



## BREAKFAST SPECIALS

Served 7-11 a.m. Monday-Saturday,  
and until 12 Noon on Sunday, thanks!

**Yogurt Parfait** Vanilla yogurt with seasonal fruit, and our homemade granola. It'll make ya moo all morning! **\$7.99**

**Bagels & Smoked Salmon** Over baby greens with tomatoes, onions, capers and cream cheese. A cool, healthy start to your day! **\$10.99**

**The Juan-Bo Combo** 2 buttermilk pancakes, 2 fresh eggs your way and a choice of 2 stripes of bacon, 2 sausage links OR 2 slices of Canadian bacon. Served with spuds, grits and fresh fruit. Two of everything is better! **\$9.99**  
*Upgrade your pancakes to blueberry, blueberry granola or chocolate chip for an additional \$1.00*

**Shrimp Oscar Omelet** A three egg omelet stuffed with gulf pink shrimp, asparagus and topped with melted Swiss cheese and hollandaise sauce. Served with spuds, grits and fresh fruit. Island style all the way! **\$10.99**

**Coconut French Toast** Fresh shredded coconut added to our citrus cinnamon mix makes it even better. Served with spuds, grits and fresh fruit. SWEEEEEET! **\$8.99**

**The 420 Chicken & Waffles** - Yep, our hand battered chicken sitting on a golden belgian waffle with a Maple Syrup butterscotch drizzle! Wow, welcome to the Rockies! **\$ 9.99**

**Bonita Breakfast Burrito** A big ol' tomato basil tortilla stuffed with scrambled eggs, Andouille sausage, bell peppers, sweet onions, melted cheddar-jack cheese topped off with Chef Juan's Secret Green Chili Queso, sided with homemade salsa and sour cream. Served with spuds and fresh fruit. Adios! **\$8.99**

**The Bomb** This Elvis inspired dish does it all, 2 biscuits topped with 2 eggs your way surrounded with grilled seasoned taters and onions then covered and smothered with sausage gravy and cheddar-jack cheese. WOW is all you can say! **\$8.99**

**The neighbor Kim not Kardashian Omelet** 3 fluffed egg whites stuffed with fresh spinach, tomatoes, onions, bell peppers and feta cheese. Sided with fresh cut seasonal fruit. BOOM there it is!! (A.R.F.) less than 200 calories! **\$9.99**

**Corned Beef Hash and Eggs** Yes, homemade corned beef hash!! Two eggs any way you like, toast and fresh fruit. #LoveIslandCowCBH **\$7.99**

**The Game Changer** Oh Lordy! It's on! A giant breakfast burrito stuffed with our homemade corned beef hash, scrambled eggs and cheddar-jack cheese. Then topped with topped off with Chef Juan's Secret Green Chili Queso. Served with spuds and fresh fruit. Just may change your life! **\$9.99**



## Dinner SPECIALS

Served after 3 p.m. Monday - Sunday

### APPETIZERS

**Monster Fries** Our signature fries topped with Chef Juan's Secret Green Chili Queso then hit again with shredded cheddar-Jack, hickory bacon, fried onion and jalapeño straws, and finished with chives and a side of homemade ranch. *This may be illegal in the near future. Eat it NOW with a cold BEER!*

**\$8.99**

**Island Combo** 6 golden Key West conch fritters and 4 plump gulf shrimp plus 4 scallops your choice of hand dipped and lightly fried or coconut fried.

**\$14.99**

**Sweet Potato Fries** Heaping basket of southern sweet fries and a honey mustard dipping sauce. **\$4.99**

**Texas Toothpicks** Deep fried slivers of jalapeños and onions with a tangy dipping sauce. **\$5.99**

**Pig Wings** Yep pigs fly! Dry rubbed mini pork shanks seared to perfection and served with a savory BBQ sauce. **\$7.99**

**Sassy Sliders** Four Hawaiian Rolls stuffed with our famous pulled pork, topped with fried jalapeño, onion straws, and AMERICAN cheese. **\$7.99**  
*These babies have a little kick that will make you want more!*

**Titanic Tots** Golden tot's smothered with melted Cheddar-Jack cheese, Chef Juan's secret Green Chili Queso, topped with chopped green onion and a side of homemade dipping ranch! - These are dynamite!-Your going to want to put these in your mouth not your pockets! **\$8.99**

**Carl's Curds** Hand breaded Wisconsin white cheddar cheese curds lightly fried with a side of Homemade dipping Ranch, GOD BLESS "CHEESE-HEADS"! **\$6.99**

