



BREAKFAST SPECIALS

Served 7-11 a.m. Monday-Saturday,
and until 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**

Eggs Benedict 2 poached eggs, Canadian bacon on a toasted English muffin topped with hollandaise sauce. Served with spuds, grits and fresh fruit. **\$8.99**
Replace the Canadian bacon and make it a crab cake or smoked salmon benedict just add \$3.00

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



Lunch SPECIALS

Served after 11 a.m.

Monday - Saturday and after 12 noon on Sunday

APPETIZERS

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

Stone Crab 1LB or 1/2 LB, Steaming Hot or Chilled, GET CRACK'N before they are gone! **Market \$**

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"! **\$5.99**

Chips & Salsa & Queso Homemade tortilla chips, Chef Juan's Secret Green Chili Queso and Cilantro Salsa! add guacamole \$2.00 **\$5.99**

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

Seared Sassy Salmon Fresh salmon pan seared in white wine, butter, lemon and topped with fresh garden dill. Sided with julian cut kale and veggie Super Food Salad tossed in our orange ginger dressing and a side yellow rice. **We suggest an ice cold Tito's watermelon and cucumber slice cocktail - Yummy!* **\$17.99**

Amy's Coconut Encrusted Pan Seared Mahi Salad Topped with Plum Sauce - over our piled high baby greens salad, with your 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**

Sesame Tuna Steak Salad Our big boy baby greens salad topped with a grilled yellow fin tuna steak encrusted with sesame seeds and an orange ginger sauce. This lunch has been endorsed by Kyle, the Island Cow personal trainer. **\$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**

The Triple Whammy Salad Homemade shrimp salad, chicken salad and tuna salad over our piled high baby greens salad with your choice of dressing. Moo good to be true!! **\$12.99**

Coconut Shrimp Spinach Salad Fresh baby spinach, roasted pecans, tomatoes, crumbled feta with raspberry vinaigrette and plum sauce. SWEEEEET! **\$15.99**

The Black Bean and Veggie Burger topped with homemade Mango Salsa complimented with julian cut kale and veggie Super Food Salad tossed in our orange ginger dressing. Good for you, maybe not the passenger in your car later! BEAN POWER! **\$10.99**