



LUNCH MENU



SALADS

SERVED WITH HOUSE-BAKED ZUCCHINI BREAD

3-BEAN CHILI

SERVED WITH CORN PUDDING.

BOWL 12.95 CUP 9.95

FRENCH ONION

TOPPED WITH MELTED GRUYÈRE.

CUP 10.95

SOUP & SALAD

SOUP OF THE DAY AND HOUSE OR CAESAR SALAD.....**13.95**

SUBSTITUTE CHICKEN SALAD, FRENCH ONION OR 3-BEAN CHILI**ADD 4.95**

HOUSE SALAD

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

FULL 13.95 HALF 9.95

ADD GRILLED OR BLACKENED CHICKEN...6.95

CAESAR SALAD

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

FULL 13.95 HALF 9.95

ADD GRILLED OR BLACKENED CHICKEN...6.95

QUINOA SALAD

QUINOA TOSSED WITH KALE LETTUCE, DRIED CRANBERRIES,
CRISP APPLES, AND A LEMON CAPER VINAIGRETTE.

15.95

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

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.

21.95

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 19.95 HALF 16.95

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

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



BLACK COW WRAPS AND PANINIS

SERVED WITH YOUR CHOICE OF: HOUSE OR CAESAR SALAD, HAWAIIAN SLAW, FRESH FRUIT 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

CORNED BEEF 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.

15.95

PESTO CHICKEN PANINI

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

17.95

COUNT "MONTROSE" CRISTO

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

15.95

BLACK COW BOWLS

ALL BOWLS SERVED OVER A BED OF JASMINE RICE

CURRY CHICKEN BOWL

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

18.95

STIR FRY SALMON BOWL

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

21.95

SAUTEED SHRIMP BOWL

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

19.95

DYNAMITE SHRIMP BOWL

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

19.95

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.

15.95

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.

16.95

ROASTED CHICKEN QUESADILLA

ROASTED CHICKEN WITH SAUTEED ONIONS, TOMATOES,
ORTEGA CHILES, AND JACK CHEESE IN A WARM FLOUR TORTILLA.

SERVED WITH MIXED GREENS.

16.95



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

ROASTED VEGETABLE SANDWICH

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

15.95

B.C. CHICKEN SANDWICH

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

17.95

CRISPY CHICKEN SANDWICH

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

16.95

GRILLED TRI-TIP SANDWICH

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

18.95

BLACKENED CHICKEN & AVOCADO SANDWICH

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

18.95

CHICKEN SALAD SANDWICH

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

15.95

TUNA MELT

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

15.95

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

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.

15.95

PENNE VEGETARIAN

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

17.95



SEAFOOD HOT N' CRISPY

FISH AND CHIPS

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

17.95

FISH SANDWICH

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

24.95

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 BURGER

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, 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.

16.95

KID'S MEAL'S

8.95

Chicken Tenders

Cheeseburger

Mac N' Cheese

Fish and Chips

Penne or Cappellini Pasta with Butter or Tomato Sauce

SIDES

ONION RINGS.....6.95

HAWAIIAN SLAW.....1.95

FRENCH FRIES.....3.95

CHILI CHEESE FRIES.....7.95

FRESH FRUIT...CUP 3.95 BOWL 5.95

ZUCCHINI BREAD...(1) 2.50 (2) 4.95