**Already Famous Calamari** Fried in a Island tradition! Fresh lemon and marinara. **\$12.99**

**Macho Nachos** Homemade tortilla chips layered thick with Cheddar-Jack, seasoned ground beef, more cheese, diced tomatoes, Jalapeños, black olives, green onion, topped with Chef Juan's Secret Green Chili Queso. Sided with salsa and sour cream. - Insanely great layers of Nacho Love!! **\$9.99**

**Check out the amazing Cocktail Menu**



## Dinner SPECIALS

Served after 3 p.m. Monday - Sunday

### ENTREES

#### Gumbo

Ya Buddy! Steamed crawdads, gulf pink shrimp, bay scallops, yard-bird (chicken), our Tangy GATOR sausage, fish of the day and okra over seasoned rice served with homemade garlic bread!! I recommend a 24 oz Frozen mug of cold beer and you are in heaven, done for the day, it's over. Just smile and go to bed.

**\$19.99**

#### Seafood Combo (Grouper or Mahi)

Enjoy one of our fresh catches along with 4 plump shrimp and 4 sea scallops. Choose from Broiled, Fried, Bronzed, Blackened, Pan Seared, Crunchy, BBQ'd, or Scampi Style. Try it Sanibel Style (Coconut Fried) add \$1.00

**\$25.99**

#### Grouper Oscar

Our fresh broiled grouper topped with blue crab meat, asparagus and a hollandaise sauce. Served with smashed potato and fresh veggies. Great way to end any day!!

**\$25.99**

#### Amy's Coconut Encrusted Pan Seared Mahi

Topped with a plum sauce and served up with your choice of 2 sides. Just inCOWredible!!

**\$21.99**

#### Cowrazy Kabobs

Over 1 lb of skewered satisfaction. Pink gulf shrimp, tender cuts of steak and bacon wrapped scallops, bell peppers and onions all flame grilled. Served with sweet corn on the cob and smashed potatoes.

**\$22.99**

#### The Bubba Gump Shrimp Dinner

You guessed it! Almost a pound of plump shrimp served up all four ways you like 'em, coconut fried with plum sauce, sautéed scampi style, BBQ bacon wrapped and our lightly battered and fried. Served with smashed potatoes and sweet corn on the cob. You can't miss out on this!

**\$19.99**

#### Adults Only XXX Seafood Mac n Cheese

A sinful pasta treat of plump gulf shrimp and Langoustine tails (little French crawdads) mixed with a chive borsin cheese sauce, onions, bell peppers and jumbo macaroni. Served with put ya to bed garlic bread. (21 and older must show I.D. LOL!)

**\$18.99**

#### Montego Bay Mahi

Fresh blackened Mahi adorned with sautéed baby spinach and finished with delicious gulf shrimp cream sauce, tomatoes and garden basil all atop of yellow rice! #mypersonalfavoritedinner

**\$25.99**



#### Sandy's Snow Crab Legs

1 Whole Pound of Tasty, meaty favorites, served up hot with drawn butter and fries.

**\$24.99**



## LUNCH SPECIALS

Served after 11 a.m. Monday-Saturday  
and after 12 noon on Sunday, thanks!

### APPETIZERS

**Sassy Sliders** Four Hawaiian Rolls stuffed with our famous pulled pork, topped with fried jalapeño, onion straws, and AMERICAN cheese. *These babies have a little kick that will make you want more!* **\$7.99**

**Sweet Potato Fries** Heaping basket of southern sweet fries and a honey mustard dipping sauce **\$4.99**

**Monster Fries** Our signature fries topped with Chef Juan's Secret Green Chili Queso then hit again with shredded cheddar-Jack, hickory bacon, fried onion and jalapeño straws, and finished with chives and a side of homemade ranch. *This may be illegal in the near future. Eat it NOW with a cold BEER!* **\$8.99**

**Pig Wings** Yep pigs fly! Dry rubbed mini pork shanks seared to perfection and served with a savory BBQ sauce **\$7.99**

**Titanic Tots** Golden tot's smothered with melted Cheddar-Jack cheese, Chef Juan's Secret Green Chili Queso, topped with chopped green onion and a side of homemade dipping ranch! - These are dynamite!-Your going to want to put these in your mouth not your pockets! **\$8.99**

**Carl's Curds** Hand breaded Wisconsin white cheddar cheese curds lightly fried with a side of Homemade dipping Ranch, GOD BLESS "CHEESE-HEADS"! **\$6.99**

