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The Wild Cow

Menu Prices — October 24, 2026

The Wild Cow menu with prices in United States, updated January 2020: 64 items across 11 categories, prices from $2.50 to $17.70.

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The Wild Cow Menu with Prices (United States)

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Menu categories: Beverages · Desserts · Daily Special · Appetizers · Sandwiches · Salads · Tacos & Wraps · Entrée Bowls · Sides & Snacks · Kids Menu · Groceries, Hot Sauce & Merch

Beverages

ITEM	PRICE
Coconut Water	**$4.13**
Natalie's Lemonade	**$2.50**
Switter's Iced Coffee Served cold in a can	**$5.31**
Guayaki Yerba Mate Lemon Elation	**$4.25**
Natalie's Organic Orange Juice Half off today!	**$2.50**
Topo Chico Sparkling Mineral Water	**$4.13**

Desserts

ITEM	PRICE
Devil’s Food Cake	**$8.50**
Funfetti Cake Made in house by Ash of Basic.Ash.Treats	**$8.50**
Coffee Cake Made in house by Ash VVitch of Basic.Ash.Treats ALWAYS vegan!	**$6.50**
Pecan Pie	**$8.00**
GF no bake Wild “Cow Pie” Cookie No bake or boil cookie consisting of chocolate, peanut butter and oats.	**$3.50**
Spice Loaf with glazed icing and pecans	**$6.00**
Hot Cocoa Mama Cookies	**$4.00**

Daily Special

ITEM	PRICE
Special w/side Harvest Burger! Black Bean patty with a roasted sweet potato round, sunflower “goat” chz, seitan bacon bits, molasses g...	**$15.34**
Soup of the Day Spicy Minestrone. SF, NF.	**$5.31**

Appetizers

ITEM	PRICE
Nachos Gluten-free. Seasoned black and pinto beans, vegan queso, salsa verde, tomatoes, red onions, rice and vegan sour cream -...	**$11.80**

ITEM	PRICE
Buffalo Tempeh Strips Gluten-free. Tossed in buffalo sauce and served with ranch, carrot, and celery sticks.	**$9.44**
Spinach and Artichoke Dip Served with toasted pita bread and topped with cashew parmesan.	**$9.44**
Half Order Nachos Gluten-free. Seasoned black and pinto beans, vegan queso, salsa verde, tomatoes, red onions, rice and vegan sour cream -...	**$7.50**
Vegan Queso Gluten-free. Served with salsa verde and non-GMO tortilla chips.	**$8.26**
Hummus and Pita lemon-garlic hummus served with kalamata olives, paprika and lemon, carrot and celery.	**$10.62**
Small Caesar Salad w/Croutons and Cashew Parmesan Gluten-free without croutons. Fresh spinach and green leaf lettuce tossed with our caesar dressing; topped with cashew '...	**$8.26**
Hummus with Chips and Veggies lemon-garlic hummus served with kalamata olives, paprika and lemon, carrot and celery and organic blue corn chips.	**$10.62**

Sandwiches

ITEM	PRICE
Wild Reuben Your choice between seitan pastrami, grilled marinated tofu or tempeh; sauerkraut, shredded carrots, Thousand island, sp...	**$15.34**
Veggie Burger Our house made black bean patty with lettuce, tomato, onions, pickles and veganaise; served on a whole wheat bun. (Optio...	**$12.98**
Patty Melt Our black bean patty with grilled onions, BE-Hive smokehouse cheddar cheese, thousand island and spicy mustard; served o...	**$14.16**
Beyond Burger Beyond Burger w/ chef Juan's secret sauce, vegan cheddar, onion, lettuce, tomato & pickles.	**$17.70**
French Quarter Dip Portabella mushrooms, onions, and BE-Hive seitan marinated in a creole seasoning; served on a wheat hoagie with au jus d...	**$14.65**
B.L.T. Sandwich BE-Hive seitan bacon, lettuce greens, house made sunflower cheese spread, tomato and vegan mayo on wheat bread.	**$14.16**
Buffalo Grinder Grilled tofu or tempeh tossed in buffalo sauce; served with lettuce, tomato, shredded carrots, pickles, and vegan ranch...	**$14.16**
Gyro Pita Sandwich Greek seasoned BE-Hive seitan with grilled pepper and onions, tofu feta, cucumber, tomato, onion, lettuce and our house...	**$14.16**

