



How

FOOD + BAR

MORNING HOURS:
BREAKFAST: MON - FRI (8 - 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 * 215 Church Street * San Francisco * Ph. (415) 552-2469 * md 9.27.17

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 Granola7.50
- Granola, *blueberries, Straus yogurt* 8.95

Dairy



- Straus Organic Milk3.95 / 2.50
- Cup of Cottage Cheese2.95
- Straus Organic Yogurt3.25

Organic Fruits



- Side of Fall Fruit5.50
- Bowl of Fall Fruit.....6.75
- Half Grapefruit3.95

Baked Goods



- Blueberry Muffin..... ..2.95
- Organic Banana Bread2.75
- Bran Muffin2.50