**Already Famous Calamari** Fried in a Island tradition! Fresh lemon and marinara **\$12.99**

**Macho Nachos** Homemade tortilla chips layered thick with Cheddar-Jack, seasoned ground beef, more cheese, diced tomatoes, Jalapeños, black olives, green onion, topped with Chef Juan's Secret Green Chili Queso. Sided with salsa and sour cream. **\$9.99**

### ENTREES

**Amy's Coconut Encrusted Pan Seared Mahi Salad** Topped with Plum Sauce - over our pillid high baby greens salad, with you choice of dressing. **\$15.99**

**Crunchy Grouper Tacos** Our famous crunchy grouper packed in two grilled tortillas with lettuce, tomatoes, cheddar-jack cheese and sided with black beans and rice, salsa and sour cream. Local Favorite! **\$15.99**

**The "Yeti" Burger** 1/2 lb. burger your way piled with lettuce, tomato, hickory smoked bacon, fried pickles (Frickles) then topped with tator tots and Chef Juan's Secret Green Chili Queso- The Legend is REAL! **\$12.99**

**Grilled Veggie N Goat Cheese Salad** An Island Cow original served over baby greens with Island Vinaigrette. **\$12.99**  
Add Fried Calamari \$4.00

**Amy's Corned Beef Reuben** This says it all! Two fister stack of piquant corned beef smothered with sour kraut, tasty 10,000 Island dressing and melted Swiss - On grilled sourdough bread. **\$11.99**

**Cranky Carl's Fried Catfish Reuben** Tender fried Catfish, topped with Tropical Slaw, 10,000 Island Dressing & savory melted cheeses - This sea worthy twist on a classic sandwich is served on grilled sourdough bread - Wow! **\$14.99**



## App's 'N Good Ol' Stuff

**Famous Black Beans 'N Rice**  
"Award Winning Recipe" - Voted Best Vegetarian Dish on the island - Served with sour cream - Oh Yeah it's not soup!.....\$8.99

**Conch Fritters**  
Come and get em! Fresh lemon and sauce to dip. Better than in the Bahamas..... \$9.99

**Get That Gator!** - Seasonal Marinated gatortail lightly battered and fried with sauce to dip!.....\$12.99

**Lazy Crab Cakes App** - Tender pan seared delicacies, with sauce to dip.....\$12.99

**Fried Shrimp App** - 7 Large Gulf Shrimp lightly battered and tender fried.....\$11.99  
Try it Sanibel Style (coconut Fried) - Add \$1.00

**Uncle John's Moolicious Mussels**  
Fresh mussels simmered in our zesty marinara or white wine broth. Served up with homemade garlic bread for the dipper!.....\$12.99  
Toss with a helpin' of Pasta..... add \$4.00

**Buffalo Shrimp App** - 7 Large Finger Lickin' Gulf Shrimp - Wow Spicy!.....\$11.99

**Frickles** - A heap'n helpin' of hand dipped fried pickles dusted w/ Parmesan cheese.....\$7.99

**Chicken Fingers App** - hand breaded.....\$7.99

**Fried Oysters App** - whole belly.....\$11.99

**Southern Sweet Potato Fries**  
With Honey Mustard dipping sauce.....\$4.99  
(substitute sweet fries for your side for \$1.00 more)

**Terry's Tot's (Not Scott's)**  
Crispy golden tot's just like Mom' used to make.....\$4.99  
(substitute tot's for your side for \$1.00 more)

## Greens 'N Stuff

**Dressings Available:** Honey Mustard, 1,000 Island, Ranch, Blue cheese, and Island Vinaigrette

**The Wedge Salad** - Iceberg lettuce wedge, topped w/ sliced avocado, cherry tomatoes, sweet vidalia onion, crumbled Berkshire Blue cheese, hickory bacon crumbles. Smothered in our Homemade Buttermilk Ranch - sided w/ toasted garlic bread. the BEST wedgie you ever had. ....\$10.99  
Add chicken.....\$3.00  
Add shrimp.....\$5.00

**Adobo Grilled Chicken Salad**  
Lightly seasoned Chicken Breast over baby greens with Island Vinaigrette.....\$11.99

**Island Crab Cake Salad** - Our tender crab cake atop wonderful baby greens.. ....\$15.99

**World Famous Caesar or Baby Greens Salads** - Your Choice

Plain Our Way.....\$9.99

Fried Oysters.....\$14.99

Fresh Catch.....\$17.99

Side Salad.....\$4.50

Side Caesar.....\$4.99

## Jus' Grillin'

All served with fries & pickle.  
Additional toppings available upon request.

