



**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<sup>99</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** .....\$15<sup>99</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 Porker (BLT)** .....\$15<sup>99</sup>  
 Crispy bacon, fresh lettuce and tomato on toast with mayo. Add cheese or avocado - \$1 each
- The Barnyard Chick** .....\$15<sup>99</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>99</sup>  
 Savory grilled cheese sandwich griddled to melty perfection. Add bacon - \$1
- Roasted Veggie Panini** .....\$12<sup>99</sup>  
 Seasonal flame roasted vegetables, pepper jack cheese and mayo served panini style
- Grilled Peanut Butter with Jam** .....\$10<sup>99</sup>  
 Your childhood fave taken up a notch - peanut butter and seasonal jam (or honey if you prefer), grilled until velvety
- Farmer's Catch** .....\$14<sup>99</sup>  
 Flame broiled whitefish sandwich with lettuce and mayo on a toasted bun
- The Triple S (STEVE'S STEAK SANDWICH)** .....\$17<sup>99</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** .....\$17<sup>99</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
- The Cow Kicker** .....\$17<sup>99</sup>  
 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<sup>50</sup>
- House Made Chips** .....\$4<sup>50</sup>
- Poppyseed Cole Slaw** .....\$4<sup>50</sup>
- Roasted Veggies** .....\$4<sup>50</sup>
- Grits** .....\$4<sup>50</sup>  
 Topped with butter. Add cheese \$1
- Potato Salad** .....\$4<sup>99</sup>
- Side Salad** .....\$4<sup>99</sup>  
 Mixed greens with tomatoes, red onion and feta, and choice of dressing

- Bacon Corn Potato Chowder** .....\$4<sup>50</sup> cup \_ \$6<sup>50</sup> bowl
- Tomato Bisque** .....\$4<sup>50</sup> cup \_ \$6<sup>50</sup> bowl
- Beefy Vegetable Soup** .....\$4<sup>50</sup> cup \_ \$6<sup>50</sup> bowl
- Cattlemen's Chili** .....\$4<sup>99</sup> cup \_ \$6<sup>99</sup> bowl

**For Cowpokes**

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

- 1/2 Grilled Peanut Butter with Jam** .....\$6<sup>99</sup>
- 1/2 Grilled Cheese** .....\$6<sup>99</sup>
- Pancake** .....\$6<sup>99</sup>  
 One plain, chocolate chip or blueberry pancake served with choice of one side: two eggs OR two bacon slices OR one sausage patty OR potatoes

# Salads

Add steak, chicken or fish to any salad - \$3<sup>99</sup>

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

**Field Greens + 5** ..... \$15<sup>99</sup>

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	Walnuts

**Field Greens + 3** ..... \$12<sup>99</sup>

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

**The Ranch Hand** ..... \$12<sup>99</sup>

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

**Quiche with side** ..... \$12<sup>99</sup>

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** ..... \$14<sup>99</sup>

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** ..... \$13<sup>99</sup>

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** ..... \$12<sup>99</sup>

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

**Biscuits & Gravy** ..... \$9<sup>99</sup>

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

**Belgian Waffle** ..... \$12<sup>99</sup>

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

**Omelet** ..... \$12<sup>99</sup>

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

**Cock A Doodle Do** ..... \$13<sup>99</sup>

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

**Quiche with side** ..... \$12<sup>99</sup>

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)** ..... \$8<sup>99</sup>

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

**Healthy Cow** ..... \$6<sup>99</sup>

Vanilla yogurt with granola & house made jam

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# Drinks

**Fountain Drinks** ..... \$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 drink, sweetened only with raw honey

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

**Brewed Coffee** ..... \$2<sup>95</sup> (12oz) \_ \$3<sup>95</sup> (16oz or mug) \*

\*Free refills of large size brewed coffee

**Juice** (orange, apple, cranberry) ..... \$2<sup>95</sup> (12oz) \_ \$3<sup>95</sup> (16oz)

**Milk** ..... \$2<sup>25</sup> (12oz) \_ \$2<sup>95</sup> (16oz)

**Chocolate Milk** ..... \$3<sup>25</sup> (12oz) \_ \$3<sup>95</sup> (16oz)

**Hot Chocolate** ..... \$3<sup>75</sup> (12oz) \_ \$4<sup>25</sup> (16oz)

**Smoothies** ..... \$5<sup>75</sup> (12oz) \_ \$6<sup>95</sup> (16oz)

Strawberry, wild berry, peach or strawberry banana

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

# Sweets

See bakery case for today's offerings

**Breakfast A la Carte**

Oatmeal with brown sugar	\$5.50
2 Eggs, scrambled or fried	\$4.50
2 Bacon slices (pork or turkey)	\$4.50
2 Ham slices	\$4.50
Sausage patty (pork or chicken)	\$4.50
Grits with butter (add cheese - \$1)	\$4.50
Toast, English muffin or biscuit, with house made jam	\$3.50
Seasonal fruit	\$5.50
Homestyle potatoes	\$4.50





## Coffees

## Teas

## Spirits



## Teas

### Loose Leaf Tea from Piper & Leaf Tea 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

#### Blueberry Jubilee

**Caffeinated.** Sencha green tea, currants, hibiscus, rosehips and blueberries

#### 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

Vanilla

Sugar-free Vanilla

Chai Tea

Hazelnut

Sugar-free Hazelnut

Raspberry

Pumpkin Spice

Peppermint

Praline

Toasted Marshmallow

Lavender

# 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.<sup>50</sup>  
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.<sup>50</sup>  
Any of our house-brewed teas with a shot of vodka or whiskey

**Brick River Honey Crisp 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.

**Main & Mill Red Rye Ale** ..... \$4.<sup>50</sup>  
A malty red ale with balanced bitterness and mild spicy notes provided by the rye malt, Chinook and Hersbrucker hops

**Schlafly Pale Ale** ..... \$4.<sup>50</sup>  
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.<sup>50</sup>  
Taste of ginger with lemon, mint, light malt sweetness and spice.

**Piney River Black Walnut** ..... \$4.<sup>50</sup>  
American-style dark wheat beer with a black walnut aroma and finish

**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.<sup>50</sup>  
A juicy IPA bursting with tropical fruit flavors and aromas of nectar and citrus.

**Schlafly Hazy IPA** ..... \$4.<sup>50</sup>  
A golden ale combining hops with hints of tropical and citrus flavors.

**Schlafly Tasmanian IPA** ..... \$5  
Aromatic ale heavy on Australian Galaxy hops with notes of pineapple

**Logboat Snapper IPA** ..... \$4.<sup>50</sup>  
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.<sup>25</sup>  
Traditional hefeweizen with a wheat malt base and banana and clove notes.

# Craft Beers

**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.<sup>25</sup>  
An unfiltered, unpasteurized, German classic.

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

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