

## STARTERS

### LETTUCE WRAPS

SAUTEED CHICKEN, SOY SAUCE, WATER CHESTNUTS,  
MUSHROOMS AND GREEN ONIONS SERVED WITH CRISP ROMAINE.

**8.50**

### GRILLED ARTICHOKE

SERVED WITH WHOLE GRAIN MUSTARD AIOLI.

**8.95**

### POTATO SKINS

POTATO WEDGES TOPPED WITH CHEDDAR CHEESE,  
BACON, GREEN ONIONS AND SOUR CREAM.

**6.95**

### BEER BATTERED ONION RINGS

SERVED WITH HONEY MUSTARD.

**7.50**

## SALADS

### HOUSE SALAD

ROMAINE LETTUCE, RAISINS, SPROUTS, SUNFLOWER SEEDS, BALSAMIC VINAIGRETTE AND CRISPY THINGS	FULL	7.95		HALF	5.95
					ADD GRILLED CHICKEN
					3.95

### CAESAR SALAD

CRISP ROMAINE LETTUCE, MARINATED TOMATO, PARMESAN CHEESE AND CAESAR DRESSING.....	FULL	9.50		HALF	7.50
					ADD GRILLED CHICKEN
					3.95

### CRISPY HONEY CHICKEN SALAD

BREADED CHICKEN BREAST PAN SEARED AND SERVED OVER CRISP ROMAINE WITH TOASTED ALMONDS, CRISPY THINGS AND HONEY-MUSTARD DRESSING TOPPED WITH RED BELL PEPPERS. . . . .	FULL	12.95		HALF	8.95
---	------	-------	--	------	------

### BBQ CHICKEN SALAD

ROASTED BBQ CHICKEN TOSSED WITH CRISP ROMAINE, JICAMA, CORN, BLACK BEANS, TOMATOES AND RANCH DRESSING TOPPED WITH TORTILLA STRIPS.....	FULL	12.95		HALF	8.95
---	------	-------	--	------	------

### WONTON CHICKEN SALAD

ROASTED CHICKEN TOSSED WITH CRISP ROMAINE, WONTONS, TOASTED ALMONDS, CRISPY THINGS MANDARIN ORANGES AND A SWEET SESAME DRESSING.....	FULL	12.95		HALF	8.95
---	------	-------	--	------	------

### CALIFORNIA CHICKEN SALAD

ROASTED CHICKEN TOSSED WITH CRISP ROMAINE, RAISINS, CANDIED PECANS, MANDARIN ORANGES, GRANNY SMITH APPLES, AVOCADO, BLUE CHEESE AND A CITRUS VINAIGRETTE.....	FULL	13.95		HALF	9.95
--	------	-------	--	------	------

### WARM SALMON SPINACH SALAD

FRESH BABY SPINACH, SAUTEED SALMON, CAPERS, ONIONS AND RED PEPPERS TOSSED WITH AN HERB VINAIGRETTE.....					14.95
---	--	--	--	--	-------

### SESAME CRUSTED AHI TUNA SALAD

FRESH AHI TUNA LIGHTLY SPRINKLED WITH SESAME SEEDS, SEARED MEDIUM RARE AND SERVED OVER MIXED GREENS WITH PICKLED GINGER, MANGO AND A SEMI-SWEET VINAIGRETTE.....					14.95
---	--	--	--	--	-------

# HOMESTYLE FAVORITES

## OVEN ROASTED TURKEY

TURKEY BREAST WITH GRAVY, CRANBERRY SAUCE, APPLE STUFFING, MASHED POTATOES AND CHEF'S VEGETABLES.....14.95

## GROUND ANGUS SIRLOIN STEAK

10 OZ. GROUND ANGUS SIRLOIN GRILLED. TOPPED WITH SAUTEED MUSHROOMS AND ONIONS SERVED WITH FRIES.....13.95

## HOUSE-MADE MEATLOAF DINNER

MEATLOAF SLICED AND TOPPED WITH BROWN GRAVY. SERVED WITH MASHED POTATOES AND CHEF'S VEGETABLES.....13.95

## BEEF STROGANOFF

BEEF SIMMERED IN A BROWN SAUCE WITH SOUR CREAM, MUSHROOMS AND GREEN ONIONS. SERVED OVER PENNE.....12.95

**SEAFOOD**

**GRILLED SALMON WITH FRESH FRUIT SALSA**  
ATLANTIC SALMON GRILLED AND TOPPED WITH FRESH FRUIT SALSA OF THE DAY.  
SERVED WITH JASMINE RICE AND A MIXED FIELD SALAD.  
18.95

