



Welcome to Our New Home!

This restaurant would not be possible without the organic farmers and natural distributors of this area, many of whom have worked with us for more than two decades.

It is also a tribute to the thousands of folks who have turned to Holy Cow for a campus lunch, a wholesome packaged burrito, a wedding feast, or a dinner on The Eight at the Country Fair.

Enjoy and thrive!



BACK TO THE FUTURE: Hunton's Farm is making the transition from grass seed to the type of food staples once common in the Willamette Valley.

India

Our hands-down favorite food is the classic Vedic vegetarian cooking of India—exotic, light, vibrant and healthy. Mix and match these wonderful dishes to please yourself.

Red Lentil Dhal ● ▲ ■ \$4.50

Silky, mildly-spiced lentil pureé served on long-grain brown rice.

Gene Gibbs of Keizer Creek farm grows the organic apples in the apple ginger chutney served with all our Indian dishes.



Veggie Curry ● ▲ ■ \$6.75

Mixed fresh vegetables braised in a savory curry sauce, on long-grain brown rice.

Sa'ag Paneer ● ■ \$6.75

Rich, creamy spinach and Indian paneer cheese, on long-grain brown rice.

We contract with Stahlbush Island Farms in Corvallis for the organic spinach in this dish. We marry it with Nancy's organic sour cream for a silky delight.

Coconut Chickpeas ● ▲ ■ \$6.00

Garbanzos and mixed veggies simmered in a delightful coconut sauce, on long-grain brown rice.

Those plump delectable garbanzos were grown on Hunton's Farm outside Junction City.



Indian Combo Plate ● ■ \$7.25

Choose ANY TWO of the previous dishes, on long-grain brown rice.

Big Combo Plate ● ■ \$8.50

ALL FOUR of the previous dishes, on long-grain brown rice.

● Dairy ▲ Vegan ■ Gluten Free

The Middle East

Long stays in Israel, Cyprus and Egypt left us with an affinity for the flavors of the Eastern Mediterranean and beyond.

Unable to find organic pita bread that resembled the real thing, we set out to create our own.

We're happy that local flour is starting to become available.

Hummus & Pita ▲ \$4.00

Super-creamy garbanzo dip served with our handmade pita bread.

Chicken Curry ■ \$7.75

Pasture-raised local chicken simmered with potatoes and chickpeas in a rich curry broth served on long-grain brown rice.

Joe Schueller is our chicken guy. He rotates poultry and bison on a tightly integrated farm outside Scio.



Falafel ▲ \$6.50

Sizzling chickpea balls stuffed into our handmade pita bread with shredded salad, creamy tahina and cilantro hazelnut pesto.

Add hummus to your falafel for \$1.

Lemon Chicken Pita \$7.75

Grilled, marinated pasture-raised local chicken breast stuffed into our handmade pita bread along with shredded salad, creamy tahina and cilantro hazelnut pesto.

Middle Eastern Plate ● \$7.25

Hummus, falafel balls, shredded salad, Greek olives and feta cheese, served with our handmade pita bread and creamy tahina sauce.

Central America

We traveled to Costa Rica to visit our son Jesse, who was on an exchange program in a small town.

We became hooked on the black beans, chicken and rice served up by his host mother, Maribel.

Her secret recipe? Beans and chickens raised RIGHT THERE. We still follow it!

Smokey Robinson ●▲■ \$5.50

Slow-simmered, smoky black beans in a bowl of long-grain brown rice, topped with salsa, chipotle sour cream and cilantro hazelnut pesto.

Smokey the Bear ●▲ \$6.50

Smokey Robinson rolled in our handmade whole wheat tortilla.

Allen Dong, who farms in Noti, has been growing us these fantastic beans since the mid-nineties.

Arroz Con Pollo (Chicken & Rice) ■ \$7.75

(say: ah-ROS con POY-yo)

Pasture-raised local chicken and medium-grain brown rice cooked in a delicious cumin-infused broth, served with smoky black beans and slaw.

Santa Fe Burrito \$7.50

Black beans, chicken and rice rolled in our handmade whole wheat tortilla.

Fish Taco Plate ● \$7.75

Line caught Oregon red snapper served in an organic corn tortilla, topped with slaw, salsa and chipotle sour cream, with a side of smoky black beans.

