

## a la carte

Store items sold by container

### PROTEINS

Chili Rubbed Chicken	\$7.00
Herbed Chicken Breast	\$7.50
Sesame-Chili Chicken	\$7.50
Chicken Tenders (6)	\$8.50
Chicken Tenders (3)	\$4.25
Grass Fed Petite Filet	\$8.00
Tea Smoked Salmon	\$9.00
Sesame-Chili Salmon	\$9.00
Grilled Salmon	\$9.00

### SIDES

	cold items	hot items
Small	\$3.00	\$3.25
Medium	\$5.00	\$6.00
Large	\$9.00	\$10.50
X-Large	\$17.50	\$22.50

- ✓ Sesame-Chili Organic Hodo Tofu \$6.00
- ✓ Curry Organic Hodo Tofu \$6.00

## kids menu

\$6.95 - ages 10 and under

### PICK A PROTEIN

- Turkey Meatballs (2)
- Chicken Tenders (2)
- ✓ Curried Tofu Sticks

Mac & Cheese  
*(contains gluten)*

### CHOOSE A SIDE

- Steamed Green Beans & Cucumbers
- Brown Rice
- Quinoa
- Pasta *(contains gluten)*

### CHOOSE A DRINK

- Bottled Water
- Milk
- Chocolate Milk

## beverages

Bottled Water • \$1.25

Honest Tea (Black/Green) • \$2.25

Izze Sodas (Grapefruit/Pomegranate/Peach/Apple) • \$2.25

San Pellegrino • \$2.50

Coconut Water • \$3.25

Kombucha (Asian Pear/Mango) • \$3.50

WINE *(in-store only)* \$10/glass

- Sauvignon Blanc
- Chardonnay
- Pinot Noir
- Cabernet

BEER *(in-store only)* \$6/bottle

- Stella
- IPA
- Heineken

We serve great tasting food  
that you can feel good  
about eating.

Eat-in, take-out or have  
it delivered!

### Delivery

Beautiful! offers home or office delivery to the following zip codes in San Francisco: 94102, 94104, 94108, 94109, 94111, 94115, 94117, 94118, 94121, 94123, 94129, 94133.

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### Store Hours

Monday-Saturday  
10am-8pm

Sunday  
closed

### Catering

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## salads

### Chinese Chicken Salad • \$11.50

all-natural chicken breast, Napa cabbage, romaine hearts, carrots, radicchio, almonds, sesame seeds and mustard-sesame vinaigrette

### Thai Tofu Salad • \$10.50

curried organic Hodo Tofu, Napa cabbage, radicchio, organic lettuces, carrots, red bell peppers, basil and Thai almond-chili dressing

### Thai Chicken Salad • \$11.50

all-natural chicken breast, Napa cabbage, radicchio, organic lettuces, carrots, red bell peppers, basil and Thai almond-chili dressing

### Vietnamese Chicken Salad • \$11.50

all-natural chicken breast, Napa cabbage, radicchio, organic lettuces, carrots, red bell peppers, basil and mango-lemongrass vinaigrette

### Caesar Salmon Salad • \$14.50

grilled salmon, romaine hearts, parmesan, whole grain croutons and lemon-anchovy vinaigrette (*contains gluten*)

### Caesar Chicken Salad • \$11.50

all-natural chicken breast, romaine hearts, parmesan, whole grain croutons and lemon-anchovy vinaigrette (*contains gluten*)

## eric's wraps

### A Beautifull Favorite! (*contains gluten*)

your choice of protein with brown rice, nori seaweed, wasabi aioli & spicy coleslaw wrapped in a spinach tortilla

### Herbed Chicken Breast • \$11.50

### Grilled Salmon • \$12.50

### Curried Tofu • \$11.50

## soups

### Turkey Chili • \$7.50

### Vegetable Miso • \$8.00

### Soup of the Week • \$5.95

weekly rotation of tomato basil, carrot ginger, split pea or curry cauliflower

### VEGAN

**GLUTEN FREE:** Beautifull is proud to offer an extensive gluten free menu! All menu items are gluten free unless otherwise noted.

