



coffee – grub – urban farm store

2742 Lafayette Avenue ~ Saint Louis MO 63104
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
Gluten-free bun available upon request, add \$1

- Have a Cow Burger \$12.99
5oz hamburger, flame broiled, served with lettuce, tomato, pickle and onion on a brioche bun. Add cheese, bacon, fried egg or avocado - \$1 each
- The Half Pounder \$15.99
Half pound hamburger, flame broiled, served with lettuce, tomato, pickle and onion on a brioche bun. Add cheese, bacon, fried egg or avocado - \$1 each
- The Porker (BLT) \$15.99
Crispy bacon, fresh lettuce and tomato on toast with mayo. Add cheese or avocado - \$1 each
- The Barnyard Chick \$15.99
Flame broiled or crispy chicken breast topped with lettuce, tomato and pickle, served on a toasted brioche bun. Add cheese, bacon or avocado - \$1 each
- Smile and Say Cheese \$10.99
Savory grilled cheese sandwich griddled to melty perfection. Add bacon - \$1
- Roasted Veggie Panini \$12.99
Seasonal flame roasted vegetables, pepper jack cheese and mayo served panini style
- Grilled Peanut Butter with Jam \$10.99
Your childhood fave taken up a notch - peanut butter and seasonal jam (or honey if you prefer), grilled until velvety
- Farmer’s Catch \$14.99
Flame broiled whitefish sandwich with lettuce and mayo on a toasted bun
- The Triple S (STEVE’S STEAK SANDWICH) \$17.99
Have a Cow steak, sliced thin and grilled with peppers and onions, topped with pepper jack cheese on a toasted hoagie roll
- Slightly Spicy Brisket Sandwich \$17.99
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 \$17.99
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 & Soups

- Steak Fries / Battered Fries \$4.50
- House Made Chips \$4.50
- Poppyseed Cole Slaw \$4.50
- Roasted Veggies \$4.50
- Grits \$4.50
Topped with butter. Add cheese \$1
- Potato Salad \$4.99
- Side Salad \$4.99
Mixed greens with tomatoes, red onion and feta, and choice of dressing



- Chicken Tortilla Soup \$4.50 cup — \$6.50 bowl
- Tomato Bisque \$4.50 cup — \$6.50 bowl
- Beefy Vegetable Soup \$4.50 cup — \$6.50 bowl
- Cattlemen’s Chili \$4.99 cup — \$6.99 bowl

For Cowpokes

Served with battered fries or house made chips. Sub fruit - \$1

- 1/2 Grilled Peanut Butter with Jam \$6.99
- 1/2 Grilled Cheese \$6.99
- Pancake \$6.99
One plain, chocolate chip or blueberry pancake served with choice of one side: two eggs OR two bacon slices OR one sausage patty

Salads

Add steak, 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 (in season)	Tomato	Croutons
Feta	Cucumber	Sunflower seeds
Cheddar cheese	Bacon	

Field Greens + 3 \$12⁹⁹

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

The Ranch Hand \$12⁹⁹

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

Quiche with side \$12⁹⁹

Puff pastry filled with cheddar cheese, bell peppers and onions.
Choose **vegetarian** with spinach, or **meat lovers** with bacon & sausage.
Choose one side: homestyle potatoes -- side salad -- roasted veggies
-- cup of soup -- seasonal fruit (add \$1)



Menu items and prices subject to change

Allergy alert: menu items may contain or come into contact with
WHEAT, EGGS, PEANUTS, TREE NUTS, and MILK.
For more information, please speak with a manager.

Breakfast All Day

Pancakes, waffles and toast available gluten-free, add \$1

Bunkhouse Breakfast \$14⁹⁹

Two eggs, homestyle potatoes, one pancake, plus **choice of one**:
two bacon slices OR one sausage patty OR roasted veggies. Sub fruit - \$1

Rancher's Breakfast \$13⁹⁹

Two eggs, homestyle potatoes, choice of bread, plus **choice of one**:
two bacon slices OR one sausage patty OR roasted veggies. Sub fruit - \$1

Pancakes \$12⁹⁹

Two pancakes (traditional, blueberry or chocolate chip) plus **choice of one**:
Two bacon slices OR one sausage patty OR roasted veggies OR
homestyle potatoes OR two eggs. Sub fruit - \$1

Biscuits & Gravy \$9⁹⁹

Buttermilk biscuits served with a generous helping of savory sausage gravy.
Add 2 eggs for \$2.

