

Snacks to Start

'ANTI-AGING' SALMON BITES 9

salmon, ny apples tartare
Salmon Health Benefits: Great Source of Protein, Promotes Healthy Bone, Lowers Cholesterol & Protects Against Heart Diseases



LUNCH - EARLY FALL AW/17

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@ChalkPointNYC #ChalkPointKitchen

Toasts

'PROTEIN POWERHOUSE' EDAMAME HUMMUS 9

radishes, fresh herbs, avocado
Edamame Health Benefits: Strengthens Immune System, Improves Heart & Bone Health, Helps with Digestion & Promotes Weight Loss

'ENERGY ENHANCER' GOJI BERRY 9

housemade pistachio butter, goji berry, bee pollen
Bee Pollen Health Benefits: Rich in Protein & Vitamins, Stimulates Metabolic Processes & Improves Skin Health



'HEART HEALTHY' AVOCADO 9

avocado, chilies, sea salt, local fire roasted honey
Avocado Health Benefits: Incredibly Nutritious, Supports Healthy Blood Pressure Levels, High in Fiber & Lowers Cholesterol Levels

'BEAUTIFY' TRUFFLE + ORANGE 9

orange, truffle, ricotta
Truffle Health Benefits: Great Source of Protein, Low in Fat, Cholesterol Free

Brunch for Lunch

HOUSEMADE CHORIZO HASH 15

local pork chorizo, yukon gold potatoes, cilantro, lime, crema, two free roaming eggs
Cilantro Health Benefits: Lowers Anxiety, Improves Sleep & Lowers Blood Sugar Levels

AVOCADO & SWEET POTATO HASH 14

roasted sweet potatoes, red onion, lemon, cilantro, two free roaming eggs
Sweet Potato Health Benefits: High in Vitamin C & B6, Protects Against Aging Effects



BRUSSELS SPROUTS HASH 14

pan roasted brussels sprouts, red onions, parsley, lemon, two free roaming eggs
Brussels Sprouts Health Benefits: Promote Bone Health, Help Fight Cancer, Lower Cholesterol, Aid Weight Loss

VITAMIN A & K BAKED EGGS 16

two free roaming eggs, spring onions, roasted kale, fresh garlic, local tomato
Kale Health Benefits: Rich in Antioxidant, Natural Detoxifier, Supports Healthy Heart & Improves Eyesight

Acai Bowls

IMMUNITY ACAI BOWL 14

acai, bananas, seasonal berries, coconut, flax seeds, mulberries

PROTEIN TOCO MOCO + ALMOND BUTTER 14

natural unsalted almond butter, raw cacao, banana, acai, strawberries, unsweetened almond milk, topped w/ banana, gf granola, coconut flakes, cocoa nibs, raw honey



Bowls

VITAMIN POWERHOUSE CHICKEN BOWL 15

quinoa tabouleh, cabbage, ny apples, hemp seeds, organic chicken
Hemp Seeds Health Benefits: High Quality Protein, Vitamin E Source, Digestive Aid

PROTEIN SALMON BOWL 15

ancient grains, beets, carrots, goji berries, mulberries, salmon
Goji Berry Health Benefits: Antioxidant for Eyes and Skin, Weight Loss Aid

ANTIOXIDANT TOFU BOWL 15

baby spinach, purple yams, ny apples, quinoa, pistachios, tofu
Tofu Health Benefits: Contains All Eight Essential Amino Acids, Great Source of Protein, Lowers Cholesterol



'DETOX & PURIFY' MATCHA YOGURT PARFAIT 13

greek yogurt, seasonal berries, gluten-free granola, dried fruit, puffed farro, matcha
Matcha Health Benefits: Detoxifies, Fortifies Immune System, Increases Metabolism, Increases Energy Level, Boosts Memory & Concentration

Salads

'DIGESTIVE AID' HEMP SEEDS FARM 5 SALAD 16

all squareroots brooklyn greens, toasted hemp seeds, fresh upstate ny apples, wasabi arugula flowers, pine pollen, apple cider vinegar
Pine Pollen Health Benefits: Improves Skin & Immune System, Speeds up Metabolism for Weight Loss & Promotes Healthy Heart, Kidney, Liver & Lung

'ANTIOXIDANT' VITAMIN C BLOOD ORANGE SALAD 14

organic local arugula, blood orange, grapefruit, chia seeds, flax seeds, pomegranate, spelt berries

Flax Seed Health Benefits: Rich in Antioxidants, Supports Digestive Health, High in Fiber, Low in Carbs, Promotes Weight Loss

'NOURISH & BODY PURIFIER' DANDELION GREEN & ROOT SALAD 16

dandelion green & root, grapefruit, sunflower seeds, fresh parsley, cucumber, basil, pomegranate vinegar

Sunflower Seed Health Benefits: Promotes Cardiovascular Health, Regulates Cholesterol Levels, Good Source of Magnesium

'METABOLISM BOOSTER' BABY LETTUCE SALAD 16

local organic baby lettuces, dried white mulberries, fresh cranberries, pistachios, toasted tricolor quinoa, raw cacao vinaigrette

White Mulberry Health Benefits: Digestive Aid, Immune System Boost, Improves Blood Circulation

ADD: Hudson Valley Chicken Breast \$6 | Grass-Fed Steak \$8
Fresh Gulf Shrimp \$7 | House Smoked Tofu \$7
Grilled Salmon Fillet \$8 | 1/2 Avocado \$3.50

Sandwiches & Wraps

HOUSEMADE VEGAN BURGER 15

served on gf bun, organic bibb lettuce, local tomato, house pickles
Bibb Lettuce Health Benefits: Low in Calorie & Carbohydrates, Rich in Vitamin A

LOCAL GRASS FED STEAK & CHIMMI 16

charred onions, baby kale, chimichurri, baguette
Why Grass Fed Steak?: Contains Up to 5 Times As Much Omega-3 Compared to Grain Fed Steak

OVEN-ROASTED BLACK GARLIC & ACAI BBQ CHICKEN 15

local organic chicken, red onions, cheddar, black garlic & acai bbq sauce, baguette
Garlic Health Benefits: Rich in Vitamins & Other Nutrients, Helps Prevent Common Cold

GRILLED SMOKED TOFU WRAP 14

mixed greens, local lively run feta cheese, fresh local tomato, lemon, pesto
Tomato Health Benefits: Rich in Potassium & Vitamins, Promotes Healthy Skin & Strong Bones

CPK B.L.T. 15

heritage acres bacon, red leaf lettuce, local tomato, housemade black pepper aioli
Red Leaf Lettuce Health Benefits: Low in Calorie, High in Fiber, Promotes Healthy Heart

Sides to Share

ROASTED LOCAL CARROTS 15

organic carrots, truffle oil

SMOKED WHEATBERRY MAC & CHEESE 14

local, lively run cheeses, upstate ny wheatberries



GRILLED LOCAL BEETS 14

olive oil, labneh, hazelnuts, basil

TRICOLOR QUINOA TABBOULEH 15

fresh turmeric, parsley, mint, fresh lemon, lively run goat feta

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS
Our recipes have not been evaluated by the Food and Drug Administration. Our offerings are not intended to diagnose, treat, cure or prevent disease.

Executive Chef: Tomas Curi

General Manager Georges Florus