

## COLD DRINKS

### JUICE

- Fresh Squeezed Orange - 4.00
- Cranberry - 2.00
- Tomato - 2.00

### SODA

- Coke - 2.00
- Diet Coke - 2.00
- Sprite - 2.00
- Ginger Ale - 2.00

### OTHER

- Izze Sparkling Juice - 2.00
- Iced Tea - 2.00
- Lemonade - 2.00
- Milk or Soy Milk - 2.00
- San Pellegrino Sparkling Water - 3.50

## HOT DRINKS

### TEA

- American Breakfast - 2.50
- Organic Earl Grey - 2.50
- Chamomile Citrus Blossom - 2.50
- Hojicha Green - 2.50
- Mountain Jasmine - 2.50
- Mint Mélange - 2.50

### COFFEE

- Coffee - 2.00
- Americano - 2.50
- Espresso - 2.00
- Cappuccino - 3.00
- Latte - 3.00
- Mocha - 3.50

### OTHER

- Hot Chocolate - 3.00



## LUNCH

11:00 – 2:00

4605 Olive Street  
Saint Louis, MO 63108  
314 • 454 • 6868  
[www.bowoodfarms.com](http://www.bowoodfarms.com)

## SALADS

Caesar  
romaine lettuce, parmesan cheese crouton  
anchovy rich Caesar dressing  
8.00

The Wedge  
crisp lettuce, vegetable confetti of red onion  
peppers and tomato, crumbled Nueske bacon  
your choice of dressing  
8.00

The Garden Greens  
mixed greens and vegetables  
your choice of dressing  
5.00

add roasted chicken, grilled tuna  
grilled shrimp or grilled vegetables  
5.00

## PLATES

Smoked Trout Plate  
house smoked Missouri trout  
horseradish and dill crème fraiche  
with pumpernickel toast  
9.50

Mediterranean Plate  
eggplant caponata, couscous salad  
hummus, herbed goat cheese, olives  
with pita points  
9.00

Fruit Plate  
selection of seasonal fruit  
orange and honey infused yogurt  
with fresh baked muffin  
9.00

Gardener's Plate  
selection of seasonal fruit and vegetables  
bison summer sausage  
with artisan cheese and bread  
9.00

## SANDWICHES

Open Faced Egg Salad  
lettuce and sprouts  
on pumpernickel toast  
8.00

Veggie Wrap  
grilled vegetables and goat cheese  
wrapped in a basil tortilla  
8.00

Roasted Chicken Sandwich  
roasted chicken, lettuce  
herb mayonnaise  
on lemon olive bread  
9.50

Brie, L, T...  
Nueske bacon, melted brie cheese  
arugula, tomato marmalade  
on whole wheat crostini  
9.50

Reuben  
house made corned beef, sauerkraut  
Swiss cheese, Russian dressing  
on grilled pumpernickel bread  
9.50

Pulled Pork Sandwich  
house smoked, slow roasted pork shoulder  
Carolina style sauce, crunchy slaw  
on ciabatta roll  
9.50

Osage Bison Cheese Burger  
grilled medium rare, your choice of cheese  
on ciabatta roll  
9.50

Fresh Tuna Sandwich  
grilled medium rare, lettuce and tomato  
Japanese style 1000 island dressing  
on a whole wheat roll  
10.50