**\*Dreamful Cheeseburger** - 1/2 lb. fresh ground Black Angus - Your choice of American, Swiss, cheddar or Bleu cheese.....\$11.99

**\*Barn Burner** - Great 1/2 lb. fresh ground beef smothered with bacon, bell peppers, grilled sweet onions, and melted cheeses.....\$12.99

**Southwest Cilantro Lime Mango Grilled Chicken Sandwich** - WOW that is really a mouthful. Topped with a chipotle-lime sauce, grilled onions, red peppers, and cheddar-jack cheese. Served with crispy fries.....\$11.99

## "BBQ With An Attitude"

Uncle Buck thinks these are the best recipes South of the Carolinas. All topped with our famous **SWEET** BBQ sauce and served with Fries and Hushpuppies

**Paul's Pulled Pork Sandwich**  
Roasted and smoked for a long time - Till it can't stay together anymore! Topped with our Southern style sweet BBQ sauce!.....\$11.99

**BBQ Chicken Sandwich**  
Tender chicken breast, simply delicious.....\$10.99

**\*BBQ Bacon Burger**  
With this devine combo you can't go wrong.....\$11.99

**Pulled Pork Plate** - BBQ Pork southern style piled high atop garlic toast. Wow! .....\$13.99

**Brian's Baby Back Ribs**  
He'll brag about em - And you'll see why Gigantic full rack - Cooked to perfection and Fallin' off the bones! .....\$19.99

**Wombo Combo** - Picture this "BBQ Heaven" - Our baby back ribs, BBQ chicken, pulled pork, and BBQ shrimp all in one place! A big ole feast - Enjoy!.....\$21.99

## Pick A Basket, Please!

All our baskets are hand breaded & **tender fried**, served up real hearty.  
All with Island tradition - crisp fries and tasty hushpuppies

**Oh! Chicken Fingers** - No bones about it!  
Tender breast prepared by hand with our tasty recipe and fried. Chef Liliana approved! .....\$10.99

**Gator Basket** - The secret is out - Come and get em!.....\$15.99  
Kids you wanted it... We got it.....\$10.99

**Fried Pink Gulf Shrimp** - We pick em big - Lightly battered and fried.  
Have 'em Coconut Fried for jus' \$1.00 more!  
9 Count.....\$16.99 14 Count.....\$20.99

**Fried Oysters** - Shucked on the spot! Whole Belly, plump and juicy - A nice large portion.....\$16.99

**Half-a-Heifer** - Half and Half - Choose two baskets- It's a pain in the hind quarter but we'll do it for you anyway. \$20.99

**Catch Of The Day** - Fresh as can be. Make em Southern Fried or Coconut Fried for \$1.00 more  
Grouper or Mahi.....\$15.99

## Paradise A Brewin'

**Hey That Paella** - **OUR HOUSE SPECIALTY** - All the best flavors South Florida has to offer. This dish shows off with moist yellow rice topped with large shrimp, scallops, fresh fish, chicken, andouille sausage, and shellfish. Topped off with homemade garlic toast.....\$20.99

**Island Cow Favorite** **Vegetarian Dish**

\*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS

# Sanibel South Of The Border


Our **Famous Seafood Tacos** have made it to the big time!  
**Two tacos** served on flour tortillas with lettuce tomatoes, and cheese.  
Sided with Black Beans and Rice, Salsa, and Sour Cream.  
Add Guacomole....\$1.99

 **Crunchy Grouper Tacos**  
A local favorite - Tender fried and all delicious!.....\$16.99

 **Boom Boom Shrimp Tacos**  
A true Island Cow favorite... Crispy shrimp tossed in a tangy, sweet & spicy sauce .....\$14.99

 **Lt. Dan's Shrimp Tacos** - Pan Seared Gulf shrimp sautéed w/ ginger orange glaze topped with cilantro cabbage slaw - RUN FOREST RUN! .....\$15.99

 **Captain Juan's Mango Blackened Mahi Tacos** Super Moooy Bueno! w/ mango salsa.....\$16.99

 **Taco Combo** - Choose two from above! .....\$15.99

 **Taco Trio (3 taco combo) - WHY CHOOSE?**  
Choose any three (Crunchy Grouper, Blackened Mahi, Boom Boom Shrimp, Lt. Dan's) A threesome you'll never forget .....\$20.99

## Quaky Quesa-Riots


All served with homemade salsa & sour cream on the side  
**Cow-a-Bunga Quesadilla** - BBQ pulled pork, sweet bell peppers, onions, and Colby-Jack cheese..... \$12.99


