



**For Some Lighter, Summertime Cuisine . . .  
Introducing RAW's cRc PARVE VEGAN MENU  
Prepared Fresh Daily & Packaged To Go**

**RAW** is on a mission to Raise Awareness Worldwide, RAW about the powers of plant-based foods. Our menu selections nourish fuel, & inspire you!

**RAW** is a local, health-food restaurant focusing on freshly prepared, raw, vegan food to go. Our Kosher PARVE, gluten-free menu features breakfast, lunch, & dinner items, as well as many specialty selections to you liking.

**Please take a look at RAW's Kosher, Vegan menu on the next page**

**Celebrate the Power of Plants where Nutritious Meets Delicious**  
**Visit our Website** <https://chicagorawfood.com/>  
**Order by Phone OR Grab-&Go**

**Order by Phone** 312.664.2729 Daily, 8 am to 8 pm

**Mention Chabad of Lakeview: Contribution for each order to go to Chabad of Lakeview!**

**Delivery to Chicago-Land Area** Free for \$60 Orders

**Shabbat Orders** Submit by Wednesday; Receive Orders Friday between 10:30 am to 12:30 pm

**OR Grab-&-Go** RAW at 51 W. Huron St. Chicago 60654  
Call Ahead for Curb Side Daily, 8 am to 8 pm

**OR Order Online Now Through**

**GRUBHUB**





# Kosher Item List



## Entrees

Garden Burgers  
Pizza  
Raw Raviolis  
Wild Wild Rice  
Falafel Sandwich  
Tuna Sandwich  
Spaghetti  
Meatballs & Marinara  
Sampler Plate  
Chili Croquettes  
Empanadas

## Condiments

Cashew Sour Cream  
Ketchup  
Mustard

## Savory Dehydrated

Almond Buttery Crackers  
Chipotle Lime Nacho Chips  
Garlic Stix  
Onion Crispies  
Nut Seed Mix  
Seasoned Cashews  
Seasoned Almonds  
Spicy Seed Mix

## Breads

Rye Flatbread  
Onion Flatbread  
Poppy Seed Flatbread

## Beverages

Ginger Elixir  
Turmeric Elixir  
Coconut Kefir  
Red Cabbage Juice "Crimson Love"

## Desserts

Apple Pie  
Brownie  
Carrot Cake  
Coconut Cacao Truffle  
Lemon Square  
Mousse Au Chocolat  
Mint Square  
Mint Crunch Truffle  
Pumpkin Pie  
Slice of Heaven  
Tiramisu  
Nutty Turtle  
Icecreams  
Icecream Sandwich  
Kitchen Sink Cookie

## Breakfast Items

Apple Cinnamon Parfait  
Cacao Chia Pudding  
Cinnamon Rolls  
Fruit on the Bottom Yogurt  
Really Raw Oatmeal  
Blueberry Protein Oats

## Dehydrated Sweets

Bliss Bar  
Carrot Raisin Muffin  
Chocolate Granola  
Chocolate Wafers  
Coconut Macaroons  
Cranberry Muffin  
Signature Granola  
Hazelnut Biscotti

## Spreads

Sprouted Hummus  
Hazelnut Pesto  
Tuna Pate

**PARVE**

**Gluten-Free**

**Except:**

**Pizza**

**Flatbreads & Sandwich**

**Bread**

**Cous Cous**

<http://www.crcweb.org/>

*\*Plus, all minis version of the abc*