

CHOW

Breakfast

Early Spring Menu 2010

All Breakfasts include your choice of House Potatoes, Crispy Fried Tomatoes, or Creamy Polenta
Enjoy Complimentary Breakfast Bread and Fresh Preserves until 11am

Eggs, Omelets & Others

Locavore Omelet - The Seasons Best Ingredients for the day!

The Local - Two Eggs any style, Meat, Toast, Taters - 7.50

Eggs in the Hole - Two eggs, Bread of Choice, Meat, Taters - 9.25

Eggs ala Vinny - Poached Eggs, Black Forest Ham, Hollandaise Sauce - 12

Eggs Blackstone - Poached Eggs, Corn Crusted Tomatoes, Spinach, Bacon, Béarnaise Sauce -12

Eggs ala Sampson - Poached Eggs, Crab Cakes, Sauce Choron - 13

Eggs ala Med - Poached Eggs, Crispy Herb Polenta, Spinach, Roasted Pepper Hollandaise - 12

The Irish Martian - House Made Corn Beef, Spinach, Avocado, Local Juniper Grove Cheese - 11

Huevos Rancheros - Two eggs , Tortillas, Ancho Sauce, Black Beans, Green Chili Sauce, Queso Fresco -11

Eggs ala Caesar - Two Eggs, Corn Cake, Avocado, Roasted Jalapeño, Chili, Hollandaise Sauce, Queso Fresco - 12

Cakes, Toasts, Biscuits, & Combinations

3 Toasted Oatmeal & Whole Wheat Pancakes - 6.25
w/ Blueberries – 7.50

3 Buttermilk Pancakes, 6.25 w/ Blueberries – 7.50

3 Pumpkin & Fresh Ginger Pancakes - 6.25 w / Blueberries 7.50

French Toast w/ Banana, Carmel & Toasted Almonds - 9

French Toast w/ Roasted Apples, Honey Whipped Cream - 9

Small Bites & Tasty Sides

1 Egg any style -1.50 Farm Fresh Egg - 2

Meat – Andouille / Linguica / Country Style Patty / Chicken Apple / Veggie Sausage / Bacon / Ham / Sand Lilly Goat Farm Brautwurst / Single Crab Cake / Slow Roasted Brisket / Corned Beef - 3

Gravy / Veggie Sausage and Caramelized Onion / Country Style / Chorizo/ Corn Beef - 3

Taters - 3

Bagel & Cream Cheese - 3 Onions, Smoked Salmon - 6

Croissant - 3

Toast - House Made, Mamas Old Fashioned, Multi Grain - 1.50

Single Pancake - 2.50 add Fruit - 1.50

Fresh Fruit - 3.50

Fruit Parfait with Nancy's Organic Yogurt - 3

Moroccan Ten Grain - Dried Fruit, Savory Spices, & Almonds, Made to Order - 3.50

Bob's Red Mill Hot Oats, Made to Order - 3.50

Extra Maple Syrup - 1.50

Specialties of the House

Smoked Salmon & Bacon Hash - Two Eggs - 12

Chicken Fried Steak - Caramelized Onions & Mushrooms, Bleu Cheese, Two Eggs, Gravy -11

House Made Corn Beef Hash - Two Eggs - 10.50

Crab Cake Hash - Two Eggs, Hollandaise Sauce - 13

duh Breakfast Burrito Black Beans, Pepper Jack, Eggs, Roasted Chili's, Salsa - 9 Meat or Tofu - 1.50

French Toast with Bacon, Poached Eggs & a Maple Lime Hollandaise -11

Local Cheese & Bacon Potato Cake Beef Brisket, Two Eggs, Chili Hollandaise, Fresh Avocado -12

Croissant Breakfast Sandwich Two Eggs, Tomato, Local Cheese, Meat or Veggie of Choice, Avocado -10

½ Biscuit with choice of Meat Two Eggs any style - 9

Our Savory Bacon & Thyme Biscuit or Buttermilk Biscuit, with gravy of your choice:
Veggie / Country Style / Red Eye /Chorizo/ Corn Beef - 8

Raw & Vegetarian Options

We love special requests and enjoy making raw and healthy food.

