

APPETIZERS

CRAB RANGOON DIP

Creamy crab rangoon with parmesan panko crust, wonton crisps, Thai sweet chili sauce and chives

SHISHITO PEPPERS [GS]

Mild Asian peppers tossed with jalapeño lime infused oil, smoked salt, sesame seeds, topped with bonito flakes

SPICY TOGARASHI SHRIMP

Flash fried shrimp in spicy Japanese chili sauce. Served over Asian slaw with pounded ginger sauce

***TUNA & AVOCADO-TINI**

Cubed yellowfin tuna and ripe avocado in ginger dressing

HAND-CUT COLOSSAL ONION RINGS (V)

5 thick cut onion rings battered with panko and coconut. Served with horseradish aioli and Thai sweet chili sauce

EDAMAME [GS] (V)

Soy beans in pod served with a choice of sea salt, alderwood smoked salt or Sriracha salt

***BLACKENED TUNA NACHOS**

5 wonton chips with Crab Rangoon Dip, avocado salsa, tomatoes, seared rare blackened yellowfin tuna and microgreens

CRISPY CALAMARI "T & T"

Calamari tubes & tentacles, flash fried and served with a sweet chili calamari sauce

***BIG AL'S YELLOWTAIL**

Slices of yellowtail sashimi topped with thinly sliced jalapeño pepper. Served with a side of ponzu dipping sauce

LOBSTER & CRAB SPRING ROLLS

Maine lobster, blue crab, Napa cabbage, ginger, bok choy and carrots with cilantro pesto, Thai chili sauce and spicy honey marmalade

PARMESAN BACON TRUFFLE FRIES

House fries with truffle and parmesan cheeses, applewood bacon and chives

PICKLES & PEPPERS (V)

Crinkle-cut dill pickles and spicy cherry peppers flash fried and served with ranch dressing and horseradish aioli for dipping

***MINIS OF THE WEEK**

3 all natural beef mini-burgers served on sweet Hawaiian rolls, with sides of bacon coleslaw and Cowfish sauce

***SPICY POKE DIP**

Spicy tuna poke with salmon and yellowtail, seaweed salad, served with wonton chips

SALADS

Available salad dressings include: Sherry Vinaigrette [GS] (V), Ginger Dressing (V), Lemon Feta Vinaigrette [GS], Ranch (V), Honey Mustard [GS], Balsamic Vinaigrette [GS] (V), Peanut Ranch Vinaigrette (V), Smoked Blue Cheese

HOUSE SIDE SALAD (V)

Mixed greens, cucumbers, tomatoes, beet and carrot curls, croutons, choice of dressing

GOAT IN THE GARDEN (V)

Fresh arugula, spinach and basil with roasted walnuts, Asian pear, strawberries and Goat Lady Dairy goat cheese with extra virgin olive oil and strawberry balsamic vinegar

COBB SALAD [GS]

Grilled all natural chicken, eggs, avocado, cheddar cheese, kalamata olives, cucumbers, bacon, cherry tomatoes, smoked blue cheese crumbles, choice of dressing

CHINESE CHICKEN SALAD

Grilled all natural chicken, mixed greens, Asian slaw, snow peas, red peppers, cilantro, green onion, tangerines, peanuts, carrot & beet curls, crispy noodles, crispy wontons with peanut ranch vinaigrette

GREEK SALAD WITH GRILLED CHICKEN

Grilled all natural chicken, fried pepperoncinis, cucumbers, roasted red peppers, kalamata olives, cherry tomatoes, artichokes, crumbled feta cheese with lemon feta vinaigrette

***GRILLED SALMON SALAD**

Spinach & field greens, cashews, sun dried tomatoes, Peruvian sweet peppers, sesame encrusted goat cheese, grilled salmon with sherry vinaigrette

***SEARED TUNA ARUGULA SALAD**

Seared sesame tuna, arugula, Peruvian sweet peppers, hearts of palm, snow peas, artichokes, olives, tomatoes with citrus soy dressing

SIDE ITEMS

HOUSE SEASONED FRIES

BACON COLESLAW

EDAMAME

SWEET & SPICY THAI CUCUMBERS

SWEET POTATO FRIES *(add 50¢)*

SEAWEED SALAD

FRIED PICKLES

GRILLED VEGETABLES

*This item is served using raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. This disclosure is required by the N.C. Department of Environment and Natural Resources



BURGERS & SANDWICHES

The Cowfish takes pride in hand forming all of our burgers and grilling them fresh to order. All of our burgers are made from 1/2 pound of all natural beef, turkey, lamb or bison, that were humanely raised and NEVER, EVER given hormones or antibiotics. In addition, we source local ingredients when possible.

