



SUMMER 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, pumpkin seed mole) 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, sweet chili 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, pepitas
- "Staff Meal" Broken Noodles 14.00**
pappardelle, wild mushroom bolognese, kale pesto, pea greens ☺ | add 61 degree egg + 2

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 dijonaise, 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

- Green Goddess Avocado Toast 12.00**
mashed avocado tossed with wild rice, vegan green goddess dressing, onion sprouts, house pickled Willow Creek Farm radishes, toasted buckwheat bread ☺



