



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.

13.95

COUNTRY BISCUITS & GRAVY BREAKFAST

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

15.95

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.

16.95

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.

16.95

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.

15.95

Add Bacon or Sausage Links...3.95

Add Chicken Apple Sausage...3.95

EGG-WHITE OMELETTE

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

14.50

COWABUNGA OMELETTE

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

15.95

CHICKEN SAUSAGE & SPINACH OMELETTE

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

15.95

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.

14.95

CHORIZO SCRAMBLE BURRITO

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

14.95

GRILLED BREAKFAST BURRITO

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

14.95

WAFFLES AND FRENCH TOAST

CORN FLAKE CRUSTED FRENCH TOAST

Topped with fresh strawberries, bananas and powdered sugar.

sm 9.95 lg 14.95

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 9.95 lg 14.95

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.

7.95

Add fresh strawberries and bananas.

2.95

NUTELLA CREPE

NUTELLA WITH FRESH STRAWBERRIES AND BANANAS

Sm....6.50 Lg...8.50



TOASTED ZUCCHINI BREAD

with cream cheese

4.75

FRESH BAKED CINNAMON ROLL

with caramelized apples.

4.95

COFFEE FRENCH PRESS

SMALL...3.95 LARGE...4.95

COFFEE HAND POUR

3.50

COLD OATES

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

7.95

GRANOLA AND YOGURT

Topped with strawberries and bananas.

8.95

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

13.95

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.

13.95

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.

14.95

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.

13.95

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.

13.95

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.

14.95

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.

12.95

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.

14.95

CORNED BEEF SKILLET

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

(Saturday & Sunday Only)

15.95

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.

13.95

COUNTRY FRIED STEAK

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

18.95

BREAKFAST SPECIALS

CHEESY PARMESAN EGGS

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

14.95

CRISPY POACHED EGG BOWL

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

14.95

AVOCADO TOAST

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

15.95

SMOKED SALMON BAGEL

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

18.95

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

7.95

GREEN MILAN

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

6.50 (16oz.)

VERONA

Fresh squeezed pineapple, orange, and banana.

6.50 (16oz.)



BAKED GOODS

your server for today's selections

- MUFFINS (ASK FOR OUR FLAVORS)...2.25
- HOME-BAKED CROISSANT...3.25
- HAM & CHEESE CROISSANT...5.50
- SCONES...2.50
- BANANA BREAD...(2) 2.95 (1) 1.95
- CINNAMON ROLL...4.95
- APPLE TURNOVER...2.50
- TOASTED BAGEL...2.50
- BAGEL W/ CREAM CHEESE...3.95
- ZUCCHINI BREAD...(2) 2.95 (1) 1.95