Chef's Choice - Market Price

Sautéed Tofu - 3 w/ Tamari, Garlic, Sesame Seeds & Spinach - 5

Sautéed Grains w/ Tamari, Mushrooms, and Herbs – 5

Multi Grain Salad - Black Beans, Olive Oil & Garlic, Lemon, Spinach - 7

Roasted Sweet Potato w/ Spinach, Garlic & Black Beans, Grains, Love - 7

Fried Crispy Tomatoes w/ Sea Salt - 3

Miso Soup - 3

Coffee, Tea, & Refreshment

Lone Pine Coffee, Hot or Iced - 3

French Press Coffee - 3.50 for Two - 7

Townsend's Loose leaf Teas for One - 3.50 for Two - 7

Tazo Tea Bag Style - 3

Oregon Chai Hot or Iced - 3

Hot Apple Cider - 2 Hot Chocolate - 3

Chocolate Milk - 2

Top Leaf Mate For One - 3.50 For Two - 7

Juice Sm - 3 Lg - 4

Odwalla Orange, Grapefruit, or Pomegranate

Hawaiian Sun Guava juice

Apple, Cranberry, or Pineapple

Our Mission is to Promote & Support the Local Economy & Make a Difference
We Would Like To Thank Our Customers For Allowing us to Support Locally

Wine Dinners | Catering | Private Parties | Cooking Classes

7 Days Breakfast & Lunch - 7am to Close

541 728-0256 1110 NW Newport Avenue, Bend, Or 97701 www.chowbend.com

CHOW

Lunch

Early Spring Menu 2010

Inspiration of the Day

Please inquire with your server about our **Asian, Pasta, or Mac & Cheese** Inspiration of the Day – Market Price

Sandwiches

Choice Of One Side

Roasted Natural Beef Brisket - Aioli, Home Queso Fresco, Tomato, Cilantro, Avocado, Roasted Jalapeno, Greens - 11

Crispy Crab - Avocado, Greens, Farmers Bacon, Aioli - 12

Grilled Cheese - Local Cheese, Fresh Mozzarella, Basil, Tomato - 10

Corn Beef & Kraut - Tomato, Swiss, Grain Mustard Aioli, Pickled Veggie - 11

BLT - Mixed Greens, Tomato, Avocado, Aioli, Bacon, Fried Egg & Local Cheese - 10

Croissant - Chicken, Brie, Lemon, Aioli, Tomato & Greens - 11

Salads, Small Plates, Soups

Cup of Soup & Organic Field Greens, Choice of Dressing, Garlic Croutons - 8

House Salad of Organic Field Greens, Herbs, Croutons, Tomato, Fresh Veggies of the Day - 6

Thai Chicken Salad - Cabbage, Jasmine Rice, Coconut, Curry, Basil - 11

Warm Spinach Salad - Beef Brisket, Bleu Cheese, Egg, Balsamic Glazed Onions - 11

Crab Cakes - Warm Spinach Salad, Bacon, Fresh Citrus, Mustard Aioli - 13

Seared Tuna - Avocado Salad, Miso Dressing, Sesame Fresh Ginger, Micro Greens - 12

Soups Made Fresh Daily - Inquire With Your Server - Cup - 3 Bowl - 4

Raw & Vegetarian Options

We love special requests and enjoy making raw and healthy food.

Chef's Choice - Market Price

Happy Vegetable - Grilled Zucchini, Feta, Fresh Herbs, Tomato, Avocado, Olives, Lemon & Love - 10

Multi Grain Salad - Black Beans, Olive Oil & Garlic, Lemon, Spinach & Feta Cheese - 9

Grilled Bread & Roasted Tomato Salad - Feta Cheese, Fresh Basil, Lemon, Micro Greens - 9

Cold Noodle and Pear Salad with Korean Red Pepper Vinaigrette - 9

Fresh Veggie Spring Roll with Peanut Sauce - 4

Grilled Zucchini with Balsamic, Garlic, Parsley - 4

Roasted Sweet Potato Fries with Herbs & Garlic - 3 with Blue Cheese - 4

Dressings

Balsamic & Roasted Garlic - Green Goddess - Citrus & Shallot - Ginger & Sesame - Bleu Cheese

Sides

Small Salad of Greens - 4

Roasted Sweet Potato Fries with Herbs & Garlic - 3 with Blue Cheese - 4

Grilled Zucchini with Balsamic, garlic, Parsley - 4

Asian Salad - Cold noodles, Greens, Apple, Cilantro, Sesame, Ginger, Love - 4

Honey Glazed Squash with Bleu Cheese, & Toasted Nuts - 4

Warm German Potato Salad - 4

Cold Noodle and Pear Salad with Koren Red Pepper Vinaigrette - 4

Fresh Veggie Spring Roll with peanut Sauce - 4

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