



## Burgers & Sandwiches

*Served with your choice of side*

*Gluten-free bun available upon request, add \$1*

**Have a Cow Burger** ..... \$10<sup>75</sup>

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** ..... \$14<sup>25</sup>

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 Whole Farm** ..... \$16<sup>50</sup>

Half pound hamburger, flame broiled and topped with bacon, cheese and a sunny side up egg on a brioche bun

**The Porker (BLT)** ..... \$14<sup>50</sup>

A generous portion of bacon, fresh lettuce and tomato on toast with mayo. Add cheese or avocado - \$1 each

**The Barnyard Chick** ..... \$13<sup>50</sup>

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<sup>50</sup>

A savory grilled cheese sandwich, griddled to melty perfection. Add bacon - \$1

**Roasted Veggie Panini** ..... \$12<sup>50</sup>

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

**Grilled Peanut Butter with Jam** ..... \$9<sup>25</sup>

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

**Farmer's Catch** ..... \$13<sup>25</sup>

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

**The Triple S (STEVE'S STEAK SANDWICH)** ..... \$16<sup>50</sup>

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** ..... \$16<sup>75</sup>

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

## Soups & Sides

**Fries** ..... \$3<sup>95</sup>

Choose steak fries or battered fries

**House Made Chips** ..... \$3<sup>95</sup>

**Side Salad** ..... \$3<sup>95</sup>

Greens with tomatoes, red onion and feta, with your choice of dressing

**Cattlemen's Chili** ..... \$4<sup>50</sup> cup / \$6.<sup>95</sup> bowl

**Hominy on the Range** ..... \$3<sup>95</sup>

Forget what you know about hominy - this creamy, cheesy dish will make you a believer

**Potato Salad** ..... \$3<sup>95</sup>

Potato salad - loaded baked potato style - with bacon and cheese.

**Roasted Seasonal Veggies** ..... \$3<sup>95</sup>

**Poppyseed Cole Slaw** ..... \$3<sup>95</sup>

**Tomato Bisque** ..... \$3<sup>95</sup> cup / \$5.<sup>95</sup> bowl

**Basket of Fries or Chips** ..... \$5<sup>95</sup>

Add chili and cheese—\$4

## For Cowpokes

*Served with battered fries, chips or fruit*

**1/2 Grilled Peanut Butter with Jam** ..... \$5<sup>95</sup>

**1/2 Grilled Cheese** ..... \$5<sup>95</sup>

**Cup of Chili** ..... \$6<sup>95</sup>

### coffee - grub - urban farm store

2742 Lafayette Avenue - Saint Louis MO 63104

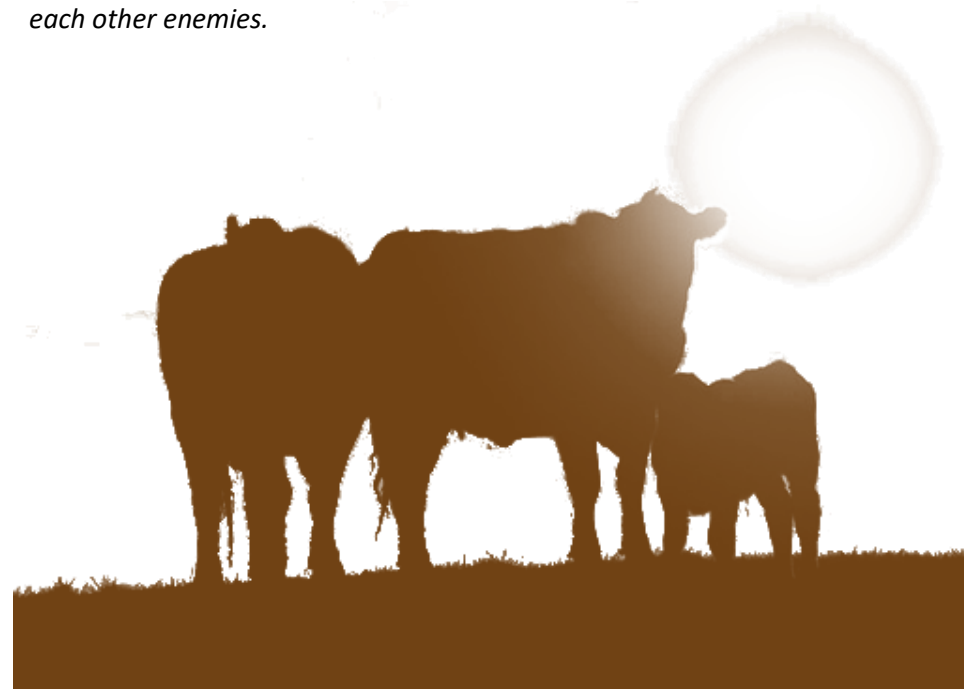
www.haveacow.farm

(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.



