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The Wild Cow - Nashville

Menu Prices — October 25, 2026

The Wild Cow - Nashville menu with prices in United States, updated June 2023: 74 items across 11 categories, prices from $1.00 to $17.25.

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The Wild Cow - Nashville Menu with Prices (United States)

The Wild Cow - Nashville menu with prices in United States, updated June 2023: 74 items across 11 categories, prices from $1.00 to $17.25. Prices are collected by PriceListo and may vary by location. See the latest prices online at www.pricelisto.com/menu-prices/the-wild-cow-nashville

Menu categories: Picked for you · Appetizers · Salads · Sandwiches · Tacos & Wraps · Entree Bowls · Sides & Snacks · Kids Menu · Groceries, Hot Sauce & Merch · Dressings & Sauces · Brunch

Picked for you

ITEM	PRICE
Chipotle and Black Bean Burrito Chipotle chorizo seitan, black beans, tomatoes, avocado, salsa verde, spinach, rice, sour cream, and vegan cheddar. Opti...	**$17.00**
Buffalo Beans and Greens (Tofu) Sauteed garlicky kale, pinto beans, organic brown rice, shredded carrots, grilled tofu, or tempeh tossed in our house bu...	**$15.00**
Buffalo Beans and Greens (Grilled Tempeh) Sauteed garlicky kale, pinto beans, organic brown rice, shredded carrots, grilled tofu, or tempeh tossed in our house bu...	**$16.25**
The Big Salad Gluten-free. Carrots, beets, broccoli, cucumbers, sprouts, avocado, tomatoes, toasted almonds, and sunflower seeds. All...	**$15.00**
Kids Cheesy Quesadilla Made with vegan cheddar. Choice of flour or corn tortilla. (gluten-free with corn tortilla). Vegan.	**$6.00**
Buffalo Tempeh Strips Gluten-free. Tossed in buffalo sauce and served with ranch, carrot, and celery sticks. Vegan.	**$10.00**

Appetizers

ITEM	PRICE
Vegan Queso Gluten-free. Served with salsa verde and tortilla chips. Vegan.	**$8.50**
Nachos Gluten-free. Seasoned black and pinto beans, vegan queso, salsa verde, tomatoes, red onions, rice, and vegan sour cream,...	**$12.00**
Buffalo Tempeh Strips (Appetizers) Gluten-free. Tossed in buffalo sauce and served with ranch, carrot, and celery sticks. Vegan.	**$10.00**
Spinach and Artichoke Dip Served with toasted pita bread and topped with cashew parmesan. Vegan.	**$10.00**
Nachos (1/2) Gluten-free. Seasoned black and pinto beans, vegan queso, salsa verde, tomatoes, red onions, rice, and vegan sour cream...	**$8.50**
Caesar Salad with Croutons and Cashew Parmesan (Small) Gluten-free without croutons. Fresh spinach and green leaf lettuce tossed with our caesar dressing; topped with cashew p...	**$8.50**
Hummus and Pita Lemon-garlic hummus is served with kalamata olives, paprika, lemon, carrot, and celery. Vegan.	**$11.00**
Hummus with Chips and Veggies Lemon-garlic hummus served with kalamata olives, paprika and lemon, carrot and celery, and organic blue corn chips. Vega...	**$11.00**

Salads

ITEM	PRICE
The Big Salad (Salads) Gluten-free. Carrots, beets, broccoli, cucumbers, sprouts, avocado, tomatoes, toasted almonds, and sunflower seeds. All...	**$15.00**

ITEM	PRICE
Taco Salad Gluten-free. Seasoned pinto and black beans, organic blue tortilla chips, house salsa verde, tomatoes, onion, rice, vega...	**$15.00**
Greek Gyro Salad Gyro-seasoned behaves seitan with grilled peppers and onions, tofu feta, cucumber, tomato, lettuce greens, and our house...	**$15.00**
Caesar Salad Gluten-free without croutons. Fresh spinach and green leaf lettuce tossed in our house caesar dressing; topped with cash...	**$15.00**
Chickpea Salad Gluten-free. Carrots, sprouts, tomatoes, cucumbers, beets, toasted pumpkin seeds, sunflower seeds, almonds, and our hous...	**$15.00**