* **THE C.B.C.L.T.**

Half-pound beef burger, cheddar cheese, applewood bacon, white cheddar cheese, lettuce, tomato, onion, Cowfish sauce, brioche bun. Choice of side

* **THE TEXAS LONGHORN**

Half-pound beef burger, cheddar cheese, onion strings, jalapeño bacon, tangy BBQ sauce, lettuce, tomato, brioche bun. Choice of side

* **THE BIG SQUEAL**

Half-pound beef burger, pulled pork, smoked gouda cheese, onion strings, bacon coleslaw, BBQ sauce, lettuce, pickles, brioche bun. Choice of side

* **LAMB VINDALOO BURGER**

Half-pound lamb burger with paneer cheese, caramelized onion, lettuce, tomato, spicy vindaloo sauce, wrapped in naan flat bread. Choice of side

* **GRILLED SALMON BLT**

Grilled salmon, applewood bacon, lettuce, tomato, jalapeño citrus aioli, brioche bun. Choice of side

* **THE JALAPEÑO POPPER SHOW-STOPPER**

Half-pound beef burger, jalapeño-infused cream cheese, jalapeño bacon, fried jalapeños, jalapeño citrus aioli, lettuce, tomato, fresh sliced jalapeños, brioche bun. Choice of side

* **SHROOMIN' SWISS BURGER**

Half-pound beef burger, Swiss cheese, sautéed mushrooms, roasted garlic aioli, lettuce, tomato, sesame seed bun. Choice of side

APPLE, BERRY & BRIE TURKEY BURGER

Half-pound turkey burger, Brie cheese, sweet cranberries, Fuji apples, spicy honey marmalade, 7-grain wheat bun. Choice of side

THE SWISS CHICK

Grilled all natural chicken, Swiss cheese, applewood bacon, lettuce, tomato, red onion, BBQ sauce, sesame seed bun. Choice of side

* **BLACK TRUFFLE CHEESE BURGER**

Half-pound beef burger, black truffle cheese, roasted shallots, sautéed mushrooms, roasted garlic aioli, lettuce, brioche bun. Choice of side

* **THE LOCAL YOKEL**

Half-pound beef burger, Goat Lady Dairy goat cheese, fresh basil, fried cherry peppers, lettuce, tomato, red onion, Abbott Farms F.R.O.G. (fig, raspberry, orange, ginger) jam reduction, brioche bun. Choice of side

* **THE BOURSIN BACON BURGER**

Half-pound beef burger, garlic & herb boursin cheese, applewood bacon, sautéed mushrooms, grilled onions, lettuce, tomato, onion roll. Choice of side

THE SCREAMIN' KOREAN CHICKEN

Sesame encrusted all natural chicken, kimchi, Sriracha ranch, Asian slaw, lettuce, tomato, red onion, pickles, sesame seed bun. Choice of side

* **MEDITERRANEAN LAMB BURGER**

Half-pound lamb burger, tzatziki sauce, fried capers, feta cheese, lettuce, tomato, cucumbers, brioche bun. Choice of side

* **GRANNY'S SOUTHERN PIMENTO CHEESE BURGER**

Half-pound beef burger, housemade pimento cheese, fried green tomato, jalapeño bacon, red onion, lettuce, Duke's mayo, marbled rye. Choice of side

THE HEAVENLY VEGGIE (V)

Housemade veggie burger, roasted red peppers, sliced avocado, red onion, baby spinach, 7-grain wheat bun. Choice of side

* **THE ARNOLD HAMANDEGGAR**

Half-pound beef burger, cheddar cheese, grilled country shoulder ham, fried egg, applewood bacon, grilled onions, Cowfish sauce, onion roll. Choice of side

* **JAMMIN' THE BLUES**

Half-pound beef burger, smoked blue cheese, applewood bacon, tomato onion jam, arugula, tomato, brioche bun. Choice of side

* **THE THUNDERING HERD BISON BURGER**

Half-pound chipotle bison burger, sharp white cheddar cheese, avocado salsa, lettuce, chipotle aioli, red onion, sesame seed bun. Choice of side

CHICKEN BACON AVOCADO

Grilled all natural chicken, applewood bacon, avocado, lettuce, tomato, wasabi mayo, brioche bun. Choice of side

