



Grassy Cow Menu Options

Breakfast Menu

Hot Items



3.50 Breakfast Egg Muffins – Freshly prepared eggs, meats and vegetables, cooked as a muffin and served warm (*Paleo friendly*).

Choose from any of these delicious combinations:

- Broccoli and Cheddar Cheese
- Ham and Cheddar Cheese
- Jalapeno Popper
- Mushroom, Pepper and Spinach
- Spinach and Parmesan
- Sun-Dried Tomato, Parmesan and Spinach



4.50 Breakfast Casserole – Fresh eggs, breakfast sausage, sweet potato, spinach and a touch of jalapeno for a little wake-me-up in the morning. Served warm (*Paleo friendly*).



5.00 Quinoa Breakfast Cereal – This is NOT your parents oatmeal. Freshly prepared cereal of quinoa with vanilla and cinnamon, and served with fresh berries, shredded coconut, and nuts. Served hot in a buffet style, or can be prepared ahead of time, and delivered refrigerated in compostable individual 12oz containers (toppings served on side). Reheat and enjoy. Compostable spoons provided. (*Paleo friendly*)



Cold Items

3.50 Strawberry Chia Seed Pudding – Freshly prepared. Strawberries, coconut milk, chia seeds, honey, maple syrup and cinnamon. Topped with fresh berries, coconut and walnuts. Makes a delicious breakfast or snack food. Served in compostable individual 12oz containers. Compostable spoons provided. (*Paleo friendly*)



3.50 Apple Pie Chia Seed Pudding – Freshly prepared. Apples, coconut milk, chia seeds, honey, maple syrup and cinnamon. Topped with walnuts and fresh fruit. A delicious breakfast or snack food. Served in compostable individual 12oz containers. Compostable spoons provided. (*Paleo friendly*)



4.50 Fresh Fruit Tray - Fresh Strawberries, Raspberries, Blueberries, sliced Honeydew Melon and Cantaloupe. Served with a choice of organic scratch made vanilla, or fresh raspberry-lime fruit dipping sauce (*Paleo friendly*)



Baked Goods (from [Sugarmamas Baking](#))

3.00 Applesauce Cake – Fresh baked and served with vanilla sauce

3.00 Lemon Raspberry Scones - Fresh Lemon and Raspberries (available gluten free)

3.00 Coffee Cake – Topped with brown sugar, pecans and cinnamon

Beverages

1.50 Coffee / Tea Service – Local and organic, Fresh roasted and brewed coffee and a variety of teas. Served with all standard condiments. Compostable cups provided.

Trays and Snacks Menu



Bourbon Meatballs – Fresh prepared all beef meatballs covered in a sweet and savory bourbon sauce. **4.00**



Mac and Cheese Cups – Macaroni and cheese muffins baked to perfection. **2.50**



Pimento Cheese Deviled Eggs – A twist on an old classic. Freshly prepared and delicious. **3.00**



Hot Brown Sliders – A delicious and buttery slider that pays tribute to the classic Kentucky Hot Brown. Made with sliced turkey, fresh tomato, crisp bacon and a homemade white cheddar cheese gravy that is to die for. **6.00**



Crab Stuffed Mushrooms - Crab-stuffed mushrooms are an appetizer fit for any finger-food occasion! **4.00** (*Paleo friendly*).



Spanakopita – The classic Greek appetizer! Fresh and delicious! **4.00**



Bacon Wrapped Shrimp Dates – As the name says, bacon, wrapped around a shrimp, with a sweet Medjool date inside for a sweet and savory treat. **4.00** (*Paleo friendly*).

Vegetable Tray - Seasonal fresh vegetables served with fresh Paleo Lemon Basil Pesto Sauce on the side. **4.00** (*Paleo friendly*).

Relish Tray - Stuffed olives, carrot, celery, cucumber sticks, radish, pickled green beans, mini gerkins, and artichoke hearts. Served with ranch dip. **3.50**



Fresh Fruit Tray - Fresh Strawberries, Raspberries, Blueberries, Blackberries, and Pineapple. Served with organic scratch made vanilla and fresh raspberry-lime fruit dipping sauce. **4.75** (*Paleo friendly*).



Cheese Tray - A variety of cubed cheeses. Served with grapes and crackers. **3.50**



Lunch and Dinner

Appetizers

BLT Endive bites – Endive filled with bacon, chives and sliced cherry tomato. Tossed in oil and vinegar - **3.50** (*Paleo friendly*).

Ginger Pork Meatballs – Fresh baked with pork, ginger and carrot. Topped with garlic sesame sauce – **3.50** (*Paleo friendly*).



Bacon Wrapped Shrimp Dates – Shrimp tossed in cayenne pepper, wrapped with bacon and a medjool date and baked - **4.00** (*Paleo friendly*).



Crab Stuffed Mushrooms – Fresh mushrooms stuffed with crab, veggies, and baked - **4.00** (*Paleo friendly*).