Sandwiches

ITEM	PRICE
Wild Reuben (Grilled Tofu) Your choice between seitan pastrami, grilled marinated tofu, or tempeh; sauerkraut, shredded carrots, thousand islands,...	**$16.00**
Wild Reuben (Seitan Pastrami) Your choice between seitan pastrami, grilled marinated tofu, or tempeh; sauerkraut, shredded carrots, thousand islands,...	**$16.00**
Wild Reuben (Grilled Tempeh) Your choice between seitan pastrami, grilled marinated tofu, or tempeh; sauerkraut, shredded carrots, thousand islands,...	**$17.25**
Patty Melt Our black bean patty with grilled onions, behave smokehouse cheddar cheese, thousand islands, and spicy mustard; is serv...	**$15.00**
Veggie Burger Our house-made black bean patty with lettuce, tomato, onions, pickles, and veganaise; is served on a whole wheat bun. Op...	**$13.00**
French Quarter Dip Portabella mushrooms, onions, and behave seitan marinated in a creole seasoning; served on a wheat hoagie with au jus di...	**$15.00**
BLT Sandwich Beehive seitan bacon, lettuce greens, house-made sunflower cheese spread, tomato, and vegan mayo on wheat bread. Vegan....	**$15.00**
Buffalo Grinder (Tofu) Grilled tofu or tempeh tossed in buffalo sauce; served with lettuce, tomato, shredded carrots, pickles, and vegan ranch...	**$15.00**
Buffalo Grinder (Grilled Tempeh) Grilled tofu or tempeh tossed in buffalo sauce; served with lettuce, tomato, shredded carrots, pickles, and vegan ranch...	**$16.25**
Gyro Pita Sandwich Greek seasoned behave seitan with grilled pepper and onions, tofu feta, cucumber, tomato, onion, lettuce, and our house...	**$15.00**
Beyond Burger Chef Juan's secret BBQ sauce, vegan cheddar, onion, lettuce, tomato, and pickles. Gluten free with no bun....	**$17.00**

Tacos & Wraps

ITEM	PRICE
Chipotle and Black Bean Burrito (Tacos & Wraps) Chipotle chorizo seitan, black beans, tomatoes, avocado, salsa verde, spinach, rice, sour cream, and vegan cheddar. Opti...	**$17.00**
Sweet Potato and Black Bean Tacos Mashed sweet potatoes, black beans, lime slaw, homemade jerk sauce, and toasted pumpkin seeds. Gluten-free if you choose...	**$15.00**
Buffalo Caesar Wrap Buffalo tempeh, greens, organic quinoa, sun-dried tomato, pumpkin seeds, sprouts, cashew parmesan, and our homemade caes...	**$15.00**
Portabella Tacos Grilled portabella mushrooms, sun-dried tomato, sautéed kale, quinoa, sliced almonds, and our housemade caesar dressing....	**$15.00**
Chickpea Salad Wrap Shredded carrots, tomatoes, pickles, red onions, spinach, green leaf lettuce, and chickpea salad. Vegan. All tacos and w...	**$13.00**

ITEM	PRICE
Chipotle Seitan Tacos Spinach, carrots, tomatoes, vegan ranch, and behave chipotle seitan, your choice of corn or flour tortilla. Served with...	**$13.00**