* **THE COWFISH HAS OFFICALLY LEFT THE BUILDING a.k.a. THE HUNKA HUNKA**

Full-pound beef burger, creamy peanut butter, fried bananas, applewood bacon, brioche bun. Choice of side. (Make it a SINGLE HUNKA LOVE, half-pound beef burger for \$13)

* **BARE BONES BURGER**

Half-pound beef burger served on the guest's choice of bread. Choice of side

SUBSTITUTIONS/ADDITIONS

<u>Protein:</u>	<u>Bread:</u>	<u>Toppings: \$1 per</u>	<u>Cheeses: \$1 per</u>	<u>Complimentary Toppings:</u>	
* Beef Burger 0	Original Brioche Bun	Avocado	American Cheese	Cowfish Sauce	Leaf Lettuce
Grilled Chicken 0	7-Grain Wheat Bun	Grilled Ham	Sharp Cheddar	Wasabi Mayo	Tomato
* Lamb Burger 4	Sesame Seed Bun	Avocado Salsa	White Cheddar	Garlic Aioli	Red Onion
Turkey Burger 2	Onion Roll	Sautéed Mushrooms	Pimento Cheese	Chipotle Mayo	Pickles
Veggie Burger 0	Marbled Rye	* Fried Egg	Smoked Blue Cheese	Jalapeños	Horseradish Aioli
* Chipotle Bison 4	Texas Toast	Applewood Bacon	Pepperjack Cheese	BBQ Sauce	Duke's Mayonnaise
	Gluten Sensitive Bun (\$0.50)	Jalapeño Bacon	Swiss Cheese	Arugula	Cucumber
		Grilled Onion	Provolone Cheese	Cranberries	Iceberg Lettuce
		Fried Jalapeño	Brie Cheese		
		Fried Onion Strings	Goat Cheese		
			Black Truffle Cheese (\$1.50)		



SUSHI BAR SELECTIONS

All Sushi Bar Selections are available with brown rice or soy paper for \$1 each

SASHIMI Fresh fish only, sliced to order

- * **3 PIECE MIX [GS]** - Chef's selection of fresh tuna, salmon and yellowtail. Served over ice
- * **7 PIECE MIX [GS]** - Chef's mixed selection of fresh tuna, salmon and yellowtail. Served over ice
- * **CHEF'S DELUXE 15 PIECE MIX** - Chef's mixed selection of fresh tuna, salmon, yellowtail, seasonal whitefish, eel, sweet shrimp, lobster salad and octopus. Served over ice

NIGIRI Fresh fish over sushi rice with a smear of wasabi, sliced to order

- * **TIER 1 - SERVED A LA CARTE:** kani, masago (smelt egg), mackerel [GS], ebi shrimp
- * **TIER 2 - SERVED A LA CARTE:** tuna [GS], salmon [GS], yellowtail [GS], seasonal whitefish [GS], sweet shrimp [GS], octopus [GS], eel, squid [GS], smoked salmon [GS], ikura (salmon roe) and tobiko (flying fish egg)
- * **LUCKY SEVEN** - Seven hand made nigiri with salmon, hamachi, ebi shrimp, 2 premium tuna, eel and seasonal whitefish

SUSHI COMBOS

- * **MORIAWASE DOZEN** - 8 piece California Roll and 4 pieces of Nigiri (1 each - tuna, salmon, seasonal whitefish and kani)
- * **MORIAWASE DOUBLE DEUCE** - 8 piece Spicy Crunchy Roll, 8 piece Spicy Tuna Roll and 6 pieces of Nigiri (1 each - tuna, salmon, seasonal whitefish, yellowtail, shrimp and kani)
- * **PREMIUM COMBO PLATTER** - Featuring the finest seasonal fish, based on availability. 7 piece mix of seasonal sashimi, 4 pieces of seasonal nigiri, 4 piece Mrs. Woodbury's Fresh Find and spicy tuna poke with salmon and yellowtail
- * **THE MOTHERLOAD** - A sampling of some of our favorite selections! Chef's selection of premium sashimi, Tokyo style nigiri, spicy tuna poke with salmon and yellowtail, 4 piece Doug's Filet Roll and 4 piece The Boss Roll. Served with a side of pounded ginger sauce and sambal sesame soy

CLASSIC ROLLS Rice outside of seaweed wrapper, fillings inside of wrapper

- * **CALIFORNIA ROLL** - Kani, cucumber, avocado, masago
- * **SPICY TUNA ROLL [GS]** - Fresh sliced tuna, cucumber, spicy mayo
- * **SPICY YELLOWTAIL ROLL [GS]** - Fresh sliced yellowtail, scallions, spicy mayo
- * **PHILLY ROLL [GS]** - Fresh sliced salmon, avocado, cream cheese