**CRAB CAKE DINNER**  
CRAB CAKES SEARED AND SERVED WITH SPINACH SALAD, ROASTED TOMATOES AND MUSTARD AIOLI.  
16.95

**ALMOND CRUSTED SANDDABS**  
PACIFIC SANDDABS CRUSTED WITH ALMONDS AND SEASONED BREAD CRUMBS. PAN-SEARED,  
AND TOPPED WITH LEMON BUERRE BLANC. SERVED WITH JASMINE RICE AND CHEF'S VEGETABLES.  
16.95

## FILET MIGNON COUNTRY FRIED STEAK

BREADED, FRIED AND TOPPED WITH COUNTRY GRAVY. SERVED WITH MASHED POTATOES AND CHEF'S VEGETABLES.....17.95

## STEAK NEW ORLEANS

GRILLED FLANK STEAK TOPPED WITH GREEN PEPPERCORN MUSHROOM GRAVY. SERVED WITH MASHED POTATOES, CHEF'S VEGETABLES AND WARM CORN PUDDING OR CORN BREAD.....16.95

## PETIT FILET MIGNON (6OZ.)

GRILLED TO ORDER AND SERVED WITH TARRAGON HOLLANDAISE, MASHED POTATOES AND CHEF'S VEGETABLES.....19.95

## FISH AND CHIPS

TEMPURA FRIED ICELANDIC COD SERVED WITH JALAPENO TARTAR SAUCE, FRIES AND HAWAIIAN COLESLAW.....11.95

## TEMPURA SHRIMP AND CHIPS

JUMBO SHRIMP DEEP FRIED AND SERVED WITH FRIES, HAWAIIAN COLESLAW AND COCKTAIL SAUCE.....12.95

## BLACK COW BURGERS

SERVED WITH YOUR CHOICE OF HOUSE SALAD, CAESAR SALAD OR FRENCH FRIES. WITH ONION RINGS OR CHILI FRIES ADD...1.95

### BLACK COW CHEESEBURGER

GRILLED CHOICE GROUND BEEF PATTY WITH LETTUCE, TOMATO, PICKLES, GRILLED ONIONS, RELISH, MAYO, CHEDDAR CHEESE AND KETCHUP ON A SESAME SEED BUN.  
11.50

### CHIPOTLE BLACK BEAN BURGER

GRILLED RICE, BLACK BEAN AND VEGGIE PATTY ON A SESAME SEED BUN WITH CHIPOTLE MAYO, RED ONION, ORTEGA CHILE, LETTUCE, TOMATO AND AVOCADO.  
12.95

### TURKEY-PORTOBELLO BURGER WITH SMOKED MOZZARELLA

GRILLED TURKEY PATTY AND PORTOBELLO MUSHROOMS WITH MUSTARD-MAYO, ARUGULA, ONION, TOMATO AND SMOKED MOZZARELLA ON A POTATO BUN.  
13.95

### GRILLED AHI BURGER

FRESH GRILLED AHI STEAK SERVED ON A POTATO BUN WITH CRISP ARUGULA, TOMATO, RED ONION AND WASABI-MAYO.  
13.95

### ANGUS BEEF BURGER WITH MAYTAG BLUE CHEESE

GRILLED ANGUS PATTY WITH BACON, ARUGULA, CARAMELIZED ONIONS MAYTAG BLUE CHEESE AND MUSTARD-MAYO ON A POTATO BUN.  
13.95

## BORDER FAVORITES

### PANCHO'S FISH TACOS

TEMPURA FRIED OR GRILLED ICELANDIC COD AND NU-MEX SLAW ON WARM FLOUR TORTILLAS WITH MAYO AND PICO DE GALLO. SERVED WITH RICE AND 3-BEAN CHILI.  
11.95

