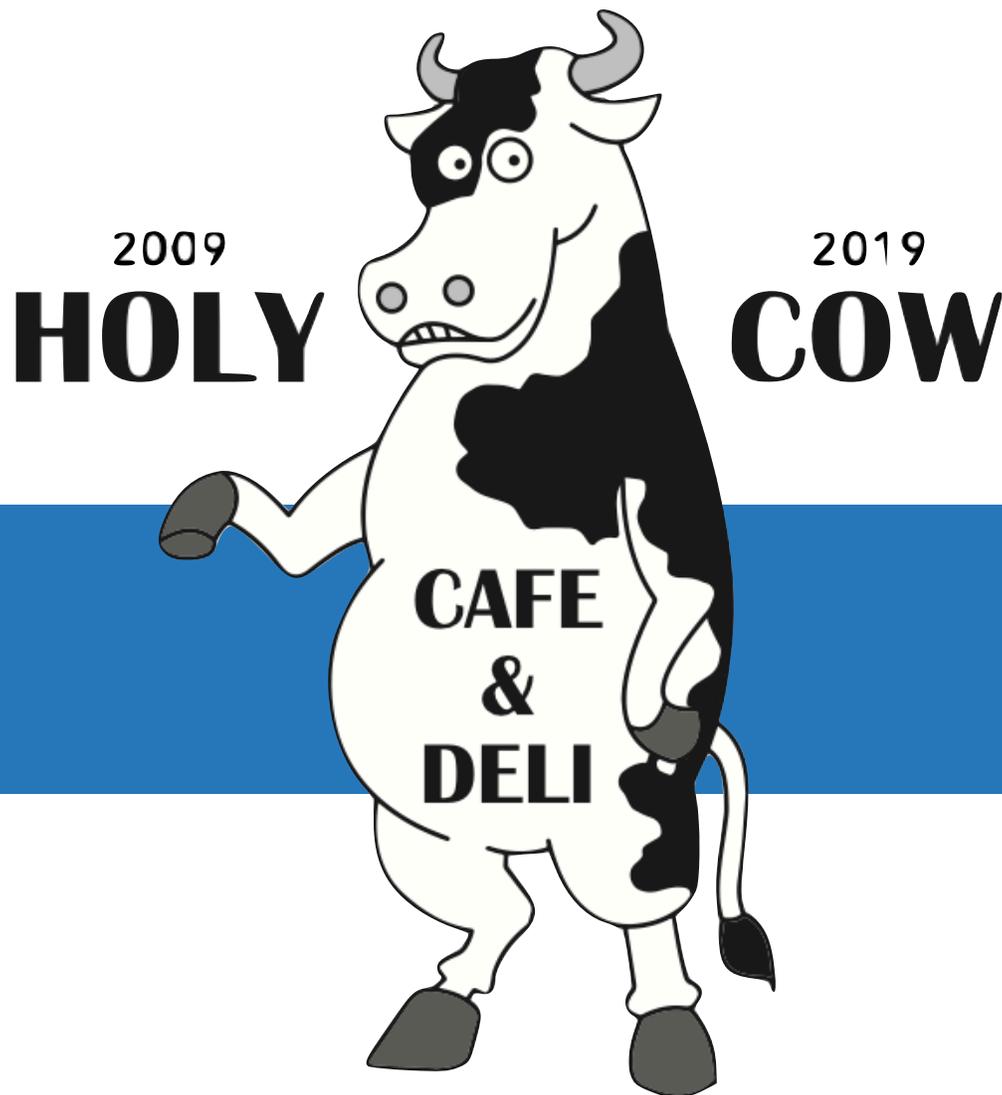


(901) 598-1152

WWW.HOLYCOWNOW.COM

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HolyCowNow.com

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

STARTERS

BBQ Chicken Meat-Za

Grilled chicken, pineapple and BBQ sauce on flatbread with 'cheesy' melt and thinly-sliced red onion \$8.95

Beef & Shroom Meat-Za

Ground beef, portobello mushroom and marinara, on flatbread with 'cheesy' melt and thinly-sliced red onion \$9.95

Sunny Side Up Meat-Za

Turkey bacon & sunny-side-up eggs on flatbread with 'cheesy' melt and thinly-sliced red onion, \$8.95

Mushroom Kibbe

Five torpedo-shaped croquettes of bulgur wheat stuffed with mushrooms and seasoned onions and fried to golden brown, \$8.95 (kosher status: meat)

Wing Platter

Assorted flats and drumettes in your choice of seasoned, buffalo, honey mild or bbq sauce (choose three) served with celery sticks and ranch dressing, \$9.95

Loaded Nacho Fries

Fries topped with nacho 'cheese' sauce, black olives, jalapeño, scallion and crumbled turkey bacon and ranch, \$7.95

Add chicken: \$4.00 Add Brisket: \$6.00

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, \$8.25 (gluten free chips upon request)

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

SALADS

Chicken Cobb Salad

Chopped grilled chicken, hard-boiled egg, tomatoes, cucumbers, turkey bacon and guacamole 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, \$7.75 (add deli salad, chicken breast or smoked turkey for \$4.50 or cold-smoked or grilled salmon for \$8.00)
grilled salmon takes 10 extra minutes

California Coastal Salad

Lettuce mix, dried cranberries, toasted walnuts, mandarin oranges, hearts of palm, and balsamic vinaigrette, \$7.75 (add deli salad, chicken breast or smoked turkey for \$4.50 or cold-smoked or grilled salmon for \$8.00)
grilled salmon takes 10 extra minutes

