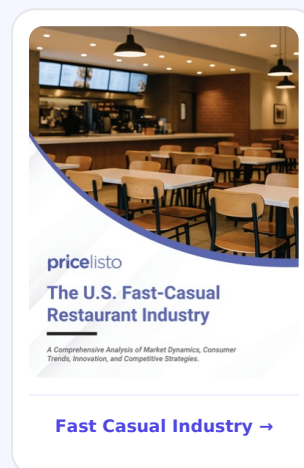




The Wild Cow - Nashville

Menu Prices — August 21, 2026

Restaurant & Food Industry Reports



Competitor Price Intelligence →

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
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
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

ITEM	PRICE
Stir-Fry Bowl	\$16.00
Local and organic seasonal mixed veggies from white squirrel farm, grilled marinated tofu, sauteed garlicky kale, sesame...	
The OG Beans and Greens	\$11.00
Sauteed garlicky kale, pinto beans, and organic brown rice all topped with garlic aioli.	
Lentil Bowl	\$12.00
Served with seasoned lentil stew, carrots, cauliflower, and onions; served over organic brown rice and topped with garli...	
Veggie Quinoa Bowl	\$16.00
Local and organic seasonal mixed veggies from white squirrel farm; served over organic quinoa and topped with toasted pu...	

Sides & Snacks

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

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