

# sandwiches

**Hot Sandwiches take 15 minutes to prepare.**  
Served with your choice of soup or side salad.  
Make it a bowl of soup \$2 or a large salad \$3.  
*Available à la carte for \$3 less.*

## Sloppy Joe

A savory and delicious sandwich served open faced on toasted bread with vegan cheesy sauce and garnished with avocado and marinated onions. Served with the spring salad. \$12.95

## 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. \$13.95

## Mighty Mofu

Our take on a Reuben sandwich with housemade seitan, sauerkraut, mustard, cucumbers, and sprouts. Served on sourdough. \$9.95 half / \$13.95 full

## Artichoke Melt

Flavorful artichoke paté, vegan cheesy sauce and vegenaïse grilled on sourdough bread, topped with cucumbers and sprouts. \$8.60 half / \$12.75 full

## THC

Perfect for satisfying the munchies, molasses wheat bread with house made garlicky hummus, paprika tempeh bacon, vegenaïse, cucumbers, and sprouts. \$8.95 half / \$12.95 full

## Tofu Scramble Sandwich

Classic vegan sandwich made with local tofu, crimini mushrooms, and mixed vegetables with savory seasoning, vegan cheesy sauce, and clover sprouts. Grilled on molasses wheat bread. \$7.15 half / \$11.25 full

## Garden Avocado Sandwich

Simple pleasures! Avocado, cucumber, marinated onions, sprouts, and vegenaïse on molasses wheat bread. \$7.95 half / \$11.95 full

## Extras

Sub raw bread \$3.50  
Add half avocado \$2-  
Tempeh Bacon \$1.25 (4 pieces) / \$1.60 (6 pieces)



# gf sandwiches

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

## Gluten Free Artichoke Melt

\$8.60 half / \$12.75 full

## Gluten Free THC

\$8.95 half / \$12.95 full

## Gluten Free Garden Avocado

\$7.95 half / \$11.95 full

## Gluten Free Tofu Scramble

\$7.15 half / \$11.25 full

## Gluten Free Sloppy Joe \$12.95



# empanadas

## Empanada Plate

Delicious housemade savory filled pocket of choice, grilled and served with your choice of soup or side salad. \$8.95

# grain bowls

all grain bowls are gluten-free

## Avocado Sushi Rice Bowl

An avocado sushi roll, deliciously deconstructed. Rice, pickled cucumber, pickled carrot, seaweed, wasabi ginger sauce, avocado, and black gomasio. \$7.80 / \$11.15

## 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. \$7.80 / \$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. \$8.40 / \$11.95

## 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 \$7. Feed yourself and someone in need for \$14 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- small / \$2- large



# build a bowl

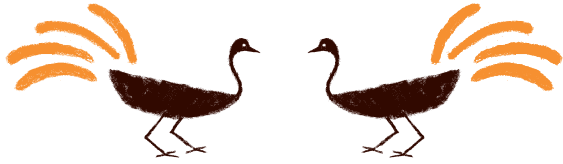
## Build Your Own Bowl: kids / small / large

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

Rice	\$1.50 / \$2.50 / \$4.20
Quinoa	\$2.00 / \$3.50 / \$6.20
Kelp Noodles	sm \$2.80 / lg \$4.00
Black Beans, Cucumber, Zucchini, Peanuts, Toasted Sunflower Seeds, <b>Gomasio</b> , or Clover Sprouts	\$0.25 / \$0.45 / \$0.70
Tamari Pumpkin Seeds, Spinach, or Carrot	\$0.40 / \$0.70 / \$1.00
Mixed Veggies, Steamed Veggies, or Cashews	\$0.60 / \$1.10 / \$1.60
Tempeh Bacon	\$0.80 / \$1.25 / \$1.60
Sesame Cabbage or Tofu	\$0.90 / \$1.55 / \$2.20
Pico de Gallo	\$1.00 / \$1.70 / \$2.40
Half Avocado	\$2.00
Tofu Scramble	\$1.40 / \$2.45 / \$3.50
<b>Pickled Sushi Veggies</b>	\$2.50 / \$4.50 / \$7.95
Sesame Seeds	Free

### 2. Pick your Sauce

Tahini, Ginger Sesame Sauce, <b>Wasabi Sauce</b> , or Extra Virgin Olive Oil	\$1.05 / \$1.80 / \$2.50
Peanut Sauce	\$1.80 / \$3.05 / \$5.10



## salads

all salads are gluten-free

### Spring Salad

A slow-inspired spring salad with pea vines, cabbage, kale, and sprouted black lentils tossed in orange mint vinaigrette garnished with spicy sunflower seeds. \$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 \$4.95

Served with toast, quinoa, or rice.

