

Chicago Raw

51 W Huron St 60654-3805 · +13126642729 · Updated: Jan 14, 2026

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SALADS 4

Collard Salad **\$13.00**

Collard base with celery, tomatoes, onions, cucumber, & dill. Topped with sauerkraut. Lime dressing. Side of spicy seed mix

Kale Salad **\$13.00**

Kale base with red pepper, zucchini, red onion, cucumber, & avocado toppings. Lemon dressing. Sides of goji berries & spicy seed mix

Living Salad **\$12.00**

Spinach and romaine base with cilantro, red pepper, green onion, carrots, tomato, cucumber, and avocado toppings. Sides of onion crispies and catalina dressing

Garden Salad **\$12.00**

Spinach and romaine base with broccoli, beets, carrots, tomatoes, apple, sweet potato, avocado, hemp seed, & dulse toppings. Sides of onion crispies and lemon dressing

SANDWICHES 2

Falafel Sandwich **\$11.00**

Hummus, falafel, & carrot on onion flatbread. Sides include jerusalem salad & onion crispies

Tuna Sandwich **\$11.00**

Mock tuna, lettuce, & cucumber on poppy seed bread. Sides include beet salad & onion crispies

ENTREES 12

Chicago Raw Rolls **\$13.00**

Nori rolls with superfood seed cheese, carrots, basil, avocado, & red pepper. Sides include spicy seed mix & gluten-free tamari sauce

Chili Croquettes **\$14.00**

Dehydrated chili croquettes. Sides include couscous rice, salsa fiesta, cashew sour cream, & a dessert

Collard Burrito **\$14.00**

Collard green wrap with pumpkin seed pate filling. Sides include guacamole, salsa fiesta, cashew sour cream, & a dessert

Pizza **\$14.00**

Sprouted wheat berry crust topped with cashew cheese & tomato paste. Sides include olives & hazelnut pesto

Raw Raviolis **\$14.00**

Turnip shell filled with cashew cheese. Sides include marinara sauce & parsley-onion relish

Lasagna **\$13.00**

Zucchini layered with fresh spinach, cashew cheese, & tomato paste. Sides include olives & pesto hazelnut

Sampler Plate	\$14.00
Garden burger, raviolis, spaghetti, & mock meatballs. Sides include marinara sauce, parsley-onion relish, & a dessert	
Empanada Platter	\$14.00
orn shell filled with sunflower, walnut, & almond pate. Sides include corn salad, cashew sour cream, salsa fiesta, & a dessert	
Garden Burgers	\$13.00
Carrot pulp, sunflower seed, & flax seed dehydrated patties. Sides include red pepper ketchup, tomatoes, house mustard, & parsley-onion relish	
Spaghetti & "Meatballs"	\$12.00
Zucchini noodles & Carrot pulp, sunflower seed, & flax seed dehydrated meatballs. Sides include marinara sauce & parsley-onion relish	
Sweet Potato Patty	\$14.00
Dehydrated sweet potato spinach patties. Sides include kale salad, cashew sour cream, & a dessert	
Riding the Wave AKA Pad Thai	\$15.00
Kelp noodles dressed in almond sauce and fresh vegetables. Sides include wakame, ginger sauce, spiced almonds, & a dessert	

DESSERTS 12

Apple Pie	\$10.00
Almond date crust with apple & raisin filling topped with almond vanilla crumble	
Carrot Cake	\$11.00
Carrot pulp layered with apricot filling & orange icing	
Lemon Square	\$10.00
Almond agave crust & cashew coconut lemon cream topping	
Mint Square	\$10.00
Almond agave crust & cashew coconut mint cream topping	
Orange Truffle	\$11.00
4 truffles made with cocoa butter, cocoa powder, maple syrup, & orange zest	
Mousse Au Chocolat	\$10.00
Creamy avocado chocolate mousse with a hint of ginger	
My Lucky Truffle	\$4.00
1 truffle made with cocoa butter, cocoa powder, & mint	
Polly's Brownie	\$10.00
Walnut date cocoa crust with a mousse topping made with avocado, cocoa, & coconut	
Tiramisu	\$11.00
Layered almond espresso cake filled with chocolate fudge topped with vanilla icing	
Chocolate Ice Cream	\$5.00
Coconut, cocoa, vanilla, & agave	

Vanilla Ice Cream	\$5.00
Coconut, vanilla, cashew, & agave	
Strawberry Ice Cream	\$5.00
Coconut, strawberry, vanilla, & agave	

BREAKFAST ITEMS 3

Really Raw Oatmeal	\$8.00
Gluten free oats, fresh apple juice, apple pieces, and raisins	
Apple Cinnamon Parfait	\$9.00
Cashew sour cream layered with apple, cinnamon, & raisin. Topped with signature granola	
Energy Soup	\$10.00
Blended spinach, collards, apple, banana, lemon, & cucumber	

