



SALADS

SERVED WITH HOUSE-BAKED ZUCCHINI BREAD

3-BEAN CHILI

SERVED WITH CORN PUDDING.
BOWL 11.50 CUP 9.50

FRENCH ONION

TOPPED WITH MELTED GRUYÈRE.
CUP 9.95

SOUP & SALAD

SOUP OF THE DAY AND HOUSE OR CAESAR SALAD.....12.95
SUBSTITUTE CHICKEN SALAD, FRENCH ONION OR 3-BEAN CHILIADD 3.50

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

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, WONTONS, 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, ONION, 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 TILL GOLDEN BROWN, TOSSED IN A MILDLY
SPICED DYNAMITE SAUCE.
18.95

BLACK COW WRAPS AND PANINIS

SERVED WITH YOUR CHOICE OF: HOUSE OR CAESAR SALAD, HAWAIIAN SLAW, RED POTATO SALAD OR FRENCH FRIES

B.L.T.A. WRAP

APPLEWOOD SMOKED BACON, LETTUCE, TOMATO, AND AVOCADO
WRAPPED IN A TOMATO BASIL TORTILLA WITH CHIPOTLE MAYO.
15.95

REUBEN PANINI

CORNERED BEEF GRILLED WITH MELTED SWISS CHEESE, SAUERKRAUT,
AND RUSSIAN DRESSING ON PRESSED JEWISH RYE.
17.95

TURKEY WRAP

SMOKED TURKEY, RED PEPPERS, LETTUCE, TOMATO, RED ONION, AND NU-MEX SLAW
WRAPPED IN A TOMATO BASIL TORTILLA WITH CHIPOTLE MAYO.
14.95

PESTO CHICKEN PANINI

PESTO CHICKEN SALAD, SUN-DRIED TOMATOES, ARUGULA,
AND SMOKED MOZZARELLA ON PRESSED SOURDOUGH.
16.95

COUNT "MONTROSE" CRISTO

DEEP FRIED HAWAIIAN EGG BREAD WITH SMOKED TURKEY,
HONEY-BAKED HAM, MAYO, SWISS, AND CHEDDAR CHEESE.
15.95

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 CHILES, AND JACK CHEESE IN A WARM FLOUR TORTILLA.
SERVED WITH MIXED GREENS.
15.95



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

CHICKEN SALAD SANDWICH

ROASTED CHICKEN SALAD WITH CELERY, CRANBERRIES,
GREEN ONIONS AND MAYO ON A HOUSE-BAKED CROISSANT.

15.50

ROASTED VEGETABLE SANDWICH

PORTOBELLO, ROASTED PEPPERS, TOMATOES, MOZZARELLA, FIELD GREENS
AND CHIPOTLE MAYO ON A CHEDDAR-ONION FOCACCIA ROLL.

14.95

CRISPY CHICKEN SANDWICH

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

16.95

B.C. CHICKEN SANDWICH

SAUTEED CHICKEN AND MUSHROOMS WITH SOUR CREAM, AVOCADO
AND MELTED JACK AND CHEDDAR CHEESE ON SOURDOUGH.

17.95

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

TUNA MELT

TUNA-ARTICHOKE SALAD WITH MELTED JALAPENO JACK CHEESE
AND GRILLED ONIONS ON GRILLED JEWISH RYE.

14.95

CHIPOTLE GRILLED CHEESE

JACK & CHEDDAR CHEESE WITH CHIPOTLE SPREAD, MAYO, GRILLED ONIONS, BACON AND TOMATO ON SOURDOUGH.

14.95

APPLE AND BRIE GRILLED CHEESE

SAUTEED APPLES, SPINACH, WALNUTS AND MELTED BRIE ON HOUSE-MADE COUNTRY WHITE BREAD.

14.95

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, 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 SEED BUN
WITH LETTUCE, RED ONION, ORTEGA CHILE, CHIPOTLE MAYO,
TOMATO AND AVOCADO.

15.95

PASTA

ADD A HOUSE OR CAESAR SALADE...6.95

ADD GRILLED OR BLACKENED CHICKEN...6.95

TOMATO BASIL CAPPELLINI

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

14.95

PENNE VEGETARIAN

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

16.95

SEAFOOD HOT N' CRISPY

FISH AND CHIPS

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

16.95

FISH SANDWICH

ICELANDIC COD CRISPY FRIED, SERVED WITH LETTUCE, TOMATO, RED
ONION, CHEDDAR CHEESE AND TARTAR SAUCE ON A SESAME SEED BUN.
SERVED WITH MIXED GREENS OR FRENCH FRIES.

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.

23.95

Chicken Tenders
Cheeseburger

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

Penne or Cappellini Pasta
with Butter or Tomato Sauce

Mac N' Cheese
Fish and Chips