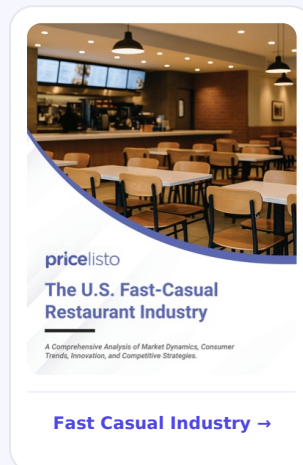




The Wild Cow

Menu Prices — August 21, 2026

Restaurant & Food Industry Reports



Competitor Price Intelligence →

Beverages

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

Desserts

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

Daily Special

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

Appetizers

ITEM	PRICE
Nachos	\$11.80
Gluten-free. Seasoned black and pinto beans, vegan queso, salsa verde, tomatoes, red onions, rice and vegan sour cream -...	
Buffalo Tempeh Strips	\$9.44
Gluten-free. Tossed in buffalo sauce and served with ranch, carrot, and celery sticks.	
Spinach and Artichoke Dip	\$9.44
Served with toasted pita bread and topped with cashew parmesan.	
Half Order Nachos	\$7.50
Gluten-free. Seasoned black and pinto beans, vegan queso, salsa verde, tomatoes, red onions, rice and vegan sour cream -...	

ITEM	PRICE
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

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

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

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

ITEM	PRICE
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