### Bowl of Soup \$6.70

Served with toast, quinoa, or rice.

### Cup + Side House Salad \$8.60

### Bowl + Side House Salad \$9.90



## beer & wine

### Vegan Vine Sauvignon Blanc

Citrus, grapefruit, fresh grass and lime. Bright acidity and a crisp, refreshing finish. \$6.50 glass / \$18.50 bottle

### Vegan Vine Red Blend

Aromas of dark red cherries, raspberries and blackberries. A hint of cedar and vanilla. \$7.00 glass / \$20 bottle

### Eau Monde Chardonnay

Packed with aromas of fresh tropical fruit and candied pineapple, and jasmine \$6.00 glass / \$17 bottle

### Badger Mountain Cabernet Sauvignon

Aromatics of dried cherries and cedar with a hint of pepper, finishing with vanilla. \$7.00 glass / \$20 bottle

### Finnriver Sparkling Black Current Cider

An heirloom apple cider with black currant. \$6.00 pint

### Elliott Bay Organic Draft Beer 'Demolition' IPA

A ramped up version (higher alcohol and hops) of an India Pale Ale - yum! \$5.25 pint

### Elliott Bay Seasonal Beer \$5.25 pint

## 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. \$14.25  
Add half avocado \$2-

### Sea Goddess Sandwich

Amazing raw sandwich on a buckwheat-flax raw flat bread, sunflower seed 'tuna' paté, marinated onions, cashew cream, and sprouts, served with one of our side salads. \$9.95 half / \$13.95 full

### 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

## 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. \$12.20

### 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! \$5.05 / \$7.10

### 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. \$12.20

### House made Walnut Raisin Granola

House made rolled oat granola with walnuts and raisins, sweetened with maple syrup and spiced with cinnamon and nutmeg. Served with your choice of milk. \$5.50

### Apple Apricot Buckwheat Rawnola

Raw sprouted buckwheat granola with dried apricots, apples, and walnuts served with house made vanilla hemp milk. \$6.65

### Extras

2 Slices of Toast with Earth Balance Spread \$3.00  
Extra Maple Syrup \$1.75  
Tempeh Bacon \$1.25 (4 pieces) / \$1.60 (6 pieces)

## favorite beverages

### House made Kombucha

Rotating flavors, \$3.05 / \$4.90

### Ginger Lemonade Spritzer \$2.50 / \$3.70

### Lemon Ginger Elixer

House made lemon, ginger, and agave served hot with a slice of lemon. \$2.50 / \$3.15 / \$3.45



All Food is Vegan



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

## fresh juices

no substitutions please!

### Sunshine Superjuice

Fresh turmeric (an amazing anti-inflammatory, antioxidant and antiseptic) with orange, carrot, lemon. \$5.45 / \$7.50



### The House Juice

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

### Zen Calm

Soothing and calming for the digestive and nervous systems. Apple, orange, spinach, mint. \$5.45 / \$7.50

### 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 \$1.50 half shot / \$2.85 shot

### Pure Bliss

Antidepressant and energetic properties and tastes ridiculously delicious! Pineapple, apple, spinach, mint. \$5.45 / 7.50 Add wheatgrass \$1.50 half shot / \$2.85 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 "tonic" made entirely of ginger, lemon, and garlic juice, topped with cayenne. \$3.35

### Flu Buster

A powerful fresh juice of apple, orange, lemon, ginger, garlic, cayenne. Served hot! \$4.60 / \$5.75 / \$6.35

## 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 \$5.45 / \$7.25  
Pineapple \$6.20 / \$8.25



### 2. Pick your Goodies

Ginger, Garlic, Cilantro, or Lemon \$0.55  
Parsley or Mint \$0.75  
**Turmeric**, Celery, Kale, or Spinach \$0.95  
Orange or Pineapple \$1.10  
Cucumber or Golden Beet \$1.30  
Wheatgrass \$1.50 half shot / \$2.85 shot

## smoothies

no substitutions please!