**Adobo Chicken Quesadilla** - Our specially marinated chicken - Grilled caramelized onions, bell peppers with savory melted cheese - Wow! .....\$12.99

 **Seafood Quesadilla** - Plump Gulf shrimp, fresh catch, sweet blue crab, and scallops - Make this a perfect partner to sweet peppers, onions, and melted cheese ...\$17.99

 **Black Bean 'N Cheese Quesadilla** .....\$10.99

## "Cast A Spell"

All served up in a steamin' cast iron skillet  
 **Seafood Fajitas** - Everything you could imagine - Fresh Fish, Shrimp & Sea Scallops with sautéed peppers, and onions. The Ultimate! .....\$21.99

 **\*Sizzling Fajitas** - Tender chicken, tasty bell peppers, sweet onions, and more - Served up with all the fixin's.....\$17.99

## Pastabilities

All dishes tossed with angel hair pasta, with homemade garlic bread and Parmesan on the side  
 **Kristina's Angel Hair** - Fresh Roma tomatoes, garlic, white wine, butter and fresh basil.....\$12.99

**Seafood Pasta** - Zesty marinara prepared with mussels, shrimp, sea scallops, fish, and clams - You'll always remember. .... \$21.99

**Shrimp Marinara** - Delicate Angel hair blessed with large Gulf shrimp, fresh herbs, and a zesty tomato sauce....\$19.99

 **Scallop 'N Shrimp Scampi** - Cooked up with white wine, butter, basil, tomatoes, and plenty of garlic! .....\$20.99

 **Grouper Picatta** - Fresh grouper sautéed with capers, fresh basil and garlic tossed in a white wine butter sauce... a house specialty!..... \$20.99

## Fishin' Around

All served with red bliss smashed potatoes and veggies.  
**Islander's Crab Cake Dinner**  
Two (2) Tender cakes - sweet crabmeat, fresh herbs and spices create this winner! .....\$19.99

**Mack Daddy Shrimp Dinner** - 10 Large Pink Gulf Shrimp Bronzed, Blackened, Broiled, Grilled, or Tender Fried. .... \$20.99  
Try em Sanibel Style (coconut fried) add \$1.00

# Fishin' Rules

All our fish are fresh as can be.

## 1) Reel in your FRESH CATCH

(Choose your fish, one only) Grouper or Mahi

## 2) Name your STYLE of cookin

Broiled, Fried, Bronzed, Blackened, Pan seared, Crunchy, BBQ'd, or Scampi Style. Try it Sanibel Style (Coconut Fried) add \$1.00

## 3) Choose your SIDES as you like

French Fries, Black Beans 'n Rice, Fresh Veggies, Hushpuppies, Island Yellow Rice, Sweet Potato Fries, Smashed Potatoes.

## 4) Customer is always right

Unless you're wrong of course.

## 5) When in doubt, refer to rule #4

With 2 sides .....\$20.99

With 3 sides .....\$21.99

## Waterside Fun Sandwiches

All served with french fries & pickle.

### Fresh Catch Of The Day Sandwich

Right off the boats! Prepared your way: Pan Seared, Tender Fried, Blackened, Bronzed, Crunchy, or try em Sanibel Style (coconut fried) for just \$1.00 more!  
Choose your type of fish and tell us how to cook it (one)  
Grouper or Mahi .....\$15.99

**Crab Cake Burger** - An Island Cow original masterpiece. Crabmeat, fresh herbs and spices, pan-seared and served on a Kaiser roll! - A taste of paradise you'll enjoy over 'n over .....\$14.99

## What About The Kids?

If the kids aren't happy, then Mama's not happy -  
Then nobody's happy! All for \$7.99.

10 Years Old and Younger Please.

Substitute Tots for \$1.00

Other Sides Available Upon Request

### \*Cheeseburger

Served up with crispy fries

 **Pizza** - Our crispy cheese and tomato sauce pizza add toppings \$1 each for all you pepperoni heads

### Macaroni n Cheese -

Tasty and always a favorite served up with fries

 **Amanda's Pasta** - Lotsa Angel Hair Pasta topped with your choice of marinara or butter and Parmesan on the side

**Cheese Dog** - This 1/4 lb. all beef topped with melted American cheese and served up with fries

 **Grilled Cheese** - Served up with fries

**BBQ Pulled Pork Sandwich** - Served up with fries

**Cheese Quesadilla** - A real favorite

**BBQ Chicken Sandwich**  
Tenderly cooked so enjoy with fries

**Fried Gulf Shrimp** - Plump and tasty with fries