



coffee – grub – urban farm store

2742 LAFAYETTE AVE ~ STL MO

WWW.HAVEACOW.FARM

(314) 261-0305

love your enemy

The mission of Have A Cow is to foster connection and provide opportunity for folks from different backgrounds to come together, break down cultural barriers and serve one another.

Growing up kids used to say, “Don’t have a cow, man!” meaning don’t get all excited about something. But we **want** you to HAVE A COW! We want you to get excited! And specifically we want folks to get excited about getting to know each other, serving each other and **even** loving each other - even if we’re from very different backgrounds - even if we consider each other enemies.



Have A Cow beef is grass-fed, grain-finished from our ranch in Owensville, MO

Sandwiches

served with your choice of side
Sub chili as side +\$1 Sub gluten-free bread + \$1⁵⁰

Have a Cow Burger\$13⁹⁹

5oz hamburger, flame broiled, served with lettuce, tomato, pickle and onion on a brioche bun. Add cheese, egg or avocado +\$1 each. Bacon +\$2

The Half Pounder\$16⁹⁹

Half pound hamburger, flame broiled, served with lettuce, tomato, pickle and onion on a brioche bun. Add cheese, egg or avocado +\$1 each. Bacon +\$2

The Porker (BLT)\$15⁹⁹

Piled high crispy bacon, fresh lettuce and tomato on toast with mayo. Add cheese or avocado +\$1 each

The Barnyard Chick\$15⁹⁹

Grilled, crispy or spicy crispy chicken breast with lettuce, tomato and pickle, served on a brioche bun. Add cheese or avocado +\$1 each. Add bacon +\$2

Smile and Say Cheese\$12⁹⁹

Savory grilled cheese sandwich griddled to melty perfection. Add bacon +\$2

Roasted Veggie Panini\$14⁹⁹

Seasonal flame roasted vegetables, French fried onions, pepper jack cheese and mayo served panini style

Grilled Peanut Butter with Jam\$12⁹⁹

Your childhood fave taken up a notch - peanut butter and house made jam (or honey if you prefer), grilled until velvety

Farmer’s Catch\$15⁹⁹

Flame broiled whitefish sandwich with lettuce and mayo on a toasted bun

The Triple S (STEVE’S STEAK SANDWICH)\$17⁹⁹

Have a Cow steak, sliced thin and grilled with peppers and onions, topped with pepper jack cheese and mayo on a toasted hoagie roll

Slightly Spicy Brisket Sandwich\$17⁹⁹

Slow roasted brisket in a slightly spicy BBQ sauce topped with pepper jack cheese, French fried onions and mayo on a toasted hoagie roll

The Cow Kicker\$17⁹⁹

House made meatloaf, baked with cheddar cheese and jalapeno bits, glazed with BBQ sauce, then topped with more jalapenos and melty white American cheese, served on a toasted hoagie roll.

Sides

Steak Fries / Battered Fries\$4⁵⁰

House Made Chips\$4⁵⁰

Mexican Black Beans\$4⁵⁰

Street Corn\$4⁵⁰

Grits\$4⁵⁰

Side Salad\$4⁹⁹

Mixed greens with tomatoes, red onion and feta, and choice of dressing

Poppyseed Cole Slaw\$4⁹⁹

Potato Salad\$4⁹⁹

Roasted Veggies\$4⁹⁹

Tomato Bisque\$4⁹⁹

Beefy Vegetable Soup\$4⁹⁹

Chicken Tortilla Soup\$4⁹⁹

Cattlemen’s Chili\$5⁹⁹

(+\$1 as meal side option)

For Cowpokes

Kids Smash Burger\$10⁹⁹

3oz burger served with battered fries or chips. Add cheese + \$1.

Kids Chicken Strips\$10⁹⁹

Two crispy strips served with dipping sauce and battered fries or chips

Kids Grilled Cheese\$8⁹⁹

Smaller version of Smile and Say Cheese, served with battered fries or chips

Kids Pancake or Mini Waffles\$10⁹⁹

One pancake (plain, chocolate chip or blueberry) or two mini waffles, served with one side: two eggs OR bacon OR sausage patty OR homestyle potatoes

Specials

Chicken & Waffle\$16⁹⁹

Crispy chicken with a hot honey glaze to give it a little kick, served alongside our Belgian waffle

Frisco Patty Melt\$16⁹⁹

Two smash burger patties topped with Swiss cheese, grilled onions and Thousand Island dressing, served on sourdough toast. Served with your choice of side (or chili as side +\$1)

Shepherd's Pie\$16⁹⁹

Braised beef and veggies in a rich gravy topped with mashed potatoes, cheddar cheese and green onions. Served with a biscuit

