



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 ..14.95 / (1) egg 11.95
- Veg Scramble, *summer veg, tomato, goat cheese* 12.50
- *Huevos Rancheros, *tortilla, fried eggs, chile* 12.95
- *California, *poached eggs, avocado, tomato, arugula* 13.95
- *Smoked Salmon Hash, *potato, cabbage, poached eggs* .. 14.50
- Organic Chicken Sausage Scramble, *mushroom, jack* ... 13.95
- Organic Pork Carnitas Scramble, *salsa, avo & tortilla* .. 13.95

Grains & Griddled

- Pancakes, *organic maple syrup* 8.95
- Organic French Toast, *strawberries, mascarpone* 11.50
- Blueberry Pancakes, *mascarpone* 11.50
- Organic Oatmeal, *bananas, currants & cream* 6.95
- Marion's Cottage Cakes, *organic raspberry sauce* 11.95



Sides

- Applewood-Smoked Bacon, (3) *strips* 5.75
- Organic Chicken-Apple Sausage, (2) *house-patties* .. 6.50
- Pancake, (1) *organic maple syrup* 5.95
- Blueberry Pancake, (1) *wild blueberry sauce* 6.95
- Kid's French Toast, (3) *strawberries, mascarpone* 8.50
- Marion's Cottage Cake, (1) *organic raspberry sauce* 8.95

MIXED DRINKS



- Mimosa, *Prosecco, organic orange juice* 10.50
- Margarita, *Sabé Blanco, lime, agave* 10.75
- Bloody Mary, *Sabé jalapeño, 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

Summer Menu, 2018 * 215 Church Street * San Francisco * Ph. (415) 552-2469 * md 6.20.18

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, <i>not too fancy!</i>	A.Q.
Hot Chocolate, <i>whipped cream</i>	5.50
Chai, <i>coconut or organic milk</i>	4.50

Morning Bowls

Fruit, <i>cashews, coconut & seeds</i>	8.50
Organic Housemade Granola.....	7.50
Granola, <i>banana, currants, yogurt</i>	7.95

Dairy



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

Organic Fruits



Side of Summer Fruit.....	5.50
Bowl of Summer Berries	6.95
Half Grapefruit	3.95

Baked Goods



Blueberry Muffin	2.95
Organic Banana Bread	2.75
Bran Muffin	2.50

We're here to help 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 ...