

(901) 598-1152

# HOLY COW CAFE & DELI

GRILL MENU

## Starters

### BBQ Brisket Fries, \$9.95

Crispy fries topped with BBQ brisket and slaw, drizzled with ranch and BBQ sauce

### BBQ Chicken Nachos, \$7.95

Tortilla chips, BBQ chicken, salsa, guacamole, black olives, jalapeños and ranch

### Hot Wings, \$9.95

One pound of spicy hot wings with celery & ranch

### Hummus and Pita, \$4.50

Add falafel balls, \$1.50 each

### Basket of Fries, \$3.95

Regular or cajun style

### Basket of Onion Rings, \$4.95

## Burgers & Brisket

### Holy Cow Burger, \$6.50

Lettuce, tomato, pickle and onion on the side

### BBQ Brisket Burger, \$11.95

Burger topped with BBQ brisket, slaw, pickles, and BBQ sauce

### The Big Texan, \$10.75

Double burger, salsa, guacamole, and jalapeños

### The Pita Burger, \$7.95

Served in a pocket pita with Israeli salad, hummus and tahini dressing

### Patty Melt, \$7.95

Flat burger on griddled rye with cheesy melt, grilled onions and 1000 Island

### Portobella Burger, \$7.95

Grilled portobello mushroom, lettuce, balsamic vinaigrette and cheesy melt on a challah roll

### Brisket Quesadilla, \$12.95

### BBQ Brisket Sandwich, \$12.95

Served on challah roll topped with slaw

### BBQ Brisket Plate, \$14.95

1/3 lb of BBQ brisket, fries & slaw

## Chicken

### California Chicken, \$6.50

Grilled chicken breast topped with guacamole and served with lettuce, tomato, onion and pickle on the side

### Chicken Schnitzel Wrap, \$6.95

Chicken tenders chopped into a whole wheat wrap with lettuce, tomato, pickle and honey mustard

### Chicken Quesadilla, \$7.95

### Chicken Breast Plate, \$10.95

Two grilled chicken breast served with slaw and edamame

### Chicken Tenders & Fries

(regular or bang bang style)

3 tenders, \$5.95

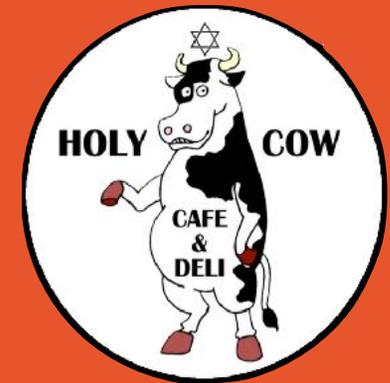
4 tenders, \$8.25

### Twelve Tender Pack and Fries, \$24.00

## Hot Dogs

Hot Dog, \$3.50

Hot Dog and Fries, \$5.95



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## Specialty Sandwiches

### **The VanderWich, \$7.25**

Crispy smoked turkey with lettuce, tomato, avocado spread, and mayonnaise on wheat toast

### **Mediterranean Chicken Wrap, \$7.25**

Grilled chicken, hummus, tahini dressing and Israeli salad in a whole wheat wrap

### **Bang Bang Wrap, \$7.25**

Grilled chicken, cucumber, carrot, spinach, red onion, sesame seeds, almonds and sweet and spicy bang bang sauce in a whole wheat wrap

### **Corned Beef Sandwich, \$13.50**

Served on marble rye with mustard

### **Turkey Reuben, \$10.50**

Double portion of smoked turkey with slaw and 1000 Island on marble rye

### **Falafel in Pita, \$7.95**

Falafel balls served in pocket pita with Israeli salad, hummus and tahini dressing

## Deli Sandwiches

### Choose From

**Chicken Salad, Tuna Salad, Egg Salad, Egg & Olive Salad, Seafood Salad, Smoked Turkey or Grilled Chicken on White, Wheat, Marble Rye, Challah Roll or Whole Wheat Wrap served with a Pickle**

Regular Sandwich, \$5.49

Double Protein, add \$4.00

## Smoothies

### **The Brown Cow**

### **Straight Up Strawberry**

### **Strawberry and Friends**

**16 oz, \$3.50**

**Add Protein Powder, \$1.00**

**Make it low "Cow"lorie with sugar substitutes**

## Salads

### **Shelly's Chopped Salad, \$7.25**

Lettuce mix, tomato, cucumber, chick peas, black olives, green olives and hearts of palm with balsamic vinaigrette (**add protein for \$3.50**)

### **California Coastal Salad, \$7.25**

Lettuce mix, mandarin oranges, toasted walnuts, hearts of palm, and dried cranberries with balsamic vinaigrette (**add protein for \$3.50**)

### **Falafel Salad, \$9.95**

Lettuce mix, tomato, cucumber, onion, pita chips and four falafel balls, served with a tahini dressing

### **Turkey Chef Salad, \$9.95**

Smoked turkey, hard-boiled egg, shredded carrot, cucumber and tomato over lettuce mix

### **Chicken Caesar Salad, \$9.95**

Chopped romaine, grilled chicken, roasted red peppers and croutons with Caesar dressing

## Soups, Sides & Combos

### **Soup**

Regular, \$3.75    Large, \$5.50

### **Regular Soup and Half Sandwich, \$6.35**

Choose chicken salad, tuna salad, egg salad or turkey on wheat, white or marble rye

### **Basket of French Fries, \$3.95**

Regular or cajun style  
(side with any sandwich, \$2.50)

### **Basket of Onion Rings, \$4.95**

(side with any sandwich, 3.50)

### **Knishes, \$2.50**

Potato, meat and potato, or spinach and potato

### **Sides Items, \$2.00**

4 oz. cup of Israeli salad, coleslaw, lightly salted edamame

### **Little Cow Combo, \$5.95**

Hot dog, half turkey sandwich, regular matzah ball soup, or pb&j with chips, fruit snack and juice box