

## entrees

### Lunchbox Plate

Delicious housemade savory filled pocket of choice, grilled and served with your choice of soup or side salad. \$9.10

### Tamale Plate

A hearty tamale filled with butternut squash and chiles. Served with avocado, our smokey ranchero sauce, and choice of soup or side salad. \$12.95 (one tamale) / \$16.95 (two tamales)

## sandwiches

**Hot Sandwiches take 15 minutes to prepare.**

Served with choice of soup or side salad.

Make it a bowl of soup \$2.15 or a large salad \$3.35

Available à la carte for \$3 less.

### Lentil Burger

Seattle's Best Veggie Burger with our delectable special sauce served on a grilled potato roll with vegenaïse, marinated onions, cucumber, sprouts, and pickles. \$14.25

### Mighty Mofo Sandwich

Our take on a Reuben sandwich with housemade seitan, sauerkraut, mustard, cucumbers, and sprouts. Served on sourdough. \$10.35 half / \$14.25 full

### Artichoke Melt Sandwich

Artichoke paté, vegan cheesy sauce and vegenaïse grilled on sourdough bread, with cucumbers and sprouts. \$8.95 half / \$12.95 full

### Tempeh Bacon Sandwich

Molasses wheat bread with garlic hummus, paprika tempeh bacon, vegenaïse, cucumbers, and sprouts. \$9.25 half / \$13.15 full

### Garden Avocado Sandwich

Avocado, cucumber, marinated onions, sprouts, and vegenaïse on molasses wheat bread. \$8.25 half / \$12.25 full

### Extras

Add half avocado \$2.15

Tempeh Bacon \$1.25 (4 pieces) / \$1.75 (6 pieces)



## gf sandwiches

**These sandwiches are available gluten free  
\*by request only\***

### Gluten Free Artichoke Melt Sandwich

\$8.95 half / \$12.95 full

### Gluten Free Tempeh Bacon Sandwich

\$9.25 half / \$13.15 full

### Gluten Free Garden Avocado Sandwich

\$8.25 half / \$12.25 full



## grain bowls

all grain bowls are gluten-free

### Daal Bowl

Welcome the change in season with our warming green lentil daal served over brown rice and raw mixed vegetables, topped with cilantro. \$7.60 / 10.95

### Thai Peanut Bowl

Chaco's spicy, gingery peanut sauce atop brown rice, sesame-baked cabbage (*raw mixed vegetables available on request*), and fresh baby spinach, topped with toasted peanuts. \$7.90 / \$11.15

### The Hippy Bowl

House made garlic tahini drizzled over baked tofu, high-protein quinoa, fresh carrots, sprouts, and topped with a sprinkle of sesame seeds. \$8.60 / \$12.15

### Community Bowl

*We created this bowl to allow those in financial need to have access to nutritive, organic food. Brown rice, black beans, mixed vegetables, tahini sauce and spiced sunflower seeds. Choice of orange or banana. Payment is by donation. No one is turned away. Suggested value is \$8. Feed yourself and someone in need for \$16 or more. Overage will be donated to a local food bank.*

### Extras

Any of the options in the build your own bowl section can be added to the bowls above.

Sub Quinoa \$1.20 - small / \$2.00 - large

Sub Kelp Noodles \$2.95 small / \$4.25 large



## build a bowl

### Build Your Own Bowl: kids / small / large

**1. Pick your Stuff** (you can choose as much or as little as you like)

Rice \$1.50 / \$2.75 / \$4.20

Quinoa \$2.00 / \$3.85 / \$6.20

Kelp Noodles sm \$2.95 / lg \$4.25

Black Beans, Cucumber, Zucchini, Peanuts,  
Toasted Sunflower Seeds or Clover Sprouts  
\$0.30 / \$0.50 / \$0.75