VEGETARIAN ROLL [GS] (V) - Avocado, cucumber, asparagus

SPICY CRUNCHY ROLL - Shrimp tempura, kani, spicy mayo, crispy tempura flakes

- * **TEMPURA ROLL** - Shrimp tempura, kani, cucumber, masago, spicy mayo
- * **TNT ROLL** - Spicy tuna, kani, avocado, masago
- * **RAINBOW ROLL** - California roll topped with assorted fish, masago and spicy mayo
- * **SPIDER CRAB ROLL** - Crispy soft shell crab, kani, cucumber, scallions, masago, spicy mayo

BAGEL ROLL - Smoked salmon, kani, cream cheese roll battered and flash fried, topped with sweet eel sauce

[GS] - Notes Items That Are Gluten-Sensitive

(V) - Notes Items That Are Vegetarian

The Cowfish strives to meet all dietary needs and goals, but is not a gluten free environment. Although we are confident that our recipes meet your needs, the potential migration of ingredients in a commercial kitchen disallows us from claiming that a product or menu item is 100% gluten free. If you have severe allergic conditions, please understand that we do not make any guarantee of purity.

Many other dishes may be prepared [GS] and (V). Ask your server for more details

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FUSION SPECIALTIES

All Fusion Specialties are entree-sized rolls, cut and served in 9 pieces with wasabi and ginger.
All Fusion Specialties are available with brown rice or soy paper for \$1 each

- * **MARK'S ROLL** - Fresh tuna, jalapeño, cream cheese, kani, scallions inside, coated with panko and flash fried. Topped with Japanese mayo and sriracha. Served with ponzu dipping sauce

- * **RIVERBOAT RON ROLL** - Crispy softshell crab, kani, cucumber, topped with avocado, eel sauce and spicy mayo

- * **FIRECRACKER ROLL** - Shrimp tempura, kani inside coated with tempura flakes, topped with yellowtail, salmon, spicy mayo, masago, tobiko and scallions. Served with ponzu dipping sauce

- * **TROPICAL STORM ROLL** - Kani, avocado and cucumber inside, topped with tuna, salmon, yellowtail, Japanese mayo, sweet eel sauce, sriracha and multi-colored tobiko. Served with wasabi yuzu dipping sauce

- * **THE ANGRY LOBSTER** - Tempura lobster and cucumber inside, topped with premium salmon, fried kimchi, green onion, honey kimchi sauce

- * **VOLCANIC ROLL** - Tempura shrimp, jalapeño, cucumber, scallions inside, topped with spicy tuna

- * **DOUBLE SALMON ROLL [GS]** - Smoked salmon, avocado inside, topped with fresh salmon. Served with a side of spicy mayo

- DION'S OMG! ROLL** - Tempura coconut shrimp, kani, English cucumber inside, coated in tempura flakes. Topped with fresh mango, avocado, spicy honey marmalade and coconut flakes

- * **PINKY SWEAR ROLL** - Eel, diakon sprouts and cucumber inside, topped with spicy tuna poke with salmon and yellowtail, cucumber, red onion, chives, roasted jalapeño vinaigrette and sesame soy sambal

- * **MISS MOFFITT'S ROLL** - Spicy tuna, scallions, tempura flakes inside, topped with avocado and sweet eel sauce

- * **RIGGS R&R CRABCAKE ROLL** - Tuna, avocado, cream cheese inside, topped with lump crabcake mix and baked. Finished with masago and spicy mayo

- NORTH HILLS ROLL** - Tempura coconut shrimp, cucumber, cilantro inside. Topped with avocado, diced mango, chopped cashews and sweet eel sauce

- * **BLACKENED TUNA ROLL** - Lump crabcake mix and cream cheese inside, coated in tempura flakes. Topped with seared blackened tuna, avocado salsa and jalapeño

- * **GEORGIA ROLL** - Tempura shrimp, kani inside, coated with tempura flakes. Topped with yellowfin tuna, eel and sweet eel sauce. Served with a side of spicy mayo

- * **THE BOSS** - Spicy yellowfin tuna, kani salad, English cucumbers inside, coated in tempura flakes. Topped with avocado, premium tuna, wasabi tobiko and wasabi mayo

- MAD MANGO-CADO ROLL** - Shrimp tempura, kani inside, coated with tempura flakes. Topped with mango, avocado and sweet eel sauce. Served with a side of spicy mayo