Spanikopita – Classic recipe with phyllo, cheese and spinach, then baked to perfection - **4.00**



Bourbon Meatballs – Fresh made beef and pork meatballs drizzled with a tangy bourbon sauce - **4.00**



Risotto Balls with Marinara – A classic Italian appetizer - **2.50**



Mac & Cheese Cups – Simple and tasty - **2.50**



Pimento Cheese Deviled Eggs – A twist on a southern tradition - **3.00**

Salads

Organic Spring Salad – Mixed greens, shredded carrot and red onion, sliced cherry tomatoes, cranberries, and sliced almonds. Tossed with fresh-made organic raspberry vinaigrette. **3.00** (*Paleo friendly*).

Fresh Caesar Salad - Fresh romaine lettuce tossed with scratch made Caesar dressing, topped with shaved parmesan cheese. **3.50**

Apple, Kale, Cabbage and Blueberry Salad – Tossed with fresh-made apple cider vinegar, olive oil, and honey dressing. **4.00** (*Paleo friendly*).

Arugula Orange Salad – Arugula, sliced orange, almonds. Tossed with Lime-Cilantro Dressing **3.00** (*Paleo friendly*).



Cucumber Mango Salad – Fresh Mango, cucumber and red onion. Tossed with citrus and jalapeno vinaigrette **4.00** (*Paleo friendly*).

Chopped Kale Salad – Tossed with Cranberries, Feta, and Walnuts and served with fresh made honey and lemon vinaigrette– **3.75**

*All salads include freshly baked gluten free garlic and herb focaccia bread.

Entrees

Baked Chicken Parmesan – Fresh made and breaded, topped with fresh basil and mozzarella, then baked - **4.50**



Cuban Pork Roast – Pork roast marinated 24 hours in a blend of citrus and spices, then baked until fork tender - **5.00** (*Paleo friendly*).

Garlic Chive Pork Chops – Fresh pork chops baked with garlic, parmesan and spices - **5.50**
Sirloin Vegetable Skillet – **7.00** (*Paleo friendly*).



Almond Butter Chicken (can be made vegetarian) – Chicken breast over a bed of fresh sautéed zucchini noodles, carrots and sprouts tossed in an almond butter sauce (can substitute tofu for chicken) **6.00** (*Paleo friendly*).



Fish Cakes with Arugula Salad – Fresh made fish cakes with green onion and spices. Served with a balsamic and Dijon arugula salad– **6.00** (*Paleo friendly*).



Lemon Pepper Chicken – Chicken breast breaded and baked and topped with lemon pepper sauce - **6.50** (*Paleo friendly*).

Lime–Cilantro Salmon - Fresh local salmon topped with a lime and cilantro garlic sauce and baked to perfection– **8.00** (*Paleo friendly*).

Spaghetti and Meatballs – The classic Italian dinner. Fresh made meatballs and tomato sauce. **4.50**



Baked Ziti with Sausage – Ziti pasta in fresh made tomato sauce and fresh local sausage. Topped with cheese and baked- **4.00**



Hot Brown Sliders – Sweet rolls topped with sliced turkey, tomato and bacon, then covered in garlic cheese sauce and baked. Amazing! **5.50**

BBQ Pulled Pork – Locally sourced pork shoulder slow cooked with homemade BBQ sauce. **4.50**

Sides

Garlic Mashed Potatoes – **2.50**

Roasted Red Potatoes – **2.50**

Garlic Broccolini – **2.50** (*Paleo friendly*).

Balsamic Mushrooms – **3.00** (*Paleo friendly*).

Mustard and Bacon Potato Salad – **3.00** (*Paleo friendly*).

Garlic Bread – **2.75**

Gluten Free Garlic Herb Focaccia Bread – **3.00** (*Paleo friendly*).

Fettucini Alfredo – **4.00**

Garlic and Herb Butternut Squash – **4.50** (*Paleo friendly*).

Black Beans and Rice – **5.00**

Mushroom and Cauliflower Risotto – **5.00** (*Paleo friendly*).

Traditional Cole Slaw – **2.00**

Desserts

Scratch made desserts by [Sugarmamas Baking](#)

Chocolate Brownie Delights – **1.50**

Lemon Sugar Cookies – **1.50**, Gluten Free - **2.00**

Dark Chocolate Shortbread Cookies – **1.75**

Strawberry Shortcake Cookies – Gluten free - **2.00**

Gluten Free Trifle – Made with Fresh Blueberries, Raspberries, and Whipped Cream – **3.50**

Vanilla Custard Mini Tarts – Three-inch tart topped with fresh berries - **3.50**

Caramel Cake – **4.50**



Beverage Options

1.50 Coffee / Tea Service – Local and organic, Fresh roasted and brewed coffee and a variety of teas. Served with all standard condiments. Compostable cups provided.

Assorted pop and soft drinks – Choose from Coke or Pepsi products, 7up, Root Beer, Ginger Ale, and a variety of Citrus flavors – **2.00**

Infused waters – **1.00** per person per flavor

- 1) Pineapple, purple grapes, orange, lemon, and lime
- 2) Cucumber, lemon and cilantro
- 3) Grapefruit and rosemary
- 4) Mango and Mint
- 5) Strawberry Lemon

*The Grassy Cow does not sell or provide alcohol service.