Cowboy Chicken Tacos\$15⁹⁹

3 crispy chicken tacos topped with lettuce, pico de gallo, spicy aioli and cheese. Served with your choice of street corn or black beans (or both +\$2)

Barbacoa Beef Street Tacos\$15⁹⁹

Three soft flour tortillas topped with roasted seasoned beef, pico de gallo, aioli, shredded lettuce and avocado. Served with your choice of street corn or black beans (or both +\$2)

Salads

Add grilled chicken or fish to any salad – \$3⁹⁹

DRESSINGS: Ranch, Raspberry Vinaigrette, Poppy Seed, Honey Dijon, Blue Cheese or Balsamic Vinaigrette

Field Greens + 5\$15⁹⁹

Your choice of five of the following toppings on a bed of mixed greens

Apples	Red onion	Boiled egg
Dried cranberries	French fried onions	Black olives
Pears (in season)	Avocado	Edamame
Strawberries	Tomato	Croutons
Feta	Cucumber	Sunflower seeds
Cheddar cheese	Bacon	Walnuts

Field Greens + 3\$12⁹⁹

A slightly smaller version of the above, with your choice of 3 toppings

The Ranch Hand\$15⁹⁹

Roasted vegetable medley served on a bed of mixed greens. Add a fried egg - \$1

Breakfast All Day

Bunkhouse Breakfast\$15⁹⁹

Two eggs, homestyle potatoes, and one pancake, plus **choice of one:**

Two bacon slices OR one sausage patty OR roasted veggies.

Sub fruit +\$1; Sub chicken fried steak +\$3; Sub Gluten-free pancake +\$1⁵⁰

Rancher's Breakfast\$15⁵⁰

Two eggs, homestyle potatoes, choice of bread, plus **choice of one:**

Two bacon slices OR one sausage patty OR roasted veggies.

Sub fruit +\$1; Sub chicken fried steak +\$3

Omelet\$15⁵⁰

Three-egg omelet with cheese, onions and bell peppers, served with homestyle potatoes and choice of bread. Add bacon or sausage inside, +\$2 each

Cock A Doodle Do\$14⁹⁹

Homestyle potatoes topped with a sausage patty, smothered with sausage gravy and crowned with 2 eggs. Add cheese or jalapenos + \$1 each

Pancakes with side\$13⁹⁹

Two pancakes (traditional, blueberry or chocolate chip) plus **choice of one side:**

Two eggs OR two bacon slices OR one sausage patty OR roasted veggies

OR homestyle potatoes. Sub fruit +\$1. Sub Gluten-free pancake +\$1⁵⁰

Belgian Waffle with side\$13⁹⁹

Topped with butter and whipped cream, served with **choice of one side:**

Two eggs OR two bacon slices OR one sausage patty OR roasted veggies

OR homestyle potatoes. Sub fruit +\$1. Gluten-free waffle +\$1⁵⁰

Biscuits & Gravy\$11⁹⁹

Buttermilk biscuits served with a generous helping of savory sausage gravy.

Add 2 eggs for \$2.50. Add chicken fried steak for \$4.50

Quiche with side\$14⁹⁹

Puff pastry filled with cheddar cheese, bell peppers and onions.

Choose **vegetarian** with spinach, or **meat lovers** with sausage, **plus one side:**

homestyle potatoes / side salad / roasted veggies / cup of soup

Breakfast Burrito\$11⁹⁹

Grilled flour tortilla filled with scrambled eggs, homestyle potatoes, bell peppers, onions, diced jalapenos, pico de gallo, aioli and pepper jack cheese.

Add bacon or sausage, +\$2 each. Add avocado +\$1

Git Up N' Go (BREAKFAST SANDWICH)\$10⁹⁹

Two eggs topped with cheese on your choice of brioche bun, biscuit,

English muffin or toast. Add bacon or sausage, +\$2. Add avocado + \$1

Drinks

Fountain Drinks\$3⁷⁵

Coke, Diet Coke, Coke Zero, Dr. Pepper, Diet Dr. Pepper, Sprite, Root beer, Lemonade

Zuma\$2⁵⁰

All natural, carbonated fruit beverage sweetened only with raw honey

Mela\$5

Watermelon water with naturally occurring electrolytes and antioxidants

Iced Tea / Hot Tea\$3⁹⁵

Brewed Coffee\$3⁵⁰ (12oz) \$4⁵⁰ (16oz)

*Free refills of 16oz size brewed coffee

Juice orange, apple, cranberry\$3⁹⁵ (12oz) \$4⁹⁵ (16oz)

