



## EGGS AND STUFF

### HOMESTYLE EGGS BREAKFAST

3 Eggs any style with bacon or sausage links, breakfast potatoes and choice of toast.

13.95

### HUEVOS RANCHEROS

2 Fried eggs served over re-fried beans and corn tortillas topped with ranchero sauce, avocado and sour cream. Served with Cow's breakfast potatoes and fresh fruit.

14.95

### COUNTRY BISCUITS & GRAVY BREAKFAST

2 Eggs and jalapeno-cheddar biscuits topped with house-made gravy. Served with bacon or sausage link.

16.95

### COW BENEDICT

2 Poached eggs on a home-baked croissant with Cure 81 Ham, topped with orange hollandaise sauce. Served with Cow's breakfast potatoes and fresh fruit.

17.95

### EGGS BENEDICT FLORENTINE

2 Poached eggs on a home-baked croissant with tomato, sauteed spinach topped with orange hollandaise sauce. Served with Cow's breakfast potatoes and fresh fruit.

17.95

## COW OMELETTES

SERVED WITH HOUSE-MADE TOAST, JAM AND COW'S BREAKFAST POTATOES OR MIXED GREENS

### CHEDDAR CHEESE OMELETTE

13.95

Add spinach...1.50  
Add mushrooms and onion...2.50

### VEGETARIAN OMELETTE

Mushrooms, spinach, avocado, Ortega chiles, pico de gallo, cheddar, salsa ranchera and sour cream.

16.95

Add Bacon or Sausage Links...4.95

Add Chicken Apple Sausage...4.95

### EGG-WHITE OMELETTE

Egg-whites with spinach, onions, tomatoes and smoked mozzarella.

15.95

### COWABUNGA OMELETTE

Cure 81 Ham, avocado, pico de gallo, salsa ranchera and melted cheddar cheese.

16.95

### CHICKEN SAUSAGE & SPINACH OMELETTE

Chicken cilantro sausage, spinach, pico de gallo, salsa ranchera and melted cheddar.

16.95

## EGG SCRAMBLE BURRITOS

### JOE'S SCRAMBLE BURRITO

3 Eggs Scrambled with ground beef, fresh spinach, sauteed mushrooms, onions, Jack cheese, and breakfast potatoes. Served with mixed greens.

15.95

### CHORIZO SCRAMBLE BURRITO

3 Eggs Scrambled with Mexican chorizo, green onions, Ortega chili, breakfast potatoes, and pepper Jack cheese. Served with mixed greens.

15.95

### GRILLED BREAKFAST BURRITO

3 Eggs Scrambled with sauteed onions, fresh spinach, mushrooms, bacon, and cheddar cheese. Served with mixed greens.

15.95

## WAFFLES AND FRENCH TOAST

### CORN FLAKE CRUSTED FRENCH TOAST

Topped with fresh strawberries, bananas and powdered sugar.

sm 9.95 lg 15.95

### BUTTERMILK WAFFLE

9.95

Add fresh strawberries, bananas and powdered sugar.

3.95

Add 2 eggs any style.....3.95

### BANANA BREAD FRENCH TOAST

Banana-pecan bread topped with fresh strawberries, bananas and powdered sugar.

sm 10.95 lg 16.95

### CHOCOLATE CHIP OR BLUEBERRY WAFFLE

Buttermilk waffle baked with chocolate chips, or blueberries, topped with powdered sugar, and whipped cream.

12.95

### OATMEAL

Served with cream, raisins, and brown sugar.

8.95

Add fresh strawberries and bananas.

3.95

### NUTELLA CREPE

NUTELLA WITH FRESH STRAWBERRIES AND BANANAS

Sm....6.50 Lg...8.50



### TOASTED ZUCHINNI BREAD

with cream cheese

5.75

### FRESH BAKED CINNAMON ROLL

with caramelized apples.

4.95

### COFFEE FRENCH PRESS

SMALL...4.95 LARGE...5.95

### COLD OATES

Oates soaked in almond milk with coconut shavings, chia seeds, and apricot jam.

8.95

### GRANOLA AND YOGURT

Topped with strawberries and bananas.

9.95

substitute cholesterol-free

Egg whites  
2.50





# MORNING FAVORITES

## BREAKFAST QUESADILLA

Scrambled egg, avocado, bacon, Ortega chile, pico de gallo, jack and cheddar cheese in a grilled flour tortilla. Served with fruit or mixed greens

14.95

## MONTROSE CRISTO

Smoked turkey, Cure 81 ham, mayo, jack and cheddar cheese on Hawaiian style egg bread, battered and fried. Served with cran-strawberry jam and fresh fruit.

