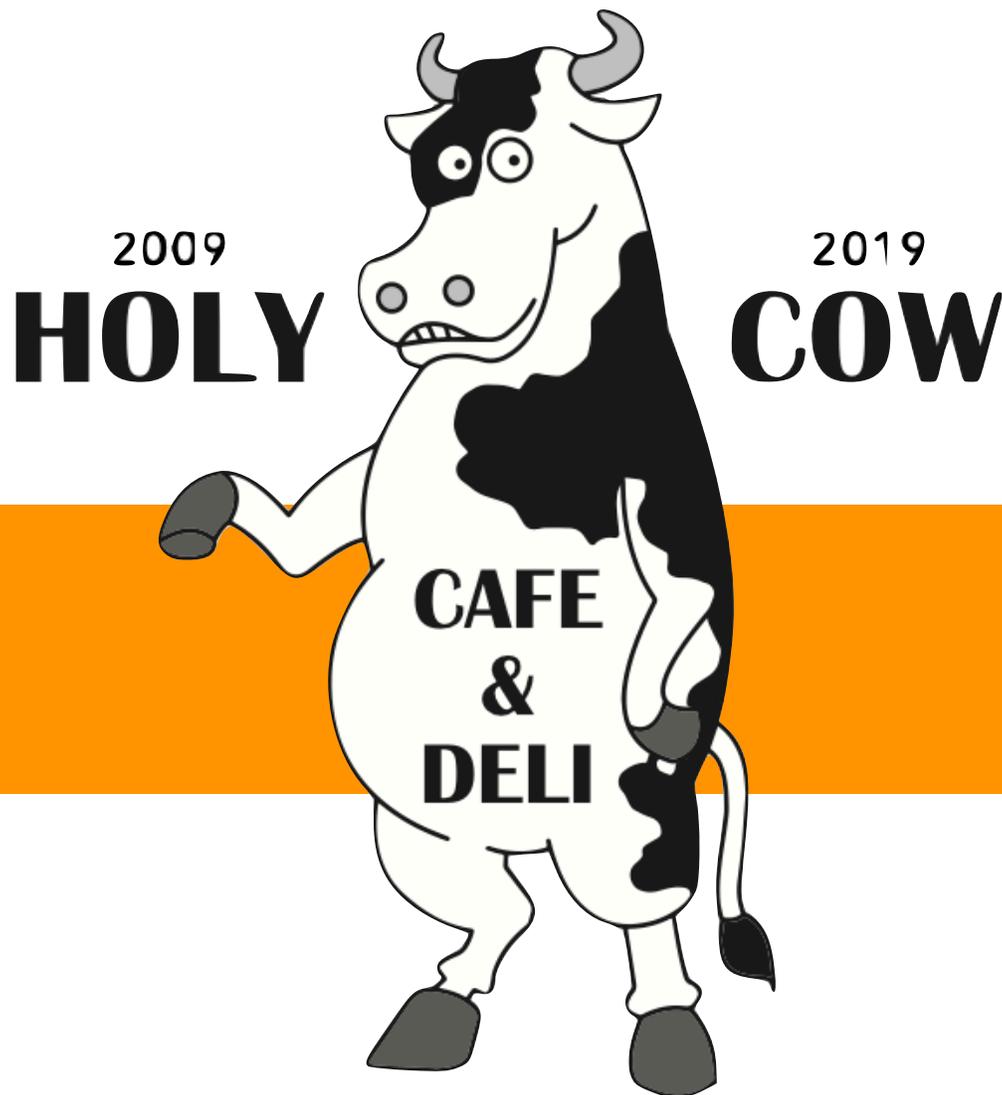


**(901) 598-1152**

**WWW.HOLYCOWNOW.COM**

**info@holycownow.com**



**FOR DELIVERY OR PICKUP VISIT  
HOLYCOWNOW.COM TO ORDER THROUGH**

**GRUBHUB**

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## STARTERS

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### **Brisket Fries**

Crispy fries topped with BBQ brisket and slaw, drizzled with ranch and BBQ sauce, \$9.95

### **BBQ Chicken Nachos**

Tortilla chips, covered with shredded iceberg, BBQ chicken, salsa, guacamole, black olives, jalapeños and ranch dressing, \$7.95 (gluten free upon request)

### **Wing Platter**

Approximately one pound of assorted flats and drummies in your choice of seasoned, buffalo, honey mild or bbq sauce (choose three) served with celery sticks and ranch dressing, \$9.95