Tamari Pumpkin Seeds, Spinach,  
or Carrot \$0.40 / \$0.70 / \$1.00

Mixed Veggies or Steamed Veggies  
\$0.65 / \$1.20 / \$1.75

Tempeh Bacon \$0.80 / \$1.25 / \$1.75

Sesame Cabbage or Tofu \$0.90 / \$1.55 / \$2.20

Pico de Gallo \$1.00 / \$1.70 / \$2.40

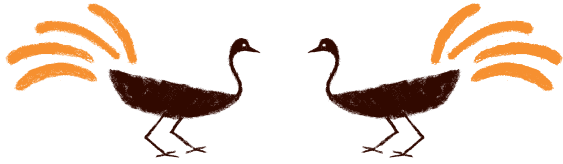
Half Avocado \$2.15

Sesame Seeds Free

### 2. Pick your Sauce

Tahini, Ginger Sesame Sauce,  
or Extra Virgin Olive Oil \$1.05 / \$1.80 / \$2.50

Peanut Sauce \$1.80 / \$3.05 / \$5.10



## raw entrees

### Enchilada Plate

Tomato-flax tortillas filled with herbed cashew cream and spiced veggies. Topped with mango pico de gallo, served with one of our side salads. \$14.40  
Add half avocado \$2.15

### Ginger Sesame Bowl

Our wonderful tangy and sweet ginger-sesame sauce mixed with shredded zucchini and raw kelp noodles, topped with tamari pumpkin seeds and carrots. \$12.50

## salads

all salads are gluten-free

### Hearty Greens Caesar Salad

A raw take on this classic salad. Shredded brining greens topped with an herbed sesame salt, tangy ceasar dressing, and addictively delicious savory onion rings! \$6.05 / \$8.95

### House Salad

Chaco's tangy apple garlic vinaigrette tossed with mixed greens and topped with cucumbers, carrots, marinated onion, sprouts, and sesame seeds. \$6.05 / \$8.95

### Extras

side of apple garlic vinaigrette \$1.50  
side of lemon tahini sauce \$0.95

## soups

all soups are gluten-free

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

### Cup of Soup \$5.20

Served with toast, quinoa, or rice.

### Bowl of Soup \$6.95

Served with toast, quinoa, or rice.

### Cup + Side House Salad \$8.75

### Bowl + Side House Salad \$10.30

### Winter Squash Soup

\$5.20 / \$6.95



## beer & wine

### Badger 2013 Organic Merlot

\$6.50 glass / \$19 bottle

### Powers 2013 Chardonnay

\$5.00 glass

### Finnriver Sparkling Black Current Cider

\$6.00 pint

### Elliott Bay Organic Draft Highline IPA Beer

\$5.25 pint

### Elliot Bay Seasonal Beer

\$5.25 pint

Join us for Tippy Tuesdays!  
Wine, Beer & Cider \$3.50  
after 3pm on Tuesdays.



## happy hour

4 pm - 6 pm, monday - friday

### Elliott Bay Organic Beer on Tap \$4.25

### House Red Wine \$5.50

### House White Wine \$4.00

### Finn River Black Currant Cider on Tap \$5.00 pint

### House Juice (16oz) \$5.15

### Really Green Smoothie (16oz) \$5.45

### Classic Smoothie (16oz) \$5.45

### Coffee, Espresso & Tea Drinks \$1 off

**Muffins and Scones** If there are any left, they are all half off for the rest of the day!



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

## favorite beverages

### House made Kombucha

Rotating flavors, \$3.10 / \$4.95

### Ginger Lemonade Spritzer

Fizzy water with fresh lemons and ginger  
\$2.50 / \$3.70

### Lemon Ginger Elixir

Hot lemonade spiked with fresh gigner  
\$2.55 / \$3.25 / \$3.60

### Elderberry Tonic

Boost your immune system with locally foraged blue elderberries reduced with sugar. Your choice of cold water, hot water or fizzy water. **While supplies last!**  
\$4.25

# fresh juices

no substitutions please!