Milk\$2²⁵ (12oz) \$2⁹⁵ (16oz)

Chocolate Milk\$3²⁵ (12oz) \$3⁹⁵ (16oz)

Hot Chocolate\$3⁷⁵ (12oz) \$4²⁵ (16oz)

Smoothies\$6⁵⁰ (12oz) \$7⁹⁵ (16oz)

Strawberry, wild berry, peach or strawberry banana

Check out our drinks menu for our full selection of coffees, teas and spirits

Breakfast A la Carte

Oatmeal with brown sugar	\$6.99
2 Eggs, scrambled or fried (add cheese - \$1)	\$4.50
2 Bacon slices (pork or turkey)	\$5.50
Sausage patty (pork or chicken)	\$5.50
Grits with butter (add cheese + \$1)	\$4.50
Toast, English muffin or biscuit, with house made jam	\$3.99
Fresh fruit cup	\$5.50
Homestyle potatoes	\$5.50
Chicken Fried Steak	\$6.50
Vanilla yogurt with granola & house made jam	\$7.99



Drinks!

coffee – tea – craft beer – spirits

At Have A Cow we roast our own coffee, using a Guatemalan bean and blending a medium roast with a dark roast to create a full-bodied blend.

Our teas are freshly brewed loose-leaf teas crafted by Piper & Leaf Artisan Tea Co. All of their teas are blended with as many local ingredients as possible, straight from the garden, farm, forest, and briar patch.

We source our craft beers from local breweries as much as possible - with a few of our favorites thrown in from around the country.

Every beverage is chosen and prepared with intentionality and care to brighten your experience at our restaurant. We’re so glad you’re here!



Teas

Loose Leaf Tea from Piper & Leaf Tea Co.
HOT OR ICED \$3.95

Front Porch Special (HOUSE BREW)
Caffeinated. Hearty Earl Grey, jasmine and a hint of spearmint

Piper Mint Blues
Caffeine free. Sweet mint, sharp fruit overtones, mellow finish

Golden Hour Tonic
Caffeine free. Grapefruit, turmeric, spicy ginger and pineapple

Healing Honeysuckle
Caffeine free. Echinacea meets fragrant jasmine

Lemon Berry Blush
Lightly Caffeinated. Vibrant strawberry with just a blush of lemongrass

Orchard Peach
Caffeine free. Hibiscus flower, dried rose hips, peaches, papaya and pineapple

Sweetie Pie Chai
Caffeine free. Candied sweet potato, cinnamon and creamy cloves

Monks Meditation
Caffeinated. Ceylon tea, sweet Grenadine and vanilla

Briar Patch Brew
Caffeine free. Hibiscus, Blueberries, Blackberries and Elderberries

Green Tea
Caffeinated. Premium Green Tea blend

Owensville Fog \$6.95
Front Porch Special with vanilla and steamed milk

Coffees

All coffees can be decaf / iced

SUBSTITUTE ALMOND OR OAT MILK - \$1.00

House Brewed Coffee ____ \$3.50 (12oz) _ \$4.50 (16oz or mug)*
*Free refills of large size brewed coffee

Cold Brew _____ \$4.95 (16oz) _ \$6.50 (20oz)

Café au Lait _____ \$3.95 (12oz) _ \$4.95 (16oz or mug)
Brewed coffee with steamed milk

Espresso shot _____ \$2.00

Americano _____ \$3.95 (12oz) _ \$4.95 (16oz or mug)
Espresso with hot water

Latte _____ \$4.95 (12oz) _ \$5.95 (16oz or mug)
Espresso with steamed milk, topped with silky milk foam
Cappuccino = more foam, Flat White = no foam

Chai Tea Latte _ _____ \$3.95 (12oz) _ \$4.75 (16oz or mug)
Masala chai with steamed milk. Dirty Chai = with espresso (+\$2)

Featured Lattes _____ \$6.50 (12oz) _ \$7.50 (16oz or mug)
CARMEL MOOCHIATO - with vanilla, topped with caramel swirls
HONEY VANILLA topped with cinnamon
BROWN SUGAR CINNAMON

Café Mocha _____ \$5.95 (12oz) _ \$6.95 (16oz or mug)
Espresso with steamed milk - choose chocolate, white chocolate or caramel, topped with whipped cream

Frappé _____ \$5.95 (12oz) _ \$6.95 (16oz)
Blended, iced coffee - choose caramel, chocolate or vanilla, topped with whipped cream

Irish Coffee _____ \$7.25
Brewed coffee with Irish cream liqueur. Add Four Roses whiskey +\$4

ADD FLAVOR TO ANY DRINK _____ \$1.00

Caramel	Chai	Raspberry
Vanilla	Hazelnut	Lavender
Sugar-free Vanilla	Sugar-free Hazelnut	Brown Sugar
Toasted Marshmallow	Peppermint	

Wine

House Red Wine\$7 GLASS _ \$21 BOTTLE
Smooth, dry blend with notes of dark fruits. Aged in American and French oak, giving it a nice toasted aroma and smooth mouthfeel.