## build a meal: your choice of protein with two sides

### Poultry/Beef Meal \$13.50

### Salmon Meal \$14.50

#### PROTEINS

Herbed Chicken Breast

Sesame-Chili Chicken

Grass Fed Petite Filet

Tea Smoked Salmon

#### SIDES

 Roasted Cauliflower Salad

 Curried Chick Pea

 Golden Beet and Leek

 Kale, Cucumber & Arame

 Quinoa Tabouli

 Red Quinoa & Edamame

 Thai Udon Noodles (*contains gluten*)

### Vegetarian Meal \$11.50

vegan soup or tofu with two sides

### Any Three Sides \$10.95

Sesame-Chili Salmon

Grilled Salmon

 Sesame-Chili Organic Hodo Tofu

 Curry Organic Hodo Tofu

 White Bean Salad

 Butternut Squash (*seasonal*)

 Broccoli (*seasonal*)

 Garlic Green Bean Salad (*seasonal*)

 Organic Bulga Lentil Salad

 Red & White Yam Salad (*seasonal*)

 Black Bean & Mango Salad

Mac & Cheese (*contains gluten*)

Caesar Kale (*seasonal*)

## onigiri: gourmet japanese finger sandwiches

organic brown rice triangles with your choice of filling, wrapped in nori & sprinkled with in-house seasoning. This is gluten-free.

\$4/each or 3/\$9

#### ONIGIRI FILLINGS

**Teriyaki Chicken:** organic agave, garlic, ginger & sesame seeds

**Tea Smoked Salmon:** radish, red onion, cucumber & wasabi aioli sauce

**Ginger Pork:** organic sweet hot ginger, chili sambal sauce

 **Kale & Arame** (*vegan*): sesame kale dressing, sesame seeds & arame

 **Curry Tofu** (*vegan*): organic Hodo Tofu in organic Asian marinade

## extras

Polenta Fries (*served on fridays only*) • \$5.99

Naan - Garlic or Regular (*contains gluten*) • \$2.00

Extra Dressing • \$1

Organic Poached Egg • \$2

## bowls

Served over your choice of brown rice, quinoa or veggie “couscous”

### Curry Bowls

a rich blend of curry paste, spices & organic coconut milk, with basil & spicy coleslaw

**Green Thai Chicken Curry** \$12.50

**Red Thai Beef Curry** \$12.50

 **Yellow Indian Tofu Curry** \$11.50

### Vietnamese-Style Bowls

with mango-lemongrass vinaigrette, cucumber, carrots, mung bean sprouts, red cabbage, Thai basil & roasted peanuts

**Sesame-Chili Salmon** \$14.50

**Sesame-Chili Chicken** \$12.50

 **Sesame-Chili Tofu** \$11.50

## specialty bowls

### Korean Chicken & Egg • \$14.50

a mixture of herbed chicken, chili paste, spinach, green bean & cucumber topped with a poached egg

### Turkey Meatballs • \$12.50

our signature organic turkey meatballs & tomato basil sauce over your choice of brown rice, quinoa or veggie “couscous” or spaghetti

### Morrocان Chicken • \$12.50

a richly flavored stew of tomatoes, olives, aromatic spices, dried fruit, & all-natural chicken thighs

### Tea Smoked Salmon Bowl • \$14.50

our in-house tea smoked salmon with spicy slaw & scallions over brown rice quinoa or veggie couscous

### Veggie Miso Bowl • \$13.50

locally sourced Organic Hodo tofu with carrots, shiitake mushrooms served over choice of grain, edamame, scallions, fresh spinach, baby bok choy sprinkled with mung bean sprouts

## sweets

### Chocolate Chip Cookie • \$2.50

baked in house daily with whole wheat flour, spelt flour, dark chocolate chips, and turbinado sugar (*contains gluten*)

### Oatmeal Raisin Cookie • \$2.50

baked in house daily with rolled oats, raisins, and turbinado sugar (*contains gluten*)