



Located at 111 Main St, downtown Springfield inside Swallowtail Spirits.

Open Tuesday – Saturday 11am – 7pm

Call 541-735-8808. to place your order for takeout.

The Grassy Cow also caters. Visit our website grassycow.net for more information, or call us to book your private event.

Appetizers

Bacon Wrapped Shrimp – Jumbo shrimp tossed in Cayenne Pepper, wrapped in a date and bacon, then broiled **8.50**

Veggie Stuffed Mushrooms – Fresh Cremini mushrooms stuffed with a blend of red onion, sun-dried tomatoes, garlic, parsley and cream cheese. Topped with parmesan and broiled. **8.00**

Ginger Pork Meatballs – Fresh ground pork, ginger, spices and minced zucchini. Baked and served with a ginger/garlic dipping sauce on the side. **8.50**

Small Plates

Tomato Basil Soup & Grilled Cheese – Vegetarian friendly. Fresh tomatoes blended with fresh basil and spices. Served with sharp white cheddar grilled cheese on sourdough. - **11.00**. Cup of soup only – **4.00**, Bowl of soup only – **6.00**

House Bacon Burger – Grass-fed beef cooked to order. Served on a house-made bun. Topped with bacon and a choice of pepper jack, or sharp white cheddar. Served with mayo, Dijon, lettuce, tomato, onion, and house-made grainy mustard and bacon potato salad. **12.00**

Zucchini Alfredo – Fresh zucchini noodles sautéed in olive oil with red bell pepper and onion. Topped with a delicious, Keto friendly alfredo sauce. **9.00**

Buffalo Chicken Salad Grilled Cheese – Fresh prepared spicy buffalo chicken salad on sourdough bread with Gouda and tomato. Served with spinach, apple and artichoke heart salad. **10.00**

Grassy Cow Yoga Bowl – Spaghetti squash, broccoli, and kale tossed in a ginger, garlic, and tahini butter sauce. Topped with red pepper flakes and sesame seeds. **9.00**

Spicy Beef Tacos – Fresh prepared spicy shredded beef on fresh local tortillas. Topped with arugula, sour cream and fresh cilantro. Served with locally made Kabocha salsa. **10.00** With Keto-friendly tortillas – **11.00**

Desserts

NY Cheesecake – Scratch made NY cheesecake, served plain or with a choice of dark chocolate, salted caramel, or southern pecan sauce. **6.00**

Keto NY Cheesecake - The ultimate low carb cheesecake dessert! Rich, creamy and flavorful. Served plain (3 total carbs), or with low carb hot fudge (4.5 total carbs). **7.00**

*Consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk of food-borne illness. *