House White Wine\$7 GLASS _ \$21 BOTTLE
A California Chardonnay with classic notes of green citrus and tree fruits. Aged in oak which adds a touch of butterscotch and a fuller body.

Cocktails, Seltzers & Ciders

Mimooosa champagne with orange or cranberry juice\$7

Bloody Mary Bloody Mary mix with Vodka\$7

Bloody Cowboy.....\$8
Bloody Mary mix with Ghost Pepper Tequila

Margarita original or peach, blended or over ice\$7

Paloma ready-to-drink cocktail.....\$7
Hard seltzer made with tequila, sparkling water, sea salt, grapefruit, and lime

Irish Coffee\$7.²⁵
Brewed coffee with Irish cream liqueur. **Add Four Roses whiskey** +\$4

Screwdriver\$7
A classic - vodka and orange juice

Spiked Iced Tea.....\$7
Any of our house-brewed teas with a shot of vodka or whiskey

Brick River Sweet Lou Cider\$5
A cider with bright blueberry & apple *sweetness* accented with a luscious lavender aroma

Bushelhead Hard Apple Cider\$7
Easy drinking, semi-dry cider with an excellent sweet-tart balance

Craft Beers

Schlafly Pale Ale\$6
Mildly spiced ale with a hint of fruitiness

Urban Underdog Pale Ale.....\$7
Classic pale ale profile with a nice bit of spice and citrus

Logboat High Tide\$4.⁵⁰
American Pale Wheat Beer. Easy drinking, bright, light and zesty

Island Rascal\$5
Fantastic white wheat, white citrus, and Belgian spice flavors

Tank 7 Farmhouse Ale.....\$6.⁵⁰
An effervescent ale that's a little citrusy, a little hoppy, and a little dry

Piney River Float Trip Ale\$4.⁵⁰
A gold medal winner, this hand-crafted blonde ale is the perfect accompaniment to your day on the river

Reprise Red Ale\$6
An American Amber/Red Ale with aromas of citrus fruit and biscuit malts

4-Hands Octohaze\$6
Juicy waves of passion fruit, pineapple, peach and citrus

Schlafly Hazy IPA\$6
A golden ale combining hops with hints of tropical and citrus flavors

Logboat Snapper IPA\$4.⁵⁰
IPA loaded with four varieties of hops, hints of pear and peach

City Museum Pilsner\$7
Like the Museum that inspired it, this beer is an eclectic mix of cool ingredients: tangerine and ginger, malt and hops

City Pilsner\$7
Brewed in collaboration with St. Louis City SC, this American pilsner with Amarillo hops is a refreshing twist on a classic style

Wiseacre Tiny Bomb\$4.²⁵
German pilsner malt spiked with wildflower honey

Craft Beers

Six Mile Bridge Bavarian Hefeweizen\$6
Wheat beer with banana and clove flavors and hints of vanilla and citrus

Urban Chestnut Schnickelfritz\$6.²⁵
Traditional hefeweizen with a wheat malt base and banana and clove notes

Logboat Bobber\$4.⁵⁰
Gold medal winning Missouri craft lager

Urban Chestnut Zwickel\$4.⁵⁰
An unfiltered, unpasteurized, German classic

Urban Underdog Lager\$7
Golden lager with a bright crispness that cuts through refreshingly

Logboat Mamoot\$4.⁵⁰
A mild brown ale with subtle notes of jam, coffee, and chocolate

Civil Life American Brown\$5
Malty, toasty, and citrusy, with hints of chocolate and dark roasted coffee

Heavy Riff Velvet Underbrown\$6.⁵⁰
Velvety dark brown ale brewed with lactose and oats, with a chocolate finish

Piney River Black Walnut\$4.⁵⁰
American-style dark wheat beer with a black walnut aroma and finish

Nitro Milk Stout\$6
Tiny nitro bubbles with aromas of roasted coffee, milk chocolate, brown sugar and vanilla cream

Peanut Butter Milk Stout\$5
Like a peanut butter cup you can drink!

Goslings Ginger Beer\$3
NON-ALCOHOLIC soft drink with the refreshing zip of ginger