Chicken or Salmon Caesar Salad

Grilled chicken, cold-smoked salmon, or grilled salmon on lettuce mix, with roasted red peppers, croutons and Caesar dressing (grilled salmon takes 10 extra minutes)
Chicken: \$10.75 Salmon: \$15.75

Garden Salad

Lettuce mix with cucumber, tomato and red onion, \$6.50 (add deli salad, chicken breast or smoked turkey for \$4.50 or cold-smoked or grilled salmon for \$8.00)
grilled salmon takes 10 extra minutes

POKE BOWLS

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, guacamole, 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

FROM THE GRILL

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

Make any burger a Beyond Meat burger, add \$3.00. 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.), \$6.95 / (12oz.), \$12.50

Humpty Dumpty Burger

Burger on a challah roll topped with turkey 'bacon' and a fried egg (6oz.), \$8.50 / (12oz.), \$14.00

Mushroom & Onion Burger

Burger on a challah roll topped with grilled mushrooms, onions, and 'cheesy' melt (6oz) \$8.25 / (12oz.), \$13.75

Bang Bang 'Bacon' & Avocado Burger

Burger topped with guacamole, turkey 'bacon' and spicy bang bang sauce (6oz.), \$8.50 / (12oz.), \$14.00

The Texan Burger

Burger on a challah roll with salsa, guacamole and jalapeños (6oz.), \$7.75 / (12oz.), \$13.25

BBQ Brisket Burger

Burger on a challah roll with BBQ brisket, slaw, pickles and BBQ sauce (6oz.), \$12.75 / (12oz.), \$18.25

Patty Melt

Flattened burger with grilled onions, 'cheesy' melt and 1000 Island on griddled rye (6oz.) \$8.25 / (12oz.) \$13.75

Portobello Mushroom Burger

Grilled portobello mushroom topped with 'cheesy' melt, lettuce, tomato, pickle and balsamic vinaigrette, \$8.25 (available meat equipment upon request)

BBQ Brisket Sandwich or Plate

Pulled brisket served with slaw and BBQ sauce
Sandwich on a challah roll, \$13.75
Brisket plate (no roll with fries), \$15.75

The LehrWich Project

Corned beef, bbq brisket, caramelized onions, 'cheesy' melt and our secret LehrWich sauce on griddled rye, \$14.75

Falafel

Four falafel balls with Israeli salad, hummus and tahini dressing served in a pocket pita, \$8.50

Quesadilla

Your choice of brisket, chicken or portobello mushroom with salsa, sautéed peppers, onions and 'cheesy' melt, griddled in a tortilla with guacamole
Brisket, \$13.25 / Chicken or Portobello, \$8.50

California Chicken Sandwich

Grilled chicken breast on a challah roll topped with guacamole, served with lettuce, tomato, onion and pickle on the side, \$6.95

Blackened Chicken Sandwich

Cajun-spiced grilled chicken breast on a challah roll topped with cajun mayo, served with lettuce, tomato, onion and pickle on the side, \$6.95

Chicken Schnitzel Wrap

Chicken tenders rolled into a whole wheat wrap with lettuce, tomato, pickle and honey mustard, \$7.50

Chicken Breast Plate

Grilled chicken breast with slaw and edamame, \$10.95

Chicken Tenders and Fries

3 Tenders & Fries, \$6.50
4 Tenders & Fries, \$8.95
12 Tender Pack & Fries, \$26.50
(Choose Regular or Bang Bang)

Hot Dog, \$3.95

Little Cow Combo

Hot dog, half turkey sandwich or regular matzah ball soup with chips, fruit snack and juice box, \$6.50

SOUPS

Matzah Ball Soup

Regular (1/2 pint of broth and one matzo ball), \$3.95
Large (pint of broth and one matzo ball), \$5.95
X-Large (quart of broth and two matzo balls), \$11.75
Extra Matzo Balls, \$1.50 each

Soup of the Day

Small, \$3.95, Large, \$5.95, X-Large, \$11.75

FROM THE DELI

Bang Bang Chicken Wrap

Chicken, cucumber, carrot, lettuce, red onion, almonds, sesame seeds and bang bang sauce in a wheat wrap, \$7.95

Salmon Caesar Wrap

Cold-smoked salmon, romaine, red onion, carrot and Caesar dressing in a wheat wrap, cucumber, carrot, lettuce and red onion, \$9.95

Turkey Reuben

Double turkey, choice of slaw or sauerkraut and 1000 island dressing on rye, \$11.95

Mediterranean Chicken Wrap

Grilled chicken with Israeli salad, hummus and tahini dressing in a wheat wrap, \$8.25

Corned Beef Sandwich

1/3 plus lb. of corned beef on marble rye with deli mustard, \$13.95

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, \$6.95 (half wraps not available)

Order Any of Our Deli Salads to Go

Available in 1/2 Pint, Pint and Quart Sizes

SIDES

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

DRINKS

Powerade/Ice Drinks, \$1.60

Soda/Water Bottles, \$1.00

Juice Box, \$1.00

WATER ICE

Two Scoops, \$3.75 One Scoop, \$2.00

COFFEE & SMOOTHIES

Smoothie, \$3.75 16 oz., add protein powder, \$1.00

Straight Up Strawberry Strawberry & Friends

The Brown Cow

Brewed Coffee, reg. \$1.75/lg. \$2.60

Latte or Cappuccino, reg. \$3.00/lg. \$4.00

Mocha, reg. \$3.75/lg. \$4.75

Espresso Shot, single, \$1.75/double \$2.25

Hot Tea, reg. \$1.75/lg. \$2.60

Add Flavor Shot or Chocolate Sauce, \$.75

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TO ORDER THROUGH **GRUBHUB**