 10oz / 16oz

1. Pick your Base

Banana \$3.10 / 4.50

Mango and/or Strawberry \$3.95 / 5.75

Blueberry and/or Raspberry \$4.50 / 6.75

Peach \$5.10 / 7.50

2. Pick your Liquid

Soy, Rice, Almond, or Nonfat/Whole Dairy: Free

Apple Juice, Carrot Juice or Chai \$0.50 / 0.75

Orange Juice or Hemp Milk \$0.75 / 1.10

Pineapple Juice \$1.35 / 1.80

3. Pick your Goodies

Maca Powder or Cacao Powder \$0.40

Peanut Butter, Chocolate Sauce, or Almonds \$0.50

Hemp Protein, Strawberry, Maple Syrup, or Kale \$0.95

Spinach, Raspberry, Mango, Blueberry or Pineapple \$1.10

Green Powder or Peaches \$1.50

Agave (Free)

All Food is Vegan

All Food is Vegan



The best things in life are free.
The next best things are organic.

all day breakfast

Eggless Spinach Mushroom Quiche

Spinach and mushroom quiche in a delectable rustic crust, served with a cup of housemade soup or house side salad. \$9.30

Tofu Scramble Sandwich

Classic vegan sandwich made with local tofu, crimini mushrooms, and mixed vegetables with savory seasoning, grilled on Great Harvest whole wheat molasses bread and served à la carte. \$7.95

Gluten-Free French Toast

Our fabulous Chaco gluten-free bread magically transformed into vegan french toast and served with maple whip and maple syrup. \$8.50

Housemade Walnut Raisin Granola

Housemade rolled oat granola with walnuts and raisins, sweetened with maple syrup and spiced with cinnamon and nutmeg. Served with your choice of milk. \$5.25

Apple Apricot Buckwheat Rawnola

Raw sprouted buckwheat granola with dried apricots, apples and walnuts served with housemade vanilla hemp milk. \$6.50

Raw Hazelnut-Oat Porridge

Sweet creamy raw porridge made with oat groats, hazelnuts, nutmeg and agave. Served chilled and topped with spiced apple-raisin chutney. \$5.25

Raw Banana Caramel Crepes

The crepe is back, but this time with a rich raw caramel sauce drizzled over the crepes and then topped with chopped pecans! \$8.95

Don't worry - give that item a try! If you don't like something, we will gladly make you something else or give you a refund.



extras

Add half an Avocado to any Entrée \$1.75

Add 4 oz Raw/Steamed Veggies to any Entrée \$1.75

2 Slices of Toast with Earth Balance Spread \$2.75

Maple Syrup \$1.75

Extra Dressing \$.60



Chaco Canyon Organic Café charges an automatic gratuity of 18% on parties of 10 or more.



By dining with us, you support your health, your community and the planet on which you live. Pat yourself on the back.

house favorites

Coffee & Tea - see menu boards

Pot of Tea \$4.20

Hot Cider

Freshly juiced and steamed apple, ginger, and cinnamon. \$2.80 / 3.50 / 4.20

Ginger Lemonade Spritzer

Agave sweetened. \$2.40 / 3.55

Housemade Kombucha

Rotating flavors, \$2.95 (10 oz) / 4.75 (16 oz)

The London Fog

Earl Grey, steamed milk and vanilla syrup. \$2.85 / 3.60 / 3.95

The Dirty Hippy

Chai Latte with a shot of espresso \$3.70 / 4.65 / 5.10

Horchata Iced Latte

Inspired by the traditional Mexican beverage, this latte is a blend of cinnamon agave syrup, espresso and rice milk poured over ice. Milk can be substituted. \$3.15 / 3.95 / 4.35

beer & wine

Badger Mountain Chardonnay

Deliciously crisp with abundant aromatics and layers of bright fruit make this wine complete. \$6.00/glass

Powers Malbec

Falling between a Cab-Sav and a Merlot, this wine has a deep color, ample tannin, & a plum-like flavor. \$7.00/glass

Momokawa Sake

The first and only saké to carry the USDA seal, it is fruit forward, lush and purely delightful. Served chilled. \$5.50

Finnriver Sparkling Black Current Cider

A light, lovely heirloom apple cider with the tart mysteries of organic black currant. \$5.00/pint

Elliott Bay Organic Draft Beer 'Demolition' IPA

A ramped up version (higher alcohol and hops) of an India Pale Ale - yum! \$4.75/pint

Elliott Bay Organic Draft Beer Seasonal Tap

\$4.75/pint



weekend brunch

Sat & Sun 9am - 3pm

Tempeh Bacon & Scramble

Classic vegan brunch made with local tofu, crimini mushrooms, and mixed vegetables with savory seasoning, on a bed of spinach with housemade tempeh bacon strips. Served with your choice of potato hash or fresh fruit salad. \$10.95

Raw Banana Caramel Crepes

The crepe is back, but this time with a rich raw caramel sauce drizzled over the crepes and then topped with chopped pecans! Served with your choice of potato hash or fresh fruit salad. \$11.95

Eggless Spinach Mushroom Quiche

Spinach and mushroom quiche in a delectable rustic crust, served with your choice of potato hash or fresh fruit salad. \$9.30

Gluten Free French Toast

Our fabulous Chaco Gluten Free bread magically transformed into vegan French Toast and served with maple whip and maple syrup. Served with your choice of potato hash or fresh fruit salad. \$10.95

Housemade Walnut Raisin Granola

Housemade rolled oat granola with walnuts and raisins, sweetened with maple syrup and spiced with cinnamon and nutmeg. Served with your choice of milk. \$5.25

Apple Apricot Buckwheat Rawnola

Raw sprouted buckwheat granola with dried apricots, apples and walnuts served with housemade vanilla hemp milk. \$6.50

Raw Hazelnut-Oat Porridge

Sweet creamy raw porridge made with oat groats, hazelnuts, nutmeg and agave. Served chilled and topped with spiced apple-raisin chutney. \$5.25

Potato Hash

Housemade hash with potatoes, sweet potatoes and onions. \$5.25

Fresh Fruit Salad

Seasonal Fruit Salad with lemon & agave. \$5.25

