



STARTERS

ONION RINGS

SERVED WITH HONEY MUSTARD
8.95

SOUP OF THE DAY

CUP...6.95
BOWL...8.95

AVOCADO TOAST

GRILLED FRENCH BAQUETTE, BURRATA
CHEESE, PICKLED RED ONION
10.95

GRILLED ARTICHOKE

SERVED WITH MUSTARD AIOLI
12.95

FRENCH ONION SOUP

TOPPED WITH MELTED GRUYERE
9.95

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...6.95

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...6.95

SOUP & SALAD

SOUP OF THE DAY AND HOUSE OR CAESAR SALAD.....13.95
SUBSTITUTE CHICKEN SALAD, FRENCH ONION OR 3-BEAN CHILIADD 6.50

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 18.95 HALF 15.95

BBQ CHICKEN SALAD

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

FULL 18.95 HALF 15.95

QUINOA SALAD

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

14.95

ADD GRILLED OR BLACKENED CHICKEN (6.95) 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 19.95 HALF 16.95

WONTON CHICKEN SALAD

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

FULL 18.95 HALF 15.95

WARM SALMON SPINACH SALAD

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

20.95

BLACK COW BOWLS

CURRY CHICKEN BOWL

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

17.95

STIR FRY SALMON BOWL

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

20.95

SAUTEED SHRIMP BOWL

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

18.95

DYNAMITE SHRIMP BOWL

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

18.95

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.

16.95

ANGUS BLUE CHEESE CHEESEBURGER

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

18.95

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.

19.95

CHIPOTLE BLACK BEAN BURGER

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

15.95

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.

16.95

FISH SANDWICH

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

15.95

BLACKENED CHICKEN & AVOCADO SANDWICH

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

18.95

GRILLED TRI-TIP SANDWICH

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

18.95

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.

14.95

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.

15.95

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.....19.95

FULL RACK.....26.95

COW'S COMFORT

CHICKEN AND WAFFLES

B.C. WAFFLE AND 2 PIECES OF FRIED CHICKEN....15.95
3 PIECES OF FRIED CHICKEN.....18.95

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.

17.95

BEEF STROGANOFF

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

18.95

HOUSE-MADE MEATLOAF

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

17.95

3-BEAN CHILE

WITH WARM CORN PUDDING.

CUP.....9.50

BOWL.....11.95

COUNTRY FRIED STEAK "FILET MIGNON"

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

20.95

PASTA

ADD A HOUSE OR CAESAR SALAD...6.95

PENNE VEGETARIAN

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

16.95

ADD GRILLED OR BLACKENED CHICKEN...6.95

TOMATO BASIL CAPPELLINI

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

14.95

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.

19.95

FILET MIGNON

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

25.95

FISH AND CHIPS

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

16.95

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.

23.95

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.

55.95

TOMATO BASIL CAPPELLINI

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

49.95

BEEF STROGANOFF

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

69.95

BUTTERMILK FRIED CHICKEN

MASHED POTATOES AND GRAVY, HAWAIIAN COLESLAW,
AND CHEDDAR BISCUITS...65.95

BBQ BABY BACK RIBS

2 1/2 RACKS SERVED WITH FRENCH FRIES
AND HAWAIIAN COLESLAW...79.95