## The House Juice

Formerly named the 7003, this menu mainstay just works: apple, orange, carrot, ginger. \$4.60 / \$6.15

## Green Cleanse

Helpful in removing toxins, reducing inflammation, lowering blood pressure, strengthening the liver, stomach & kidneys. Cucumber, celery, kale, parsley, spinach, lemon. \$6.75 / \$8.65

## Immune Boost

Great for the immune system: energizing and cleansing, helpful in toning the liver and lowering blood pressure. Apple, carrot, celery, parsley, ginger. \$5.95 / \$7.95

## The Antidote

Promotes detoxification, digestion and blood flow, helpful in liver cleansing, energizing, and immune system boosting. Carrot, golden beet, orange, kale. \$5.30 / \$7.10  
Add wheatgrass \$2.95 shot

## Pure Bliss

Antidepressant energetic properties & tastes ridiculously delicious! Apple, pineapple, spinach, mint. \$5.45 / 7.50  
Add wheatgrass \$2.95 shot

## The Detox

Helps combat inflammation, cleanses the liver and blood, and removes heavy metals. Carrot, golden beet, cucumber, cilantro, ginger. \$6.75 / \$8.85 *Please ask for more information on detoxification in general.*

## Inner Fire

A 2 oz. shot of ginger, lemon, and garlic juice, topped with cayenne. \$3.50

## Hot Apple Cider

Freshly juiced apple and ginger, heated and served with a sprinkle of cinnamon. \$3.60 / \$4.35 / \$4.95

## Flu Buster

A steaming hot juice of apple, orange, lemon, ginger, and garlic, topped with cayenne. \$4.65 / \$5.85 / \$6.45

## Extras

Turn any small juice into a large banana smoothie \$1.60

# b.y.o. juice

## Build Your Own Juice: 10oz / 16oz

### 1. Pick your Base/s

Carrot and/or Apple \$3.75 / \$4.95  
Orange \$4.50 / \$6.05  
Celery and/or Cucumber \$5.55 / \$7.40  
Pineapple \$6.20 / \$8.25

### 2. Pick your Goodies

Ginger, Garlic, Cilantro, or Lemon \$0.60  
Parsley or Mint \$0.75  
Celery, Kale, or Spinach \$0.95  
Orange or Pineapple \$1.10  
Cucumber or Golden Beet \$1.30  
Wheatgrass \$2.95 shot



# smoothies

no substitutions please!

## Mango Tango

Mango, banana, orange, and coconut-rice milk. \$5.95 / \$7.95

## Cherry Almond

Local Tonnemaker cherries, banana, almonds, almond milk and maple syrup. \$5.95 / \$7.95  
*Warning: cherries may contain pits.*

## Blue Green Blast

Blueberries, bananas, fresh apple juice, and green superfood powder. \$5.35 / \$7.15

## Really Green Smoothie

Seasonal dark greens\*, banana, and apple juice. \$4.85 / \$6.45

## Choco-Maca

Banana, raw cacao, raw maca, agave, salt, and hemp milk. \$5.30 / \$7.10

## Triple Berry

Strawberries, raspberries, blueberries, and hemp milk. \$5.95 / \$7.95

## Peachy Keen

Rama Farm peaches, banana, and hemp milk. \$5.95 / \$7.95

## The Classic

Strawberries, bananas, toasted almonds, agave, and your choice of milk. \$4.85 / \$6.45

## The Elvis

Bananas, peanut butter, agave, salt, and your choice of milk. \$5.30 / \$7.10

*\*seasonal greens, kale or spinach*

# b.y.o. smoothie

## Build Your Own Smoothie: 10oz / 16oz

### 1. Pick your Base/s

Banana \$3.60 / \$4.65  
Mango and/or Strawberry \$4.60 / \$5.90  
Blueberry and/or Raspberry \$5.30 / \$7.10  
Peach and/or Cherry \$5.85 / \$7.65

### 2. Pick your Liquid

Soy, Rice, Almond, or Nonfat/Whole Dairy: Free  
Apple Juice, Carrot Juice, or Chai \$0.65 / \$0.90  
Orange Juice or Coconut-Rice Milk \$0.90 / \$1.20  
Hemp Milk or Pineapple Juice \$1.20 / \$1.65

### 3. Pick your Goodies

Almonds, Maca Powder or Cacao Powder \$0.70  
Hemp Protein, Strawberry, Chia Seeds, Mango, Spinach, Kale, or Chocolate Sauce \$0.95  
Peanut Butter \$1.10  
Maple Syrup, Raspberry or Green Powder \$1.25  
Blueberry \$1.30  
Peach or Cherry \$2.10  
Agave (Free)

