



Cow

FOOD + BAR

MORNING HOURS:
BREAKFAST: MON - FRI (8 - 2)
BRUNCH: SAT - SUN (8 - 2)

Brunch Menu

Organic Eggs, *most are with home-fries & toast choice*

- *Farm Eggs, (2) any style.....10.95
- *Egg(s) Benedict, (2) eggs...15.50 / (1) egg.....12.95
- Asparagus Scramble, *goat cheese, mushroom, tomato*...13.25
- *California, *poached eggs, avocado, tomato, baby arugula*....15.50
- *Huevos Rancheros, *tortillas, fried eggs, chile*.....13.95
- *Smoked Salmon Hash, *potato, cabbage, poached eggs*...15.50
- Organic Chicken Sausage Scramble, *mushroom, jack*...14.75
- Organic Pork Carnitas Scramble, *salsa, avo & tortillas*..14.95

Grains & Griddled

- Pancakes, *organic maple syrup*9.50
- Organic French Toast, *strawberries, mascarpone*.....11.50
- Blueberry Pancakes, *wild blueberry sauce*.....12.50
- Organic Oatmeal, *bananas, currants & cream*.....7.50
- Marion's Cottage Cakes, *organic raspberry sauce*.....13.25



Sides

- Applewood-Smoked Bacon, (3) *strips*5.95
- Organic Chicken-Apple Sausage, (2) *house-patties*...6.25
- Pancake, (1) *organic maple syrup*.....5.95
- Blueberry Pancake, (1) *wild blueberry sauce*.....7.50
- Kid's French Toast, (3) *strawberries, mascarpone*.....7.95
- Marion's Cottage Cake, (1) *organic raspberry sauce*....8.50

MIXED DRINKS



- Mimosa, *Prosecco, organic orange juice*.....9.50
- Wine Mojito, *Albariño, mint, soda*.....7.95
- Sake Bloody Mary, *Kumosabé, spicy tomato*.....10.95

COCKTAIL SPECIALS !!!

We are here
to feed you !!!

We use Good Groceries.
Menu changes seasonally.

We reserve our rights.
Try our gift cards !!!

Sales tax is added to
all food & drinks sold.

We recycle & compost.
Thanks for your support for the past 19 years ...

*Eating raw or undercooked fish, shellfish, eggs or meat may increase risk of foodborne illness.

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WE OFFER A HEALTHY
LUNCH & DINNER
MENU EVERY DAY

Spring Menu, 2017 * 215 Church Street * San Francisco * Ph. (415) 552-2469 * jm 3.15.17

ORGANIC

Juices & Beverages



Apple Juice.....	5.95 / 4.95
Grapefruit Juice.....	5.95 / 4.95
Orange Juice.....	5.95 / 4.95
Morning Blends / Smoothie.....	A.Q.

JUICES SQUEEZED TO ORDER !!!

Coffee & Tea



Organic Tea, Numi, Nspire	3.75
Organic Thanksgiving Coffee, house blend	3.95
Fancy Drinks, not too fancy!.....	A.Q.
Hot Chocolate, housemade marshmallow	5.50
Chai, coconut or organic milk	4.50

Cereals / Grains

Quinoa, strawberries, walnuts, yogurt.....	9.25
Organic Housemade Granola.....	8.50
Granola, blueberries, Straus yogurt	9.50

Dairy



Straus Organic Milk.....	3.95 / 2.50
Cup of Cottage Cheese	2.95
Straus Organic Yogurt	3.25

Organic Fruits



Side of Fruit	5.95
Bowl of Fruit	7.25
Cup of Berries	6.95

Baked Goods



Blueberry Muffin	2.95
Organic Banana Bread.....	2.75
Bran Muffin	2.50

We're here to accelerate the every day availability of affordable organic / sustainable foods ..
A 4% service charge will be added to your bill for San Francisco employer mandates, thank you