



# How

FOOD + BAR

MORNING HOURS:  
BREAKFAST: MON - FRI ( 7 - 2 )  
BRUNCH: SAT - SUN ( 8 - 2 )

## Breakfast Menu

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

- \*Farm Eggs, (2) any style ..... 9.95
- \*Egg(s) Benedict, (2) eggs ..13.25 / (1) egg ..... 11.50
- Veg Scramble, mushrooms, spinach, gruyere, leeks ..... 11.95
- \*California, poached eggs, avocado, tomato, arugula ..... 13.50
- \*Huevos Rancheros, tortilla, fried eggs, chile ..... 12.50
- \*Smoked Salmon Hash, potato, cabbage, poached eggs... 13.95
- Organic Chicken Sausage Scramble, mushroom, jack... 12.95
- Organic Pork Carnitas Scramble, salsa, avo & tortilla .. 13.25

### Grains & Griddled

- Pancakes, organic maple syrup ..... 8.50
- Organic French Toast, mascarpone ..... 10.25
- Blueberry Pancakes, wild blueberry sauce ..... 11.50
- Organic Oatmeal, bananas, currants & cream ..... 6.95
- Marion's Cottage Cakes, organic raspberry sauce ..... 11.95



### Sides

- Applewood-Smoked Bacon, (3) strips ..... 5.50
- Organic Chicken-Apple Sausage, (2) house-patties... 5.95
- Pancake, (1) organic maple syrup ..... 4.95
- Blueberry Pancake, (1) wild blueberry sauce ..... 6.50
- Kid's French Toast, (3) mascarpone..... 6.95
- Marion's Cottage Cake, (1) organic raspberry sauce ..... 7.50

### MIXED DRINKS



- Mimosa, Prosecco, organic orange juice ..... 9.50
- Wine Mojito, Albariño, mint, soda ..... 7.95
- Sabé Bloody Maria, Sabé Blanco, spicy tomato..... 10.95

### WINE 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.

# Cow

**FOOD + BAR**

WE OFFER A HEALTHY  
LUNCH & DINNER  
MENU EVERY DAY

Fall Menu, 2017 \* 53 Lafayette Circle \* Lafayette \* Ph. (925) 962-2469 \* md 9.20.17

## 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, *whipped cream* .....5.50
- Chai, *coconut or organic milk*.....4.50

### Morning Bowls

- Fruit, *cashews, coconut & seeds* ..... 8.50
- Organic Housemade Granola .....7.50
- Granola, *blueberries, Straus yogurt* ..... 8.95

### Dairy



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

### Organic Fruits



- Side of Fall Fruit .....5.50
- Bowl of Fall Fruit.....6.75
- Half Grapefruit .....3.95

### Baked Goods



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