# weekend brunch

*Here are some items that are available on Sat & Sun, 9am - 3pm. Also check out our "all day breakfast" and juice options!*

## Eggless Spinach Mushroom Quiche

Spinach and mushroom quiche in a delectable rustic crust. Served with your choice of buckwheat cereal, maple chia pudding, scone, or potato cakes. \$12.50

## Tempeh Bacon & Scramble

Classic vegan brunch made with local tofu, crimini mushrooms, and mixed vegetables with savory seasoning, on a bed of spinach with house made tempeh bacon strips. Served with your choice of buckwheat cereal, maple chia pudding, scone, or potato cakes. \$12.50

## 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 buckwheat cereal, maple chia pudding, scone, or potato cakes. \$12.50

**Potato Pancakes** \$5.45

**Maple Chia Pudding** \$5.05 / \$7.10

**House made Buckwheat Cereal** \$5.50

## Extras

Two Slices of Toast with Earth Balance Spread \$3.25

Extra Maple Syrup \$2-

Tempeh Bacon \$1.25 (4 pieces) / \$1.60 (6 pieces)

# all day breakfast

## Eggless Spinach Mushroom Quiche

Spinach and mushroom quiche in a delectable rustic crust, served with a cup of house made soup or one of our side salads. \$12.50

## Maple Chia Pudding

Chia seeds made into a delicious pudding with hemp seeds and coconut milk, sweetened with maple syrup and served with banana, toasted almonds, and coconut flakes. A tasty breakfast packed with Omega 3 fatty acids! \$5.10 / \$7.20

## 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 a side of maple chia pudding. \$12.50

## House-made Toasted Buckwheat Cereal

Crunchy toasted buckwheat with cranberries, raisins, coconut and walnuts. Served with fresh banana and your choice of milk. \$5.50

## Extras

2 Slices of Toast with Earth Balance Spread \$3.25

Extra Maple Syrup \$2-

Tempeh Bacon \$1.25 (4 pieces) / \$1.60 (6 pieces)



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.

# kids menu

*Also check out our kid-sized build your own bowl!*

## NibNib

Nut butter 'n' banana sandwich (your choice of peanut or cashew butter) \$4.05 half / \$6.40 full

## Lil' Dipper Plate

Apple slices, cucumber, celery sticks, and carrot sticks with your choice of nut butter, hummus, or artichoke dip. \$6.25

## Hot Diggity Dog

One perfectly-sized veggie dog served in a wheatie bun with carrot sticks on the side. Ask us if you'd like mustard! \$5.10

## Lentils for Lunch!

A cup of our popular house Lentil soup served with toast sticks! \$5.20

## Hummus Sammy

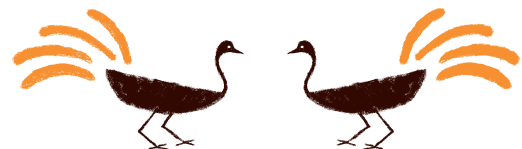
Half of a simple hummus sandwich, served with cucumber slices and carrot sticks on the side. \$5.95 add tempeh bacon \$0.80

## The Green Monster

Half an avocado sandwich, served with cucumber slices and carrot sticks on the side. \$5.10

## Peanut Butter and Jelly

Classic PB and J! Cashew butter available. \$4.05 half / \$6.40 full



## Nuts in Paradise

Pineapple, apple & orange juice blended with bananas, mango, and cashews. \$6.10

## Blueberry Monster

Blueberry banana smoothie with a few greens sneaked in (served with your choice of apple juice or milk) \$5.65

## Happy Bunny

10oz fresh carrot apple juice \$3.75

## Sweet Dreams

8oz steamed milk with vanilla (not too hot! Your choice of milk) \$2.20

## Kid's Elderberry Tonic

Boost your immune system with locally foraged blue elderberries reduced with sugar. Your choice of cold water, hot water or fizzy water. **While supplies last!** \$2.75