### Blue Green Blast

Perfect blend of delicious & healthy: blueberries, bananas, fresh apple juice, and green superfood powder. \$5.35 / \$7.15

### Raw Tropique

Nutrient and vitamin C rich: mango, banana, fresh apple juice. \$5.30 / \$7.10

### Really Green Smoothie

Nutritionally dense and refreshing: a fistful of seasonal dark greens\*, banana, and apple juice. \$4.70 / \$6.25

### Choco-Maca

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

### Triple Berry

Antioxidants, vitamins and.... deliciousness: strawberries, raspberries, blueberries, and raw hemp milk. \$5.95 / \$7.95

### Chocolate Cherry

Tonnemaker Cherries plus banana, raw cacao, agave, and raw house made hemp milk. \$6.05 / \$8.10  
*Warning: cherries may contain pits.*

### Peachy Keen

Made with the legendary Rama Farm peaches: peach, banana, and raw house made hemp milk. \$5.95 / \$7.95

### The Classic

Just what the name says: strawberries, bananas, toasted almonds, agave, and your choice of milk. \$4.70 / \$6.25

### The Elvis

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

### Mango Mint Dream Smoothie

Delicious and dreamy smoothie with pineapple, banana, mango, coconut-rice milk, and mint. \$6.05 / \$8.10

\*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, Pineapple, and/or Strawberry \$4.60 / \$5.90  
Blueberry and/or Raspberry \$5.20 / \$6.55  
Peach and/or Cherry \$5.75 / \$7.50

### 2. Pick your Liquid

Soy, Rice, Almond, or Nonfat/Whole Dairy: Free  
Apple Juice, Carrot Juice, or Chai \$0.65 / \$0.85  
Orange Juice or Coconut-Rice Milk \$0.85 / \$1.10  
Hemp Milk \$1.10 / \$1.50  
Pineapple Juice \$1.10 / \$1.50

### 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, Maple Syrup, Pineapple,  
or Raspberry \$1.10  
Blueberry or Green Powder \$1.25  
Peach or Cherry \$1.95  
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 fruit salad, maple chia pudding, scone, or potato pancakes. \$12.20

## 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 fruit salad, maple chia pudding, scone, or potato pancakes. \$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 fruit salad, maple chia pudding, scone, or potato pancakes, \$12.20

**Potato Pancakes** \$5.35

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

**Fresh Fruit Salad** \$5.35

**House made Walnut Raisin Granola** \$5.50

**Raw Apple Apricot Buckwheat Rawnola** \$6.65

## Extras

Two Slices of Toast with Earth Balance Spread \$3.00

Extra Maple Syrup \$1.75

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



Join us for Topsy 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** \$6.00

**House White Wine** \$5.00

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

**Really Green Smoothie (16oz)** \$5.25

**Classic Smoothie (16oz)** \$5.25

**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!



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

Combo of apple slices 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! \$4.95

## Lentils for Lunch!

A cup of our popular house Lentil soup served with toast sticks! \$4.95

## Hummus Sammy

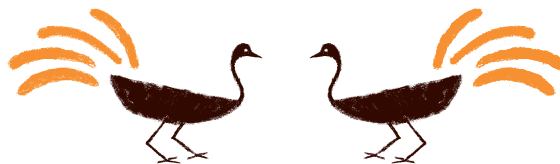
Half of a simple hummus sandwich, served with cucumber slices and carrot sticks on the side. \$5.95  
add tempeh bacon \$0.80

## The Green Monster

Half an avocado sandwich, served with cucumber slices and carrot sticks on the side. \$4.95

## Peanut Butter and Jelly

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



## Nuts in Paradise

Yummy smoothie made with pineapple, apple & orange juice blended with bananas, mango, and cashews. \$5.95

## 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

## Sunny Juice

10oz fresh apple orange juice  
\$4.50

## Sweet Dreams

8oz steamed milk with vanilla (not too hot! Your choice of milk) \$1.95