DEHYDRATED SWEET SNACKS 10

Bliss Bar	\$10.00
Walnuts, pecan, pumpkin seed, raisin, & banana	
Energy Bites	\$10.00
Sunflower seeds, raisins, & apple	
Chocolate Wafers	\$9.00
Almond flour, cocoa powder, coconut, & vanilla	
Coconut Macaroons	\$8.00
Coconut, almonds, maple syrup, & vanilla	
Hazelnut Biscotti	\$8.00
Coconuts, almonds, hazelnut, cocoa powder, maple syrup, & vanilla	
Kitchen Sink Cookie	\$6.00
Almonds, coconut, & dates	
Signature Cranberry Muffin	AVAILABLE OPTIONS
Gluten free oats, walnuts, coconut milk, & cranberries	
(1): \$5.00	
(2): \$9.00	
Carrot Raisin Muffin	AVAILABLE OPTIONS
Gluten free oats, walnuts, coconut milk, carrots, & raisins	
(1): \$5.00	
(2): \$9.00	
Signature Granola	\$9.00
Gluten free oats, walnuts, almonds, & raisins	
Chocolate Cayenne Granola	\$9.00
Gluten free oats, walnuts, almonds, raisins, chocolate, & cayenne	

DEHYDRATED SAVORY SNACKS 5

Buttery Almond Crackers	\$10.00
Almonds, flax seeds, & rosemary	
Garlic Stix	\$9.00
Almonds, flax seeds, & garlic	
Onion Crispies	\$7.00
Onions, cashews, walnuts, & nutritional yeasts	
Kale Chips	\$10.00
Kale, tahini, & spirulina	
Chipotle Lime Nacho Chips	\$9.00
Corn, sunflower seeds, flax seeds, red pepper, & chipotle	

DEHYDRATED FLATBREADS 3

Rye Flatbread	\$7.00
Rye & sunflower seeds	
Onion Flatbread	\$7.00
Wheat berry, sesame seed, & onion	
Poppy Seed Bread	\$7.00
Wheat berry, almond, flax seed, & poppy seed	

SPREADS 5

Hazelnut Pesto	\$10.00
Hazelnut, fresh basil, & lemon	
Superfood Seed Cheese	\$9.00
Pumpkin seed, sesame seed, rosemary, & maca	
Mock Tuna	\$9.00
Almonds, celery, onion, & dulse	
Hummus	\$8.00
Garbanzo beans, tahini, lemon, Extra Virgin Olive Oil	
Cashew Sour Cream	\$9.00
Cashew & probiotic starter	

DRESSINGS & CONDIMENTS 7

Caesar Dressing	\$8.00
Lemon juice, garlic, dulse, & Extra Virgin Olive Oil	
Balsamic Dressing	\$8.00
Balsamic vinegar, garlic, & Extra Virgin Olive Oil	

Catalina Dressing	\$9.00
Lime juice, paprika, celery, & Extra Virgin Olive Oil	
Mustard	\$4.00
Mustard seed, sundried tomato, & coconut vinegar	
Butter	\$6.00
Flax oil, coconut, & lemon	
Red Pepper Ketchup	\$9.00
Red peppers, sundried tomato, & coconut vinegar	
Sauerkraut	\$9.00
Cabbage, caraway seeds, & garlic	

COFFEE 7

Americano	\$3.95
Espresso - Double Shot	\$3.95
Latte	\$4.95
Cappuccino	\$4.95
Dandy Blend Tea	\$3.95
Caffeine free, herbal beverage made from sugar beet and chicory, dandelion, barley, & rye roots	
Dandy Blend Latte	\$4.95
Dandy Blend Cappuccino	\$4.95

BEVERAGES 7

Coconut Water	\$10.50
Freshly cracked open, bottled young thai coconut	
Rejuvelac	\$4.50
Probiotic, tonic water	
Signature Green Juice	\$10.50
Hand-pressed collards, celery, parsley, apple, lemon, & ginger	
Crimson Love Juice	\$10.50
Hand-pressed red cabbage, green apple, lemon, & ginger	
Ginger Elixir	\$6.95
Concentrated, hand-pressed ginger, lemon, & Himalayan Sea Salt	
Tumeric Elixir	\$6.95
Concentrated, hand-pressed tumeric, lemon, & Himalayan Sea Salt	

Coconut Kefir	\$6.95
Probiotic-rich coconut drink	

SMOOTHIES 8

All in One Superfood	\$9.75
Banana, strawberry, goji berry, hemp seed, plant-based protein powder, lecithin	
Coco Maca Loco	\$9.75
Banana, strawberry, almond butter, cocoa powder, cocoa nibs, maca, lucuma, lecithin	
Goji Berry Bliss	\$9.75
Banana, strawberry, goji berry, coconut oil, lecithin	
Maca Picchu	\$9.75
Banana, blueberry, almond butter, maca, lucuma, lecithin	
Morning Buzz	\$9.75
Banana, strawberry, vitamineral green powder, lecithin	
Spirulina Grapefruit	\$9.75
Grapefruit juice, banana, goji berry, spirulina, hemp seed, lecithin	
2:30 Pick Me Up	\$9.75
Grapefruit juice, banana, blueberry, ginger, maca	
Pitaya AKA Dragon Fruit	\$12.00
Pitaya, banana, strawberry, coconut oil, lecithin	

BOWLS 2

Acai Bowl	\$12.75
Acai, blueberry, plant-based protein, kale, agave base. Topped with granola, strawberries, & banana slices. Optional agave drizzle	
Smoothie Bowl	\$12.75
Any smoothie served in a bowl. Topped with granola, strawberries, & banana slices. Optional aqave drizzle	