



## STARTERS

### ONION RINGS

SERVED WITH HONEY MUSTARD  
6.95

### SOUP OF THE DAY

CUP...5.95  
BOWL...7.95

### AVOCADO TOAST

GRILLED FRENCH BAQUETTE, BURRATA  
CHEESE, PICKLED RED ONION  
10.95

### GRILLED ARTICHOKE

SERVED WITH MUSTARD AIOLI  
10.95

### FRENCH ONION SOUP

TOPPED WITH MELTED GRUYERE  
8.95

## SALADS

SERVED WITH HOUSE-BAKED ZUCCHINI BREAD

### HOUSE SALAD

CRISP ROMAINE LETTUCE, RAISINS, SPROUTS, SUNFLOWER SEEDS,  
BALSAMIC VINAIGRETTE, MARINATED TOMATO,  
AND CRISPY THINGS.

FULL 12.95 HALF 8.95

ADD GRILLED OR BLACKENED CHICKEN...4.95

### CAESAR SALAD

CRISP ROMAINE LETTUCE, SLICED TOMATOES,  
GRATED PARMESAN, AND CROUTONS  
TOSSED WITH A CAESAR DRESSING.

FULL 12.95 HALF 8.95

ADD GRILLED OR BLACKENED CHICKEN...4.95

## SOUP & SALAD

SOUP OF THE DAY AND HOUSE OR CAESAR SALAD.....12.95  
SUBSTITUTE CHICKEN SALAD, FRENCH ONION OR 3-BEAN CHILI .....ADD 4.50

### CRISPY HONEY CHICKEN SALAD

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

FULL 17.95 HALF 14.95

### BBQ CHICKEN SALAD

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

FULL 17.95 HALF 14.95

### QUINOA SALAD

QUINOA TOSSED WITH BABY ARUGULA, DRIED CRANBERRIES,  
CRISP APPLES, AND A LEMON CAPER VINAIGRETTE.

13.95

ADD GRILLED OR BLACKENED CHICKEN (4.95) GRILLED SALMON (6.95)

### 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 18.95 HALF 15.95

### WONTON CHICKEN SALAD

ROASTED CHICKEN, ROMAINE, FRIED WON-TONS, TOASTED ALMONDS,  
MANDARIN ORANGES, AND SWEET SESAME DRESSING.

FULL 17.95 HALF 14.95

### WARM SALMON SPINACH SALAD

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

19.95

## BLACK COW BOWLS

### CURRY CHICKEN BOWL

SAUTEED FRESH CHICKEN BREAST WITH TOMATOES, GREEN ONIONS,  
CILANTRO, AND AROMATIC CREAM SAUCE.

15.95

### STIR FRY SALMON BOWL

SAUTEED FRESH SALMON WITH RED PEPPERS, ONIONS, AND CAPERS  
FINISHED WITH BALSAMIC SOY SAUCE.

18.95

### SAUTEED SHRIMP BOWL

SAUTEED SHRIMPS, MUSHROOMS, TOMATOES, AND RED ONIONS  
TOPPED WITH LEMON BEURRE BLANC SAUCE.

17.95

### DYNAMITE SHRIMP BOWL

DEEP FRIED SHRIMP UNTIL GOLDEN BROWN TOSSED IN A  
MILDLY SPICED DYNAMITE SAUCE.

17.95

## BURGERS

SERVED WITH YOUR CHOICE OF HOUSE SALAD, CAESAR SALAD OR FRENCH FRIES.  
WITH ONION RINGS ADD...2.00 WITH CHILI FRIES ADD...2.95

### BLACK COW CHEESEBURGER

FRESH GROUND CHUCK WITH LETTUCE, TOMATO, PICKLES, KETCHUP, MAYO,  
GRILLED ONIONS, AND CHEDDAR CHEESE ON A SESAME SEED BUN.

15.95

### ANGUS BLUE CHEESE CHEESEBURGER

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

17.95

### KOBE BEEF BURGER DIP

CERTIFIED WAGYU BEEF BROILED TO ORDER WITH GRUYERE CHEESE,  
CARAMELIZED ONIONS, AND A CREAMY HORSERADISH SPREAD  
ON A CRUSTY FRENCH BAGUETTE AND AJU FOR DIPPING.

18.95

### CHIPOTLE BLACK BEAN BURGER

RICE, BLACK BEAN-VEGGY PATTY ON A SESAME BUN  
WITH LETTUCE, RED ONION, ORTEGA CHILE, CHIPOTLE MAYO,  
TOMATO, AND AVOCADO.

14.95

## KID'S MEAL'S.....7.95

Chicken Tenders  
Cheeseburger

Penne or Cappellini Pasta  
with Butter or Tomato Sauce

Mac N' Cheese  
Fish and Chips



## SANDWICHES

SERVED WITH YOUR CHOICE OF HOUSE SALAD, CAESAR SALAD, HAWAIIAN COLESLAW, FRESH FRUIT OR FRENCH FRIES.  
ADD ONION RINGS....2.00 OR CHILI FRIES....2.95

### CRISPY FRIED CHICKEN SANDWICH

BUTTERMILK FRIED CHICKEN, SWISS CHEESE, TOMATO, NU-MEX SLAW,  
AND MUSTARD AIOLI ON A TOASTED FRENCH BAGUETTE.