Belgian Waffle \$12⁹⁹

Topped with butter and whipped cream, served with **choice of one**:
Two bacon slices OR one sausage patty OR roasted veggies OR
homestyle potatoes OR two eggs. Sub fruit - \$1

Omelet \$12⁹⁹

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

Quiche with side \$12⁹⁹

Puff pastry filled with egg, cheddar cheese, bell peppers and onions.
Choose **vegetarian** with spinach, or **meat lovers** with bacon & sausage.
Side choice: homestyle potatoes OR side salad OR roasted veggies OR
cup of soup. Sub fruit - \$1

Git Up N' Go (BREAKFAST SANDWICH) \$8⁹⁹

Two eggs topped with cheese on your choice of brioche bun, biscuit,
English muffin or toast. Add bacon or sausage for \$2.

A la Carte

Vanilla yogurt with granola & house made jam	\$6.99
Oatmeal with brown sugar	\$5.50
2 Eggs, scrambled or fried	\$4.50
2 Bacon slices	\$4.50
Sausage patty	\$4.50
Grits with butter (add cheese for \$1)	\$4.50
Toast, English muffin or biscuit, with house made jam	\$3.50
Seasonal fruit	\$5.50
Homestyle potatoes	\$4.50

Sweets

See bakery case for today's offerings

Cinnamon Rolls \$3⁹⁵

Muffins \$2⁹⁵

Scones \$3⁹⁵

Brownies \$3⁹⁵

Cookies \$2⁰⁰

Goopy Butter Bars \$4⁵⁰

Drinks

Fountain Drinks \$2⁷⁵

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

Rev Honey \$2⁵⁰

All natural, carbonated drink, sweetened only with raw honey

Tea (hot or iced) \$3⁵⁰

Brewed Coffee \$2⁹⁵ (12oz) _ \$3⁹⁵ (16oz or mug) *

*Free refills of large size brewed coffee

Juice (orange, apple, cranberry) \$2⁹⁵ (12oz) _ \$3⁹⁵ (16oz)

Milk \$2²⁵ (12oz) _ \$2⁹⁵ (16oz)

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

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

Smoothies \$5⁷⁵ (12oz) _ \$6⁹⁵ (16oz)

Strawberry, wild berry, peach or strawberry banana

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



Coffees
Teas
Spirits



Teas

Loose Leaf Tea from Piper & Leaf Co.
HOT OR ICED \$3.⁵⁰

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 \$5.⁵⁰
Front Porch Special with vanilla and steamed milk

Coffees

All coffees can be decaf

SUBSTITUTE ALMOND OR OAT MILK - \$1.⁰⁰

House Brewed Coffee ___ \$2.⁹⁵ (12oz) _ \$3.⁹⁵ (16oz or mug)*
*Free refills of large size brewed coffee

Cold Brew _____ \$3.⁵⁰ (12oz) _ \$4.⁵⁰ (16oz) _ \$5.⁵⁰ (20oz)
Grounds are cold-water steeped for 24 hours, producing a less bitter brew

Café au Lait _____ \$3.⁵⁰ (12oz) _ \$4.⁵⁰ (16oz or mug)
Brewed coffee with steamed milk

Espresso shot _____ \$2.⁰⁰
Irish Coffee Liqueur shot _____ \$2.⁵⁰

Americano ___ \$3.⁵⁰ (12oz) _ \$4.⁵⁰ (16oz or mug) _ \$4.⁵⁰ (iced)
Espresso with hot water

Latte _____ \$4.⁵⁰ (12oz) _ \$5.⁵⁰ (16oz or mug) _ \$5.⁵⁰ (iced)
Espresso with steamed milk, topped with silky milk foam
Cappuccino = more foam, Flat White = no foam

Chai Tea Latte _ \$3.⁷⁵ (12oz) _ \$4.²⁵ (16oz or mug) _ \$4.²⁵ (iced)
Masala chai with steamed milk. Dirty Chai = with espresso added

