



### AAA CANADIAN BEEF

Holy Cow Steakhouse focuses heavily on the quality of ingredients and only source the best kind of beef available. AAA Canadian beef is the highest quality of beef with the most amount of marbling graded in Canada aside from prime. The amount of marbling lends to the steaks' overall flavour, richness, and buttery texture.

**リブアイス テーキ** RIB EYE STEAK (AAA) \$4.30/oz (min. 10 oz)

**SIDE DISHES** \$2.00/extra side  
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**テンダーロイン** TENDERLOIN STEAK (AAA) \$4.70/oz (min. 7 oz)

**CHOOSE YOUR CUT**

Rib Eye steak is the benchmark of marbling as it has the most amount of marbling compared against all cuts. The high degree of marbling leaves the steak incredibly tender, flavourful, and juicy that produces a wondrous sizzling platter experience.

**ストリップロイ** STRIP LOIN STEAK (AAA) \$3.70/oz (min. 10 oz)  
A delicious mixture of beef brisket, potatoes, and carrots are cooked together in a signature Japanese curry until they are melt in your mouth tender.  
\$15.99 w/ rice \$16.99 w/ udon

**和牛ステ** WAGYU (min. 5 oz) \$8.20/oz

Striploin, being more tender than ribeyes and more flavourful than tenderloins, strikes a perfect balance right in the middle. The great combination of richness and buttery texture making the striploin steak the best reference for the quality of beef.

**カーロイン** SIRLOIN STEAK (AAA) \$3.50/oz (min. 7 oz)

Wagyu is the world-renowned breed of Japanese cattle known for its special marbling qualities that produces the most premium cuts of beef.

The extreme marbling found throughout the entire steak leads to exploding amount of flavour and outrageous tenderness in each bite.

**サイコロ** ASSORTED DICE CUT STEAK \$30.00/ 10oz  
Dice cut steak is a favourite among kids and adults alike as the tender bite sized cubes of steak are packed with flavour.

**Recommended Items**

**前菜**  
APPETIZERS

VEGETARIAN

リブアイス テーキ  
LAVA CHEESE HAMBURGER STEAK \$24.99  
A Holy Cow creation, the lava cheese hamburger steak is made with freshly ground meat with a cheese center and paired with Holy Cow's own homemade cheese sauce to pour over. Served with side dishes.

**サイド**  
SIDES

CHICKEN WINGS \$17.99  
MIXED MUSHROOM \$17.99  
KARAAGE \$18.99  
GRILLED SHRIMP \$18.99  
CURRY POUTINE \$19.50  
JAPANESE POUTINE \$19.50  
GRILLED SALMON \$24.99  
OKONOMIYAKI \$24.99  
ADD ON: SHRIMP \$4.00 CHICKEN \$3.00 BEEF \$3.00

**スープ & サラダ**  
SOUP & SALAD

GREEN SALAD \$5.99  
SMOKED SALMON SALAD \$12.99  
WAKAME SALAD (SEAWEED SALAD) \$13.99  
STEAK SALAD \$15.99

**サイコロ**  
ASSORTED DICE CUT STEAK \$30.00/ 10oz

**GREEN SALAD**  
Choice of dressing:  
Yuzu Sesame Mustard & Soy Sesame Creamy Italian

Please let us know if you have any food allergies or dietary restrictions.