# Salads

Choice of dressing: Ranch, Raspberry Vinaigrette, Poppy Seed, Honey Dijon, Blue Cheese or Balsamic Vinaigrette

**Add steak, chicken or grilled fish to any salad – \$3**

**Field Greens + 5** ..... \$13<sup>95</sup>

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

- |                          |                     |                 |
|--------------------------|---------------------|-----------------|
| Apples                   | Red onions          | Boiled egg      |
| Dried Cranberries        | French fried onions | Walnuts         |
| Pears (in season)        | Avocado             | Sunflower seeds |
| Strawberries (in season) | Tomatoes            | Black olives    |
| Feta cheese              | Cucumber            | Edamame         |
| Goat cheese              | Bacon               | Croutons        |
| Cheddar cheese           |                     |                 |

**Field Greens + 3** ..... \$9<sup>95</sup>

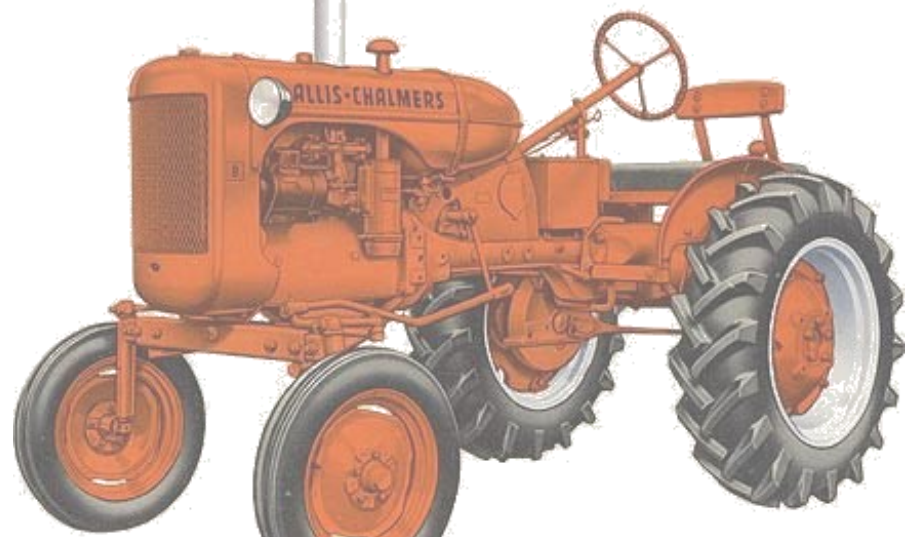
A smaller version of the above, with your choice of 3 toppings

**The Ranch Hand** ..... \$12<sup>95</sup>

Sautéed seasonal vegetable medley served hot on a bed of mixed greens  
Add a fried egg - \$1

**Quiche with side** ..... \$10<sup>75</sup>

Puff pastry filled cheese, bell peppers and onions. Choose **vegetarian** with spinach, or **meat lovers** with bacon & sausage crumbles.  
Served with side salad or seasonal fruit.



**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

\* available gluten-free

**Bunkhouse Breakfast** ..... \$12<sup>95</sup>

Two eggs, homestyle potatoes, one pancake\*, and choose one:  
two bacon slices OR a sausage patty OR seasonal fruit OR seasonal veggies

**Rancher's Breakfast** ..... \$10<sup>75</sup>

Two eggs, homestyle potatoes, toast with jam or honey, and choose one:  
two bacon slices OR a sausage patty OR seasonal fruit OR seasonal veggies

**Pancakes\*** ..... \$10<sup>75</sup>

Two pancakes\* (traditional, blueberry or chocolate chip) and choose one:  
two bacon slices OR a sausage patty OR seasonal fruit OR seasonal veggies

**Biscuits & Gravy** ..... \$8<sup>95</sup>

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

**Belgian Waffle\*** ..... \$9<sup>25</sup>

Served with butter, syrup and whipped cream and choose one:  
two bacon slices OR a sausage patty OR seasonal fruit OR seasonal veggies

**Omelet** ..... \$11<sup>25</sup>

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

**Quiche with side** ..... \$10<sup>75</sup>

Puff pastry filled with cheddar cheese, bell peppers and onions.  
Choose between vegetarian with spinach, or with bacon & sausage  
Served with side salad or seasonal fruit.