Café Mocha __\$5.⁵⁰ (12oz) _ \$6.⁵⁰ (16oz or mug) _ \$6.⁵⁰ (iced)
Espresso with steamed milk and chocolate, white chocolate or caramel syrup, topped with whipped cream

Moochiato _\$5.⁵⁰ (12oz) _ \$6.⁵⁰ (16oz or mug) _ \$6.⁵⁰ (iced)
Espresso, steamed milk and vanilla, topped with caramel sauce

Frappé _____ \$4.⁵⁰ (12oz) _ \$5.⁵⁰ (16oz)
Blended, iced coffee flavored with caramel, chocolate, chai or vanilla, topped with whipped cream

Steamer _____ \$3.⁷⁵ (12oz) _ \$4.²⁵ (16oz or mug) _ \$4.²⁵ (iced)
Steamed milk with flavored syrup

ADD FLAVOR TO ANY DRINK _____ \$1.⁰⁰

Caramel	Hazelnut	Peppermint
Vanilla	Sugar-free Hazelnut	Praline
Sugar-free Vanilla	Raspberry	Toasted Marshmallow
Chai Tea	Pumpkin Spice	Lavender (extra \$.75)

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 Wicks Bloody Mary mix with Vodka\$7
Bloody Cowboy\$8
Wicks Bloody Mary mix with Ghost Pepper Tequila.

Margarita original or peach, blended or over ice\$7
Four Roses Whiskey (2oz shot)\$4
Irish Cream Coffee\$6.⁵⁰
A shot of Brogans Irish Cream liqueur in a mug of our house brewed coffee

Ranch Water\$7
Hard seltzer made with tequila, sparkling water and lime.
Paloma\$7
Hard seltzer made with tequila, sparkling water, sea salt, grapefruit, and lime.

The Chilton\$7
Hard seltzer made with vodka, sparkling water, sea salt and lemon.
Spiked Iced Tea\$6.⁵⁰
Any of our house-brewed teas with a shot of vodka or whiskey

Schlafly Apple Pie Proper Cider\$5
Let the memories of fresh-from-the oven apple pie rush back in as you sip.

Brick River Homestead Cider\$6
100% gluten free, made from fresh pressed fruit right here in STL

Craft Beers

State Wide Pale Ale\$7
A hazy pale ale with notes of citrus and stone fruit.
Civil Life Rye Pale Ale\$5
Loaded with Rye malt for viscosity, richness, and a slightly spicy finish.
Schlafly Pale Ale\$4.⁵⁰
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 Shiphead\$4.⁵⁰
Taste of ginger with lemon, mint, light malt sweetness and spice.
Melvin Killer Bees\$4.⁵⁰
American Blonde Ale. Clean, smooth, slow motion, easy drinking, honey.

White Rascal\$5
Fantastic white wheat, white citrus, and Belgian spice flavors.
Tank 7 Farmhouse Ale\$8
An effervescent ale that's a little citrusy, a little hoppy, and a little dry.

Space Camper Cosmic IPA\$4.⁵⁰
A juicy IPA bursting with tropical fruit flavors and aromas of nectar and citrus.
Schlafly Hazy IPA\$4.⁵⁰
A golden ale combining hops with hints of tropical and citrus flavors.
Melvin Back in Da Haze\$4.⁵⁰
Hazy IPA with tropical flavors to keep your taste buds dancing.
Logboat Snapper IPA\$4.⁵⁰
IPA loaded with four varieties of hops, hints of pear and peach.

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.

Craft Beers

Wiseacre Tiny Bomb\$4.²⁵
German pilsner malt spiked with wildflower honey.
City Wide Pilsner\$7
Crisp and refreshing, traditional lager with mild herbal and spicy notes.

Prairie Rainbow Sherbet\$7
A sour ale that tastes like a rainbow sherbet ice cream cone.
Urban Chestnut Zwickel\$6.²⁵
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

Ice Cream Daze Mint Chocolate Chip\$7
A sweet milk stout brewed by Main & Mill Brewing Co. in Festus, MO.
Galactic Cowboy Nitro\$6
Stout with notes of bittersweet chocolate and black coffee.
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!
Chocolate Milk Stout\$5
Malted milk balls, chocolate milk, cocoa powder and milk sugar sweetness.
Goslings Ginger Beer\$3
NON-ALCOHOLIC soft drink with the refreshing zip of ginger.