### **Fresh Guacamole and Chips**

Fresh, house-made guacamole served with tortilla chips (gluten free chips available upon request), \$5.95

### **Hummus and Pita**

Hummus served with pita triangles, \$5.50

### **Basket of Fries or Onion Rings**

Regular or Cajun-style (kosher status: meat)  
Fries, \$4.50 / Onion Rings, \$5.50

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## POKE BOWLS

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### **Salmon Poke Bowl**

Cold-smoked salmon, cucumber, carrot, edamame and avocado, on a bowl of quinoa, topped with sesame seeds and sushi sauce, \$9.95

### **'Crab' Stick Poke Bowl**

A delicious fresh bowl of "crab" stick, avocado, cucumber, tomato and green onion served over quinoa, topped with sesame seeds and sushi sauce, \$9.95

### **Chicken Poke Bowl**

Grilled chicken, tomatoes, edamame, cucumber, carrot and pineapple served over quinoa topped with sesame seeds and bang bang sauce, \$9.95

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## SALADS

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### **Very Berry Summer Salad**

Lettuce mix, fresh blueberries and strawberries, cucumbers, candied pecans and hearts of palm with mixed berry vinaigrette, \$7.95 (add chicken or smoked turkey, \$4.50 or roasted salmon, \$6.50 plus 10 extra minutes)

### **Southwest Salad**

Lettuce mix, black beans, corn and fried tortilla strips with zesty ranch dressing, \$7.95 (add chicken or smoked turkey, \$4.50 or roasted salmon, \$6.50 plus 10 extra minutes)

### **Chicken Cobb Salad**

Chopped grilled chicken, hard-boiled egg, tomatoes, cucumbers, turkey bacon and avocado over lettuce mix with choice of ranch or honey mustard dressing, \$11.50

### **Chinese Chicken Salad**

Chopped grilled chicken, edamame, slivered almonds, shredded carrot, purple cabbage, chopped scallion, Mandarin oranges and iceberg lettuce, topped with crispy Chinese noodles, served with soy-ginger dressing, \$11.50

### **Shelly's Chopped Salad**

Lettuce mix, tomato, cucumber, chick peas, black olives, green olives, bananas peppers and heart of palm with balsamic vinaigrette, \$7.50 (add deli salad, chicken breast or smoked turkey for \$4.50 or grilled salmon for \$6.50-allow 10 extra minutes for salmon)

### **Garden Salad**

Lettuce mix with cucumber, tomato and red onion, \$6.25 (add deli salad, chicken breast or smoked turkey for \$4.50 or grilled salmon for \$6.50 and 10 extra minutes)

### **California Coastal Salad**

Lettuce mix, dried cranberries, toasted walnuts, mandarin oranges, hearts of palm, and balsamic vinaigrette, \$7.50 (add deli salad, chicken breast or smoked turkey for \$4.50 or grilled salmon for \$6.50 and 10 extra minutes)

### **Chicken Caesar Salad**

Sliced, grilled chicken on top of lettuce mix, roasted red peppers, croutons and Caesar dressing, \$10.75 (Substitute salmon, add \$2.50 and 10 extra minutes)

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# FROM THE GRILL

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**Add Side of Fries for \$3.00 or Side of Onion Rings for \$3.75**

*12 oz. Burgers Require Ten Extra Minutes to Prepare*

## **Holy Cow Burger**

Served on a challah roll with lettuce, tomato, pickle and onion on the side (6oz.), \$6.75 / (12oz.), \$12.25

## **Humpty Dumpty Burger**

Burger on a challah roll topped with turkey 'bacon' and a fried egg (6oz.), \$8.25 / (12oz.), \$13.75

## **Mushroom & Onion Burger**

Burger on a challah roll topped with grilled mushrooms, onions, and 'cheesy' melt (6oz) \$7.95 / (12oz.), \$13.45

## **Bang Bang 'Bacon' & Avocado Burger**

Burger topped with sliced avocado, turkey 'bacon' and spicy bang bang sauce (6oz.), \$8.25 / (12oz.), \$13.75

## **The Texan Burger**

Burger on a challah roll with salsa, guacamole and jalapeños (6oz.), \$7.50 / (12oz.), \$12.75

## **BBQ Brisket Burger**

Burger on a challah roll with BBQ brisket, slaw, pickles and BBQ sauce (6oz.), \$12.50 / (12oz.), \$18.00

## **Patty Melt**

Flattened burger with grilled onions, 'cheesy' melt and 1000 Island on griddled rye (6oz.) \$7.95 / (12oz.) \$13.45