**Git Up N' Go** ..... \$8<sup>25</sup>

Two eggs with cheese, served sandwich style on your choice of bread.  
Add bacon or sausage for \$2.

**Healthy Cow** ..... \$6<sup>95</sup>

Low fat vanilla yogurt served with granola

**A la Carte**

- |                                     |     |
|-------------------------------------|-----|
| Oatmeal topped with brown sugar     | \$4 |
| 2 Eggs, scrambled or fried          | \$4 |
| 2 Slices of bacon, or sausage patty | \$4 |
| Toast, english muffin or biscuit    | \$3 |
| Seasonal fruit                      | \$3 |
| Homestyle potatoes                  | \$4 |

# Sweets

**See bakery counter for today's flavors**

**Cinnamon Rolls** ..... \$3<sup>50</sup>

**Muffins** ..... \$2<sup>95</sup> – 3<sup>75</sup>

**Scones** ..... \$3<sup>95</sup>

**Brownies** ..... \$3<sup>95</sup>

**Cookies** ..... \$2<sup>00</sup> – 3<sup>00</sup>

**Goopy Butter Bars** Original or German Chocolate ..... \$4<sup>50</sup>

**Bread Pudding** with Bourbon Caramel Glaze ..... \$5<sup>25</sup>

# Drinks

**Fountain Drinks** ..... \$2<sup>25</sup> / \$2<sup>75</sup>

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

**Rev Honey** ..... \$2<sup>50</sup>

All natural, carbonated fruit beverage sweetened only with raw honey

**Smoothies** ..... \$5<sup>25</sup> / \$6<sup>95</sup>

Strawberry, wild berry, peach or strawberry banana

**Juice** (orange, apple, cranberry) ..... \$2<sup>75</sup> / \$3<sup>95</sup>

**Milk** ..... \$2<sup>25</sup> / \$2<sup>95</sup>

**Chocolate Milk / Hot Chocolate** ..... \$3<sup>25</sup> / \$3<sup>95</sup>

**Tea (hot)** ..... \$2<sup>75</sup> / \$3<sup>50</sup>

**Tea (iced)** ..... \$3<sup>50</sup>

**Brewed Coffee** ..... \$2<sup>75</sup> / \$3<sup>50</sup>



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





## Coffees

## Teas

## Spirits



## Teas

*Hot* ..... \$2.<sup>75</sup> / \$3.<sup>50</sup>  
*Iced* ..... \$3.<sup>50</sup>

### Front Porch Special (HOUSE BREW)

**Caffeinated.** Hearty Earl Grey, garnished with Spearmint & Jasmine

### 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 a 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

### Chocola-tea

**Caffeinated.** Ceylon Black Tea, Cacao Nibs, Figs, Cracked Coffee Beans, Chocolate Chips (dairy free)

### Briar Patch Brew

**Caffeine free.** Hibiscus, Blueberries, Blackberries and Elderberries

### Springdrop Spritzer

**Caffeinated.** Sencha Green Tea, Rosemary, Lemon Rind, Cardamom, Peppermint and Lemon Oil

### Green Tea

**Caffeinated.** Premium Green Tea blend

*Owensville Fog* ..... \$3.<sup>95</sup> / \$4.<sup>75</sup>

Front Porch Special with a shot of vanilla and steamed milk

## Coffees

*All coffees can be iced, or decaf*

*\*Substitute Oat or Almond for milk in any beverage +.75*

*Espresso* ..... *single shot \$1.<sup>50</sup> / double shot \$2.<sup>50</sup>*

Can be added to any coffee beverage, or by itself

*Americano* ..... \$3.<sup>50</sup> / \$3.<sup>75</sup>

Espresso with hot water

*Cappuccino* ..... \$3.<sup>95</sup> / \$4.<sup>75</sup>

Espresso with 1/3 steamed milk, 1/3 milk foam

*Café Mocha* ..... \$4.<sup>25</sup> / \$4.<sup>95</sup>

Espresso with chocolate, white chocolate or caramel syrup and steamed milk

*Café au Lait* ..... \$3.<sup>25</sup> / \$3.<sup>75</sup>

Brewed coffee with steamed milk

*Flat White* ..... \$3.<sup>95</sup> / \$4.<sup>75</sup>

Espresso with steamed milk (no foam)

*House Blend Brewed* ..... \$2.<sup>75</sup> / \$3.<sup>50</sup>

Brewed coffee

*Chai Tea Latte* ..... \$3.<sup>75</sup> / \$4.<sup>25</sup>

Masala chai with steamed milk (can be made with or without espresso)