### COW'S SHORT RIB TACOS

BRAISED SHORT RIBS SLOW ROASTED AND SERVED ON WARM CORN TORTILLAS WITH AVOCADO SALSA AND YOUR CHOICE OF HOUSE OR CAESAR SALAD.  
11.50

### ENCHILADA SUIZAS

SEASONED ROASTED CHICKEN, ONIONS, CILANTRO AND MELTED JALAPENO JACK CHEESE IN CORN TORTILLAS WITH PICO DE GALLO. SERVED WITH RICE AND 3-BEAN CHILI.  
12.95

## BOWLS OF COMFORT

SERVED WITH WARM FOCACCIA BREAD

### FRENCH ONION SOUP

TOPPED WITH MELTED GRUYERE  
6.50

### 3-BEAN CHILI

WITH WARM CORN BREAD OR CORN PUDDING  
BOWL 8.95 CUP 6.95

### SOUP OF THE DAY

ASK FOR TODAY'S SELECTION  
BOWL 6.95 CUP 5.95

ADD A HOUSE OR CAESAR SALAD....3.95

## BBQ DINNERS

SERVED WITH FRENCH FRIES, COLESLAW AND 3-BEAN CHILI

**1/4 ROASTED CHICKEN...10.95    1/2 ROASTED CHICKEN...13.95**  
(ADD 1.50 FOR WHITE MEAT)

**SLICED TRI-TIP ROAST...16.95**

**SLOW COOKED PULLED PORK...13.95**

## COW'S COMBOS

CHOICE OF ROASTED CHICKEN, TRI-TIP OR PULLED PORK, 2 SIDES, AND CORN PUDDING OR CORN BREAD

**CHOICE OF TWO MEATS: 17.95**

**CHOICE OF THREE MEATS: 19.95**

SIDES: HOUSE SALAD, CAESAR SALAD, MASHED POTATOES, RICE, COLESLAW,  
3-BEAN CHILI, APPLE SAGE DRESSING, CHEF'S VEGETABLES

## SANDWICHES

### PULLED PORK BBQ SANDWICH

SLOW COOKED PULLED PORK WITH OPEN PIT BBQ SAUCE, NU-MEX SLAW AND MAYO ON A POTATO BUN.....11.95

### LEGENDS BBQ CHICKEN SANDWICH

CHICAGO LEGENDS BBQ SAUCE WITH ROASTED CHICKEN, MAYO AND BEEFSTEAK TOMATO ON FOCACCIA.....13.95

### TRI-TIP BBQ SANDWICH

THIN SLICED TRI TIP BEEF WITH BEEF STEAK TOMATO, RED ONIONS AND MAYO ON A FRENCH ROLL.....12.95

### BLACKENED CHICKEN AND AVOCADO SANDWICH

CAJUN SEASONED CHICKEN WITH LETTUCE, TOMATO, RED ONION, AVOCADO AND CHIPOTLE MAYO ON A FRENCH ROLL ....13.95

## PASTAS

SERVED WITH A HOUSE OR CAESAR SALAD, ADD GRILLED OR BLACKENED CHICKEN 3.95

### PENNE VEGETARIAN

SAUTEED ASPARAGUS AND SUN-DRIED TOMATOES IN A GARLIC CREAM SAUCE WITH PARMESAN CHEESE.....11.95

### HUNTER'S RAVIOLI

FOUR CHEESE RAVIOLI IN A SHIITAKE MUSHROOM BROTH WITH SPINACH AND FRESH HERBS.....12.95

### TOMATO BASIL CAPPELLINI

SAUTEED GARLIC, TOMATOES AND FRESH BASIL OVER ANGEL HAIR PASTA.....10.50