## **Portobello Mushroom Burger**

Grilled portobello mushroom topped with 'cheesy' melt, lettuce, tomato, pickle and balsamic vinaigrette, \$7.95 (available meat equipment upon request)

## **BBQ Brisket Sandwich or Plate**

Pulled brisket served with slaw and BBQ sauce

Sandwich on a challah roll, \$13.50

Brisket plate (no roll with fries), \$15.50

## **The LehrWich Project**

Corned beef, bbq brisket, caramelized onions, 'cheesy' melt and our secret LehrWich sauce on griddled rye, \$14.50

## **Falafel**

Four falafel balls with Israeli salad, hummus and tahini dressing served in a pocket pita, \$8.25

*(kosher status: meat)*

## **Quesadilla**

Your choice of brisket, chicken or portobello mushroom with salsa, sautéed peppers, onions and 'cheesy' melt, griddled in a tortilla with guacamole  
*Brisket, \$12.95 / Chicken or Portobello, \$8.25*

## **California Chicken Sandwich**

Grilled chicken breast on a challah roll topped with sliced avocado, served with lettuce, tomato, onion and pickle on the side, \$6.75

## **Chicken Schnitzel Wrap**

Chicken tenders rolled into a whole wheat wrap with lettuce, tomato, pickle and honey mustard, \$7.25

## **Chicken Breast Plate**

Two chicken breasts with slaw and edamame, \$10.95

## **Chicken Tenders and Fries**

3 Tenders & Fries, \$6.25

4 Tenders & Fries, \$8.75

12 Tender Pack & Fries, \$26.00

*(Choose Regular or Bang Bang)*

## **Hot Dog, \$3.75**

## **Hot Dog and Fries Combo, \$6.50**

## **Little Cow Combo**

Hot dog, half turkey sandwich or regular matzah ball soup with chips, fruit snack and juice box, \$6.25

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# SOUPS

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## **Matzah Ball Soup**

Regular (1/2 pint of broth and one matzo ball), \$3.75

Large (pint of broth and one matzo ball), \$5.50

X-Large (quart of broth and two matzo balls), \$10.95

Extra Matzo Balls, \$1.50 each

## **Soup of the Day**

Small, \$3.75, Large, \$5.50, X-Large, \$10.95

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# FROM THE DELI

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## **The VanderWich**

Turkey 'bacon' with guacamole, lettuce, tomato and mayo on toasted wheat bread, \$7.50

## **Bang Bang Chicken Wrap**

Chicken, cucumber, carrot, lettuce, red onion, almonds, sesame seeds and bang bang sauce in a wheat wrap, \$7.50

## **Turkey Reuben**

Double turkey, choice of slaw or sauerkraut and 1000 island dressing on rye, \$10.75

## **Mediterranean Chicken Wrap**

Grilled chicken with Israeli salad, hummus and tahini dressing in a wheat wrap, \$8.00

## **Corned Beef Sandwich**

1/3 plus lb. of corned beef on marble rye with deli mustard, \$13.75

## **Traditional Deli Sandwich**

Choose from chicken salad, tuna salad, egg salad, egg & olive salad, smoked turkey or sliced grilled chicken on white, wheat, marble rye, challah roll or whole wheat wrap, served with a pickle spear, \$5.95 (double protein, add \$4.50)

## **Soup and Half Sandwich**

Small soup and half of a traditional deli sandwich, \$6.50 (half wraps not available)

## **Order Any of Our Deli Salads to Go**

*Available in 1/2 Pint, Pint and Quart Sizes*

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## SIDES

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### **Deli Sides**

Israeli salad, coleslaw or lightly salted edamame, \$2.50

### **Fries or Onion Rings**

*Side size only available with purchase of sandwich.*

Fries, \$3.00 /Onion Rings, \$3.75 (Kosher Status: Meat)

### **Chips / Pretzels, \$1.50**

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## DRINKS

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### **Powerade/Ice Drinks, \$1.50**

### **Soda/Water Bottles, \$1.00**

### **Juice Box, \$1.00**

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## SMOOTHIES

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### **16 oz., \$3.75**

*Add protein powder for \$1.00*

### **Straight Up Strawberry**

### **Strawberry & Friends**

Strawberries with your choice of mango, banana or pineapple

### **Pína Banana**

Pineapple, banana and coconut milk

### **Mango Madness**

### **Mixed Berry Bliss**

### **Brown Cow**

Peanut butter, banana and chocolate protein powder

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Holy Cow is under the Kosher Supervision of Rabbi Levi Klein of Chabad