



FALL LUNCH MENU

SNACKS

- Hand Cut Fries** 6.00
belgian style, smoked chili aioli, house ketchup ☺
- Pink Eggs & Ham** 5.00
applewood bacon, candied jalapeno, chive
- House Smoked Chicken Flautas** 9.00
hickory smoked, pulled mary's chicken breast tossed in chile verde, gouda, served with avocado mousse and housemade hot sauce
- Poke Local Roots Lettuce Tacos** 12.00
sushi grade ahi tuna tossed in sambal chili sauce, won tons, featuring downtown LAs urban farm Local Roots butter lettuce cups
- Produce Butcher's Board** 10.00
trio of dips (green goddess feta, beet tahini, almond romesco) served with seasonal crudité and grilled flatbread | vegan option available

BLUE COW is grateful for our great farm partners like Eric and the team from **LOCAL ROOTS**, Dennis from Jidori Chicken, and Mel and his volunteers at **WILD WILLOW FARMS**.

SALADS

- The Chicken Cobb** 16.00
romaine, free range chicken, applewood bacon, caveman blue cheese, cherry tomatoes, avocado, green onion, egg, mustard vinaigrette
- Quinoa & Avocado** 14.00
grilled corn, grape tomatoes, cotija cheese, baby lettuce, red onions, cilantro, smoked chili vinaigrette | add chicken + 4
- Steak & Noodle Salad** 18.00
grilled creekstone farm's tri tip, lo mein noodles, avocado, mango, almonds, mint, arugula, fried shallots, thai vinaigrette
- 350 Grand Caesar** 13.00
romacrunch greens, chopped egg, warm bacon, shaved parmesan reggiano, red onions, caesar cardini's dressing | add chicken + 4
- Paul's Shrimp Louie** 20.00
named after one of our top regulars, poached shrimp, Local Roots butter lettuce, avocado, hardboiled egg, tomato, cucumber, radish, housemade Louie dressing
- Local Roots Simple Salad** 9.00
urban farmed Local Roots butter lettuce, radish, herb buttermilk dressing | add chicken + 4
add fried chicken breast + 4 | add barramundi + 6

BOWLS

- Chicken & the Egg "Rice" Bowl** 17.00
trio of grains, housemade gochujang, sesame seeds, sunny side egg
- The Fish Bowl** 18.00
grilled harissa rubbed barramundi filet, wild rice with farro and beans, kale, chili vinaigrette, pickled red onion, mango citrus avocado relish, pitapas
- Jasmin's Linguine** 16.00
almond butter sauce, linguine, butternut squash, broccolini

SANDWICHES

- served with fries or farro succotash
- Crispy Fried Chicken Sandwich** 15.00
mary's organic, free range chicken breast, pickled pepper slaw, cheddar aioli, brioche bun
- Billionaire Club** 17.00
brined & slow poached mary's free range chicken breast, billionaire's bacon, butter lettuce, heirloom tomato, avocado, aioli, buckwheat bread
- 4 Hour Steak Sandwich** 18.00
sous vide, grilled creekstone farm's tri tip, bacon marmalade, farmers cheese, red wine reduced onions, arugula, herb aioli, toasted ciabatta
- The Chef's Burger** 16.00
grass fed beef burger, vermont cheddar lava, smokey bacon, butter lettuce, pickled onion, house dijonnaise, brioche bun
- Smoky Hickory Burger** 18.00
grass fed beef burger, NOLA style grated mild fresh cheddar and raw white onion, housemade "O" sauce, quick smoked pork belly, brioche bun served with a breath mint

- The Rescued Vegetable Burger**
featuring **pressed juicery** veggies 15.00
"Rescued" veggie pulp patty, spicy Chao tofu cheese, beet 1000 island, butter lettuce, tomatoes, red onions, bread & butter pickles on a plant-based brioche bun ☺



The logo is a dark blue, horizontally-oriented shape with a pointed top and bottom, and rounded corners. It has two semi-circular cutouts on the left and right sides, resembling a ticket or a label. The text is white and centered within the shape.

BLUE COW
kitchen & bar

est. 2012

Downtown, Los Angeles