



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 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"! **\$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

- GATOR Grinder** Straight ow da da Bayou! Louisiana-style grilled GATOR sausage, smothered in sautéed onions and peppers. Topped with fried cheese curds, yep fried cheese curds, and stuffed in locally baked hoagie roll with homemade ranch drizzle. Served with crispy fries and tropical slaw. NEW Island Cow Favorite! I recommend frozen mugs of suds with this! **\$15.99**
- 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 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**
- 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. Moooo good to be true!! **\$12.99**
- Coconut Shrimp Spinach Salad** Fresh baby spinach, roasted pecans, tomatoes, crumbled feta with raspberry vinaigrette and plum sauce. SWEEEEEEET! **\$15.99**
- The Wedgie Veggie Burger** Best one I've ever tasted, grilled up just right on locally baked kaiser with lettuce and tomato. And served wit our julian cut kale and veggie Super Food salad tossed in orange ginger dressing. And if you haven't had enough veggies yet, I recommend a Tito's watermelon splash. Now the whole garden is gone!!! **\$11.99**