The fish in our tacos is caught the old-fashioned way by Port Orford Sustainable Seafood, a three-vessel co-operative.

● Dairy ▲ Vegan ■ Gluten Free

Cow Classics

Over the years we've created dishes to take advantage of certain incredible ingredients available to us—the summer bounty of Sweet Leaf Farm, the incomparable tofu and tempeh crafted by Surata Soyfoods, or the bounty hauled in by family fishermen of the Oregon Coast.



Thai Tofu ▲ ■ \$6.75

Succulent, spicy cubes of tofu and mixed veggies braised in a peanut-ginger sauce, served on long-grain brown rice.

Veggie Volcano ▲ ■ \$6.50

A cascade of roasted and steamed veggies over long-grain brown rice, topped with rosemary-lentil sauce, creamy tahina and cilantro hazelnut pesto.

Tempeh Split ▲ ■ \$6.50

Triangles of apple-mustard baked tempeh served on garlic mashed potatoes, with braised red cabbage.

Mister Potato Head ▲ \$5.50

Garlic mashed potatoes and mixed veggies topped with our golden vegan gravy.

Magic Island ■ \$6.50

Quinoa, mashed potatoes and a broccoli forest topped with peanut sauce, crushed peanuts and gomasio.

● Dairy ▲ Vegan ■ Gluten Free

Noodles

Most cultures enjoy pasta in one form or another. Choosing our favorites wasn't easy, but here are four fine examples of what we look for in a noodle.

Pad Thai ▲ ■ \$6.75

Stir-fried rice noodles with veggies and tofu, topped with peanut sauce, crushed peanuts, and our special Sriracha sauce.

Big Asian Bowl \$5.50

Savory buckwheat soba noodles in a rich chicken broth, garnished with veggies and tofu.

That wicked organic kimchi on the side was created by our friends at Grateful Harvest Farm.

Big Miso Bowl ▲ \$5.50

Buckwheat soba noodles in a smooth, mellow miso broth, garnished with veggies and tofu.

Fredo's Alfredo ● \$6.75

Penne noodles tossed with cream, butter and parmesan, with roasted and steamed veggies.

Raising the Salad Bar

Design your personal salad, choosing from our fabulous selection of fresh organic ingredients.

OR

Check out our Daily Menu of Chef's Creations.

The produce in our salad bar is always organic.

If it's seasonal, it's local.

Our dressings are organic and house-made.

Beverages

Big Pink

Refreshing organic hibiscus tea kissed with apple juice and a dash of lemon.

\$1.50

House Coffee

Fair trade organic coffee from a cooperative farm in Oaxaca, locally roasted by our friends at Café Mam.

\$1.50

Holy Cow Chai ▲

Our own blend of organic Indian spices, English breakfast tea and soy milk, sweetened with evaporated cane juice.

\$2.50

Bottled Beverages

A rotating selection of the following drinks:
Reeds Ginger Brew, Columbia Gorge Juices, and more.

Beer & Kombucha on Tap

Check for today's choices.

Wine by the Glass

White and Red Organic Regional Wines

\$4.00



*Dave Sullivan
Sweet Leaf Organic Farm
Fall 2010*

Sides

Veggie Side

Choose from:

- Mixed roasted & steamed veggies
- Mashed potatoes
- Braised red cabbage

\$2.00

Rice

\$2.00

Quinoa

\$3.00

Pita bread

\$1.00

Tempeh triangle (each)

\$1.00

Falafel ball (each)

\$0.50

Grilled chicken skewer

\$4.75

Fish taco

\$3.75

House made salsa

\$0.50

Tahina

\$0.50

Apple ginger chutney

\$0.75

Tamarind raisin chutney

\$0.75

Banana Raita

\$0.75

Cilantro hazelnut pesto

\$0.75

Chipotle sour cream

\$0.75

Peanut sauce

\$1.25

Rosemary-Lentil sauce

\$1.50

Black beans

\$1.50

Desserts

Our Own Vegan Cookies

\$2.00

- Ginger molasses
- Chocolate chip
- Peanut butter chocolate chip
- Double chocolate & hazelnut
- Spelt chocolate chip
- Spelt raisin oatmeal

Coconut Macaroons (vegan)

\$2.00

with chocolate drizzle

7 Layer Bars (contains dairy)

\$2.00