Entree Bowls

ITEM	PRICE
Buffalo Beans and Greens (Tofu) (Entree Bowls) Sauteed garlicky kale, pinto beans, organic brown rice, shredded carrots, grilled tofu, or tempeh tossed in our house bu...	**$15.00**
Buffalo Beans and Greens (Grilled Tempeh) (Entree Bowls) Sauteed garlicky kale, pinto beans, organic brown rice, shredded carrots, grilled tofu, or tempeh tossed in our house bu...	**$16.25**
Stir-Fry Bowl Local and organic seasonal mixed veggies from white squirrel farm, grilled marinated tofu, sauteed garlicky kale, sesame...	**$16.00**
The OG Beans and Greens Sauteed garlicky kale, pinto beans, and organic brown rice all topped with garlic aioli.	**$11.00**
Lentil Bowl Served with seasoned lentil stew, carrots, cauliflower, and onions; served over organic brown rice and topped with garli...	**$12.00**
Veggie Quinoa Bowl Local and organic seasonal mixed veggies from white squirrel farm; served over organic quinoa and topped with toasted pu...	**$16.00**

Sides & Snacks

ITEM	PRICE
Chickpea Salad (Sides & Snacks) Gluten-free. Vegan.	**$5.00**
Side Salad Gluten-free. Beets, carrots, pumpkin seeds, sprouts with green leaves, and your choice of house dressing. Vegan....	**$6.00**
Mashed Sweet Potatoes Gluten-free. Vegan.	**$5.00**
Garlicky Kale Gluten-free. Vegan.	**$5.00**
Lentil Stew Gluten-free. Vegan.	**$5.00**
Vegan Queso and Chips Gluten-free. Vegan.	**$6.00**
Pinto Beans Gluten-free. Served with vegan sour cream. Vegan.	**$5.00**
Black Beans Gluten-free. Served with vegan sour cream. Vegan.	**$5.00**
House Salsa Verde Gluten-free. Served with chips. Vegan.	**$5.00**
Spinach Dip and Chips with Cashew Parmesan Gluten-free, contains nuts. Served with tortilla chips. Vegan.	**$6.00**
Hummus Gluten-free. Served with chips. Vegan.	**$5.00**

Kids Menu

ITEM	PRICE

Kids Cheesy Quesadilla (Kids Menu) — $6.00
Made with vegan cheddar. Choice of flour or corn tortilla. (gluten-free with corn tortilla). Vegan.

Kids Beans and Rice — $5.00
A small bowl of brown rice and pinto beans (with housemade vegan sour cream by request). Vegan.

Kids Carrot Sticks with Ranch — $4.00

Kids Fruit Bowl — $5.00
Granny Smith apple and banana slices topped with cinnamon

Elvis Toast — $5.00
Whole wheat toast topped with natural sun butter, banana, and cinnamon

Groceries, Hot Sauce & Merch

ITEM	PRICE
Housemade Dressing (8 oz) Choose between ranch, ginger miso, cucumber yogurt, molasses vinaigrette, caesar, thousand islands, plus our vegan sour...	$7.00

Dressings & Sauces

ITEM	PRICE
Side of Dressing All house-made, vegan, and gluten free.	$1.00
Side of Queso (No Chips) Just our house-made vegan queso, no chips. Gluten free.	$3.00
Side of Buffalo Sauce	$2.50
Side of Salsa (No Chips) Just a side of our house-made salsa verde without chips. Gluten free.	$3.00
Side of Teriyaki BBQ Sauce	$1.50
Side of A-Juan BBQ Sauce	$1.50

Brunch

ITEM	PRICE
Classic Pancakes with maple syrup & vegan butter	$10.00
Bizkit and Country Gravy A Guerilla Bizkit with Dry Guy's Country Gravy & housemade seitan sausage	$9.00
Tofu-Cauliflower Scramble	$4.00
Tempeh Bacon	$4.00
Coconut Mango Sticky Rice Pudding	$4.00
Seitan Bacon	$4.00
Apple-Fennel Sausage	$4.00
Guerilla Bizkit with vegan butter	$4.00
Elvis Toast Whole wheat toast topped with natural sun butter, banana, and cinnamon	$5.00