Salads

ITEM	PRICE
Taco Salad Gluten-free. Seasoned pinto and black beans, organic blue tortilla chips, house salsa verde, tomatoes, onion, rice, vega...	**$14.16**
The Big Salad Gluten-free. Carrots, beets, broccoli, cucumbers, sprouts, avocado, tomatoes, toasted almonds, and sunflower seeds. - al...	**$14.16**
Caesar Salad Gluten-free without croutons. Fresh spinach and green leaf lettuce tossed in our house caesar dressing; topped with cash...	**$14.16**
Chickpea Salad Gluten-free. Carrots, sprouts, tomatoes, cucumbers, beets, toasted pumpkin seeds, sunflower seeds, almonds and our hous...	**$14.16**
Greek Gyro Salad gyro-seasoned BEHive seitan with grilled peppers and onions, tofu feta, cucumber, tomato, lettuce greens, and our house...	**$14.16**

Tacos & Wraps

ITEM	PRICE
Chipotle and Black Bean Burrito Chipotle chorizo seitan, black beans, tomatoes, avocado, salsa verde, spinach, rice, sour cream and vegan cheddar. Optio...	**$16.52**
Chipotle Seitan Tacos Spinach, carrots, tomatoes, vegan ranch and BE-Hive chipotle seitan, your choice of corn or flour tortilla. Served with...	**$12.98**
Sweet Potato and Black Bean Tacos Mashed sweet potatoes, black beans, lime slaw, homemade jerk sauce, and toasted pumpkin seeds. Gluten free if you choos...	**$14.16**
Buffalo Caesar Wrap Buffalo tempeh, greens, organic quinoa, sun-dried tomato, pumpkin seeds, sprouts, cashew Parmesan, and our homemade caes...	**$14.16**
Chickpea Salad Wrap Shredded carrots, tomatoes, pickles, red onions, spinach/green leaf lettuce and chickpea salad.	**$12.98**
Portabella Tacos Grilled portabella mushrooms, sun-dried tomato, sautéed kale, quinoa, sliced almonds and our housemade Caesar dressing....	**$14.16**

Entrée Bowls

ITEM	PRICE
Buffalo Beans and Greens Sautéed garlicky kale, pinto beans, organic brown rice, shredded carrots, grilled tofu, or tempeh tossed in our house bu...	**$14.16**
Lentil Bowl With seasoned lentil stew, carrots, cauliflower, onions; served over organic brown rice and topped with garlic aioli.	**$11.80**
The OG Beans and Greens Sautéed garlicky kale, pinto beans, and organic brown rice all topped with garlic aioli.	**$10.62**
Veggie Quinoa Bowl Local and organic seasonal mixed veggies from White Squirrel Farm; served over organic quinoa and topped with toasted pu...	**$16.55**
Stir-Fry Bowl Local and organic seasonal mixed veggies from White Squirrel Farm, grilled marinated tofu, sautéed garlicky kale, sesame...	**$16.52**

Sides & Snacks

ITEM	PRICE
Vegan Queso and Chips Gluten-free.	**$5.90**
Spinach Dip and Chips w/Cashew Parmesan Gluten-free, contains nuts. With tortilla chips.	**$5.90**
Side Salad Gluten-free. Beets, carrots, pumpkin seeds, and sprouts with green leaf and your choice of house dressing.	**$5.90**
Lentil Stew Gluten-free.	**$4.72**
Mixed Seasonal Veggies Gluten-free. Topped with garlic aioli. Please view our website for today’s veggies	**$5.90**
Garlicky Kale Gluten-free.	**$4.72**
Chickpea Salad (Sides & Snacks) Gluten-free.	**$4.72**
Mashed Sweet Potatoes Gluten-free.	**$4.72**

ITEM	PRICE
Black Beans Gluten-free. With vegan sour cream.	**$4.72**
Hummus Gluten-free. With chips.	**$4.72**
Pinto Beans Gluten-free. With vegan sour cream.	**$4.72**
House Salsa Verde Gluten-free. With chips.	**$4.72**
Soup of Day Please call for soup of the day	**$5.90**

Kids Menu

ITEM	PRICE
Cheesy Quesadilla Made with vegan cheddar. Choice of flour or corn tortilla. (Gluten free with corn tortilla).	**$5.90**
Carrot Sticks with Ranch	**$3.54**
Beans and Rice Small bowl of brown rice and pinto beans (with housemade vegan sour cream by request)	**$4.72**

Groceries, Hot Sauce & Merch

ITEM	PRICE
Housemade Dressing (8oz) Choose between Ranch, Ginger Miso, Cucumber Yogurt, Molasses Vinaigrette, Caesar, Thousand Island, plus our vegan Sour C...	**$6.18**