*Café Latte* ..... \$3.<sup>95</sup> / \$4.<sup>75</sup>

Espresso with steamed milk, topped with milk foam

*Frappe* ..... \$3.<sup>95</sup> / \$4.<sup>50</sup>

Blended, iced coffee with caramel, chocolate, chai or fat free vanilla, topped with whipped cream

*Add flavor to any coffee beverage* ..... \$.<sup>75</sup>

|                    |                     |               |
|--------------------|---------------------|---------------|
| Caramel            | Sugar-free Hazelnut | Pumpkin Spice |
| Butterscotch       | Chai Tea            | Peppermint    |
| Vanilla            | Raspberry           | Lavender      |
| Sugar-free Vanilla | Toasted—            |               |
| Hazelnut           | Marshmallow         |               |

*Irish Coffee Liqueur* \$2.<sup>50</sup>

## 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

### *Mimooosa* ..... \$7

### *Bloody Mary* ..... \$7

### *Margarita* ..... \$6

### *Four Roses Whiskey* ..... \$3/shot

### *Moscow Mule* ..... \$7

Canned cocktail with vodka, ginger beer and a twist of lime.

### *Paloma* ..... \$6

Canned cocktail with tequila with grapefruit, lime and crisp carbonation.

### *Trisky Whiskey* ..... \$6

Canned cocktail with whiskey and lemonade.

### *Amaretto Sour* ..... \$6

Canned cocktail with Amaretto Liqueur, with sour and a twist of lime.

### *Mojito* ..... \$6

Canned cocktail with Island rum, tangy lime and refreshing mint.

### *Mai Tai* ..... \$7

Canned cocktail with orange, lime, almond and spice plus Virgin Islands rum

### *Botanical Gin and Tonic* ..... \$7

Canned cocktail with Botanical Gin, tonic, lime and a touch of lavender

## Craft Beers

### *Tank 7 Farmhouse Ale* ..... \$8

An effervescent ale that's a little citrusy, a little hoppy, and dry but not too dry.

### *Civil Life American Brown* ..... \$5

Malty, toasty, and citrusy, with hints of chocolate and dark roasted coffee.

### *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.

### *Mama's Little Yella Pils* ..... \$4

A small-batch version of the beer that made Pilsen, Czech Republic, famous.

### *Old Chub Scotch Ale* ..... \$4.<sup>25</sup>

Tastes of smoky malts and toffee sweetness with a bit of breadiness mixed in.

### *City Wide Pilsner* ..... \$7

Crisp and refreshing, traditional lager with mild herbal and spicy notes.

### *State Wide Pale Ale* ..... \$7

A hazy pale ale with notes of citrus and stone fruit .

### *Six Mile Bridge Bavarian Hefeweizen* ..... \$6

Wheat beer with banana and clove flavors and hints of vanilla and citrus.

### *White Rascal* ..... \$5

Fantastic white wheat, white citrus, and Belgian spice flavors.

### *Logboat Shiphead* ..... \$4.<sup>50</sup>

Taste of ginger with lemon, mint, light malt sweetness and spice.

## Craft Beers

### *Logboat Mamoot* ..... \$4.<sup>50</sup>

A mild brown ale with subtle notes of jam, coffee, and chocolate.

### *Logboat Snapper IPA* ..... \$4.<sup>50</sup>

IPA loaded with four varieties of hops, hints of pear and peach.

### *Schlafly Pale Ale* ..... \$4.<sup>50</sup>

Mildly spiced ale with a hint of fruitiness.

### *Schlafly IPA* ..... \$4.<sup>50</sup>

A golden ale combining hops with hints of tropical and citrus flavors.

### *Urban Chestnut Schnickelfritz* ..... \$6.<sup>25</sup>

Traditional hefeweizen with a wheat malt base and banana and clove notes.

### *Urban Chestnut Zwickel* ..... \$6.<sup>25</sup>

An unfiltered, unpasteurized, German classic.

### *Urban Underdog Lager* ..... \$7

Golden lager with a bright crispness that cuts through refreshingly.

### *Urban Underdog Pale Ale* ..... \$7

Classic pale ale profile with a nice bit of spice and citrus

### *Space Camper Cosmic IPA* ..... \$4.<sup>50</sup>

A juicy IPA bursting with tropical fruit flavors and aromas of nectar and citrus.

## Cider, Seltzer & Ginger Beer

### *Magners Irish Cider* ..... \$6

Outstanding hard cider with extra-full apple flavors and a crisp, fruity finish.

### *4 Hands Contact High Seltzer* ..... \$6

Tangerine flavored hard seltzer.

### *Goslings Ginger Beer* ..... \$3

A non-alcoholic soft drink with the refreshing zip of ginger.