- * **MRS. WOODBURY'S FRESH FIND** - Premium tuna, cucumber, green onion inside, topped with premium salmon and avocado. Served with a side of spicy tuna poke with salmon and yellowtail

- BIRKENSTOCKY SHIITAKE MAKI (V)** - Shiitake mushrooms, fried portabella, red pepper, cucumber, red onion, Thai basil rolled with brown rice and quinoa. Served with wasabi yuzu dipping sauce

- * **FIERY DRAGON ROLL** - Tempura shrimp, lump crab, jalapeño inside, topped with tuna, eel, jalapeño, spicy masago, eel sauce

- * **FALI'S FREE SPIRIT** - Tempura shrimp, lump crab, jalapeño inside topped with fresh salmon, Japanese mayo, lemon zest, yuzu and fried shiso

[GS] (V) Many other rolls may be prepared Gluten-Sensitive or Vegetarian. Please ask your server for details

All sushi rolls are sprinkled with sesame seeds to finish. Rolls without sesame seeds are available at the guest's request

"BURGUSHI"

The Cowfish introduces a unique fusion of burgers and sushi! Open your mind and your taste buds as you experience these originals brought to you by The Cowfish!!!

boxes

*THE COWFISH BENTO BOX

A combo meal featuring both burger and sushi, including a mini-burger with American cheese, pickles and chopped red onion, sweet potato fries, Thai cucumbers, edamame and choice of a 4 piece sushi roll (California, Spicy Tuna, Vegetarian or Philly Roll)

*FUSION SPECIALTY BENTO BOX

A combo meal featuring both burger and sushi, including the featured mini-burger of the week, sweet potato fries, Thai cucumbers, edamame and choice of a 4 piece Fusion Specialty roll (Mark's, Firecracker, Blackened Tuna or Tempura Shrimp Roll) - or - 3 pieces of mixed nigiri (tuna, salmon and shrimp)

rolls

*THE ALL-AMERICAN BACON DOUBLE CHEESEBURGOOSHI

Seasoned all natural beef, yellow cheddar cheese, white cheddar cheese, applewood bacon, and red onion, wrapped in soy paper and potato strings then flash fried. Topped with ketchup, mustard, dill pickle and Roma tomato. Served atop Cowfish sauce. Served with house seasoned fries

*DOUG'S FILET ROLL

Avocado, kani, cream cheese inside, topped with thin slices of seared filet mignon, spicy mayo, scallions, masago. Served with a side of pounded ginger sauce

*THE NATURE BOY'S WOOOOO-SHI BUFFALOOOOO-SHI ROLL

Sautéed chipotle bison, fried green tomato, grilled onions, feta cheese inside, coated with tempura flakes. Topped with fresh green tomato, chipotle aioli, diced tomato, red onion, jalapeño pepper

*"THE PRIME TIME" FILET & LOBSTER ROLL

Lobster and cucumbers inside, topped with seared rare seasoned filet mignon, pan-fried portabella mushroom slices tossed in truffle oil, green onions and spicy mayo. Served with a side of pounded ginger sauce

THE DELIVERANCE ROLL - SOUTHERN STYLE BAR-B-Q-SHI

Pulled pork, caramelized onion and BBQ sauce, wrapped in soy paper and potato strings then flash fried. Topped with housemade bacon coleslaw and chives

pick-ups

*THE 4-S (SEAR-IOUSLY SENSATIONAL SUSHI SANDWICH)

Seared Koji marinated tuna and yellowtail, Asian slaw, red peppers, daikon sprouts, cucumber, served on grilled spring roll wrapper "buns" filled with kani and sushi rice. Served with a side of sambal sesame soy. Choice of side

*WHAT'S SHAKIN' TUNA BACON SANDWICH

Seared rare blackened yellowfin tuna, applewood bacon, iceberg, jalapeños, tomato salsa, Asian slaw and spicy mayo, served between grilled spring roll wrapper "buns" filled with kani and sushi rice. Choice of side

BUILD YOUR OWN SUSHI ROLL

Be your own sushi chef! Select your fillings, type of wrapper, type of rice, and toppings to create your own unique masterpiece! Base price of \$4 includes rice and wrapper. All rolls are cut into 9 pieces

Inner Roll Fillings (Maximum of 5 fillings)