15.95

### FISH SANDWICH

ICELANDIC COD CRISPY FRIED, LETTUCE, TOMATO, RED ONION,  
CHEDDAR CHEESE, AND TARTAR SAUCE ON A SESAME SEED BUN.

14.95

### BLACKENED CHICKEN & AVOCADO SANDWICH

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

17.95

### GRILLED TRI-TIP SANDWICH

TRI-TIP WITH LETTUCE, CHIPOTLE MAYO, RED ONIONS, TOMATO,  
AND MELTED SWISS CHEESE ON GRILLED SOURDOUGH.

17.95

## BORDER FAVORITES

### PANCHO'S FISH TACOS

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

13.95

### CRISPY SHRIMP TACOS

DEEP FRIED CRISPY SHRIMP ON WARM CORN TORTILLAS  
TOPPED WITH AVOCADO SALSA, AND PICO DE GALLO.  
SERVED WITH RICE AND 3-BEAN CHILE.

14.95

### ROASTED CHICKEN QUESADILLA

ROASTED CHICKEN WITH SAUTEED ONIONS, TOMATOES,  
ORTEGA CHILIS, AND JACK CHEESE IN A WARM FLOUR TORTILLA.  
SERVED WITH MIXED GREENS.

14.95

### BBQ BABY BACK RIBS

WITH FRENCH FRIES AND HAWAIIAN COLESLAW.

HALF RACK.....18.95

FULL RACK.....24.95

## COW'S COMFORT

### CHICKEN AND WAFFLES

B.C. WAFFLE AND 2 PIECES OF FRIED CHICKEN....14.95  
3 PIECES OF FRIED CHICKEN.....17.95

### BUTTERMILK FRIED CHICKEN

3 PIECES OF FRIED CHICKEN WITH MASHED POTATOES,  
GRAVY, COLESLAW, CHEDDAR BISCUITS, AND JAM.

15.95

### OVEN ROASTED TURKEY

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

15.95

### BEEF STROGANOFF

TENDER SIRLOIN TIPS SIMMERED IN A BROWN SAUCE WITH SOUR CREAM,  
MUSHROOMS, AND GREEN ONIONS.

17.95

### HOUSE-MADE MEATLOAF

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

16.95

### 3-BEAN CHILE

WITH WARM CORN PUDDING.

CUP.....8.50

BOWL.....10.95

### COUNTRY FRIED STEAK "FILET MIGNON"

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

19.95

## PASTA

ADD A HOUSE OR CAESAR SALAD...4.95

### PENNE VEGETARIAN

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

13.95

ADD GRILLED OR BLACKENED CHICKEN...4.95

### TOMATO BASIL CAPPELLINI

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

12.95

## SEAFOOD AND LAND LOVER

### ORGANIC FREE RANGE ROASTED CHICKEN

SERVED WITH NUTTY QUINOA SALAD.

14.95

### OVEN ROASTED TRI-TIP

SERVED WITH MASHED POTATOES, CHEF'S VEGETABLES, AND BBQ SAUCE.

18.95

### FILET MIGNON

6 OZ FILET MIGNON CHARBROILED TO ORDER WITH  
CHEF'S VEGETABLES AND MASHED POTATOES.

24.95

### FISH AND CHIPS

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

15.95

### 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 SALAD.

22.95

### ALMOND CRUSTED SANDDABS

SANDDABS CRUSTED WITH ALMONDS AND BREAD CRUMBS, PAN-SEARED, TOPPED  
WITH LEMON BUERRE BLANC. SERVED WITH JASMINE RICE AND VEGETABLES.

19.95

## FAMILY DEALS FOR 5 \*\* (ONLY FOR TO GO AND DELIVERY)\*\*

### MEATLOAF DINNER

FRESH MIXED VEGETABLES, MASHED POTATOES  
AND GRAVY. SERVED WITH CAESAR SALAD.

49.95

### TOMATO BASIL CAPPELLINI

SAUTEED GARLIC, TOMATOES, AND FRESH BASIL OVER ANGEL HAIR.  
SERVED WITH CAESAR SALAD AND GARLIC CRUSTED BAGUETTE.

39.95

### BEEF STROGANOFF

SERVED OVER PENNE PASTA. SERVED WITH  
CHEDDAR BISCUITS AND CAESAR SALAD.

59.95

### BUTTERMILK FRIED CHICKEN

MASHED POTATOES AND GRAVY, HAWAIIAN COLESLAW,  
AND CHEDDAR BISCUITS...59.95

### BBQ BABY BACK RIBS

2 1/2 RACKS SERVED WITH FRENCH FRIES  
AND HAWAIIAN COLESLAW...69.95