14.95

## THE WEEKEND WRAP

Scrambled egg, chicken cilantro sausage, tomato, cheddar and salsa ranchera wrapped in a tomato basil tortilla. Served with Cow's breakfast potatoes and fresh fruit.

15.95

## CHILAQUILES

Scrambled eggs with pico de gallo and tomato sauce, tossed with crisp tri-color tortilla strips and cheddar cheese. Served with re-fried beans and fresh fruit.

14.95

## BREAKFAST SANDWICH

Smoked turkey, scrambled eggs, bacon, ketchup, and melted cheese on thick cut, grilled, whole wheat bread. Served with Cow's breakfast potatoes and fresh fruit.

14.95

## SKILLET BREAKFAST

SERVED IN AN SIZZLING IRON SKILLET WITH JALAPENO-CHEDDAR BISCUITS

### RATATOUILLE SKILLET

Poached eggs served over a medley of squash, onions, cilantro, bacon, cabbage and tomatoes. Baked on an iron skillet and finished with a drizzle of cheddar cheese sauce.

16.95

### SOUTHERN BAKED SKILLET

Poached eggs, bacon and tomato over homemade corn pudding. Baked and served on an iron skillet with a sizzling, creamy, cheddar cheese sauce.

14.95

### CHILE STUFFED SKILLET

Pasilla pepper stuffed with bacon, cheddar cheese, and poached egg. Baked in an iron skillet over potatoes, topped with ranchera sauce and sour cream.

16.95

### CORNED BEEF SKILLET

Poached eggs over corned beef hash with potatoes, peppers, and a creamy cheddar cheese sauce.

(Saturday & Sunday Only)

16.95

## J.W.'s MORNING QUICHE

(SATURDAY AND SUNDAY ONLY)

Fresh baked with sauteed bacon, spinach, mushrooms, tomatoes, onions, Swiss and cheddar. Served with fresh fruit, or mixed greens.

14.95

## COUNTRY FRIED STEAK

Lightly breaded filet mignon, fried and topped with country gravy. Served with 2 eggs any style, and Cow's breakfast potatoes.

19.95

## BREAKFAST SPECIALS

### CHEESY PARMESAN EGGS

Three scrambled eggs, parmesan cheese, avocado salsa. Served with mixed greens and grilled baguette.

15.95

### CRISPY POACHED EGG BOWL

Two poached eggs, fried til crispy, on a bed of mixed greens, white beans, avocado salsa, with grilled baguette.

15.95

### AVOCADO TOAST

Grilled baguette, burrata cheese, pickled onions, and two poached eggs. Served with mixed greens.

16.95

### SMOKED SALMON BAGEL

Served with cream cheese, tomatoes, red onion, and capers.

19.95

## KID'S MEAL'S..7.95

### KID'S SCRAMBLE

2 eggs scrambled with breakfast potatoes.

### KID'S CUP OF CEREAL

Cereal cup with a slice of zucchini bread, and a cup of strawberries and bananas.

### KID'S EGGSADILLA

Scrambled eggs, melted cheddar cheese in a grilled flour tortilla.

### KID'S BANANA & NUTELLA SANDWICH

Sliced banana and nutella on thick wheat bread.

### KID'S FRENCH TOAST

Corn flake crusted French toast with bananas, strawberries, and powdered sugar.

## COW SIDES

- ONE EGG...2.25
- TWO EGGS...3.95
- BACON OR SAUSAGE LINKS...3.95
- CHICKEN APPLE SAUSAGE...3.95
- BISCUITS N' GRAVY...5.95
- CUP O' FRUIT...3.95
- BOWL O' FRUIT...5.95
- BREAKFAST POTATOES...3.95
- TOASTED HOME-MADE BREAD (WHITE OR WHEAT)...1.95
- BAGEL W/ CREAM CHEESE...3.95
- VANILLA YOGURT...3.95



## SANGRIA OR MIMOSA

8.95

### GREEN MILAN

Fresh squeezed celery, cucumber, spinach, ginger, and apple.

7.50 (16oz.)

### VERONA

Fresh squeezed pineapple, orange, and banana.

7.50 (16oz.)



## BAKED GOODS

your server for today's selections

- MUFFINS (ASK FOR OUR FLAVORS)...3.25
- HOME-BAKED CROISSANT...3.25
- HAM & CHEESE CROISSANT...6.50
- SCONES...2.50
- BANANA BREAD...(2) 3.95 (1) 1.95
- CINNAMON ROLL...4.95
- APPLE TURNOVER...3.50
- TOASTED BAGEL...3.50
- BAGEL W/ CREAM CHEESE...5.95
- ZUCCHINI BREAD...(2) 3.95 (1) 1.95