* Tuna	Smoked Salmon	Pulled Pork BBQ	Crabcake Mix	Spicy Mayo
* Salmon	* Ground Beef	Lobster	Cream Cheese	Sriracha (chili paste)
* Yellowtail	* Chipotle Bison	Tempura Lobster	Mango	Avocado
* Seasonal Whitefish	* Ground Lamb	Tempura Shrimp	Portabella	Thai Basil
Ebi Shrimp	Fried Calamari	Tempura Asparagus	Mint	Cucumber
* Ikura (salmon roe)	Fried Soft Shell Crab	Tempura Zucchini	Iceberg Lettuce	Asparagus
Kani (crabstick)	* Filet Mignon	Tempura Portabella	Carrots	Jalapeño
* Octopus	* Tobiko (flying fish roe)	Tempura Avocado	Beets	Scallions
Eel	* Masago (smelt egg)	Tempura Flakes	Applewood Bacon	

Choose Your Wrapper (Seaweed or Soy Paper)

Included in \$4 base price

Choose Your Rice (White or Brown Rice)

Included in \$4 base price

Outer Roll Toppings (Maximum of 3 toppings)

* Tuna	Eel	Lump Crabcake Mix	* Mixed Assortment
* Salmon	Ebi Shrimp	Avocado	Pick up to 5 of the following outer roll options to top your roll
* Yellowtail	Kani (crabstick)	Mango	(Tuna, salmon, yellowtail, seasonal whitefish, eel, ebi shrimp,
* Seasonal Whitefish	* Filet Mignon		kani, avocado, mango)

Additional Toppings / Options

* Masago (smelt egg)	Spicy Mayo	Coat with Tempura Flakes
* Tobiko (flying fish egg)	Sweet Eel Sauce	Tempura Fry Inner Roll
* Ikura (salmon roe)	Sriracha (chili paste)	Side of Ponzu Dipping Sauce

DESSERTS

THE MOUSSE IS LOOSE

Assorted layers of classic fudge brownie, chocolate mousse and vanilla mousse

FRESH BERRY TALL CAKE

Moist lemon pound cake, vanilla bean ice cream and raspberry sauce. Topped with fresh strawberries, raspberries and blackberries

CHEF DAVE'S NOT FACTORY MADE CHEESECAKE

Creamy coconut almond cheesecake atop a golden fortune cookie crust. Finished with almond coconut and raspberry sauce

HAND-SPUN MILKSHAKES

All of our shakes are made with all-natural, real vanilla bean ice cream, hand spun, and topped with whipped cream

CLASSIC SHAKE [GS]

A perfectly hand-spun shake, freshly made with up to three flavors of your choice: Chocolate, Vanilla, Strawberry, Coffee, Banana, Peanut Butter, Raspberry or Mango

CAKE SHAKE

Vanilla bean ice cream hand-spun with the guest's choice of Vanilla or Chocolate birthday cake mix

COOKIES & CREAM

Nobody does it like Oreos! Fresh vanilla bean ice cream hand-spun with crushed Oreo cookies

CARAMEL CHOCOLATE ESPRESSO MALT

Vanilla bean ice cream hand-spun with coffee concentrate, caramel, and chocolate

THE "ALL SHOOK UP" [GS]

An Elvis original of peanut butter, jelly, and banana hand-spun with vanilla bean ice cream

THE CARA SHAKE

Vanilla bean ice cream hand-spun with chocolate and peanut butter. Topped with chocolate mousse, shaved chocolate and peanut butter candy pieces

THE GRASSHOPPER [GS]

A minty chocolate masterpiece, featuring vanilla bean ice cream hand spun with Andes chocolate mints

THE MARSHMALLOW CRISPY TREAT

Rice Krispies and mallow cream blended with vanilla bean ice cream. Topped with crispy rice treats

GIMMIE MORE S'MORE SHAKE

Vanilla bean ice cream hand-spun with double dark chocolate, mallow cream and crunchy graham crackers

HOT TEAS

Prepared fresh to order! Allow your freshly-brewed hot tea to steep for 4 minutes before pouring a cup

CHAMOMILE MEDLEY DECAF - Designed to relax with its honey-like sweetness, soothing spearmint and lemongrass

VANILLA MINT CHAI - Luscious vanilla bean, soothing peppermint and sweet cinnamon

PEACH BLOSSOM - Natural essence of peach and tangerines, balanced with accents of citrus and white tea

JASMINE GREEN TEA - A truly premium tea, made with spring-harvested green leaf buds infused with jasmine flowers

BLUEBERRY ROOIBOS DECAF - Fruity blend highlighting the tart flavor of hibiscus flowers with a sweet-sour hint of wild schizandra berry

ORGANIC EARL GREY - Fine black tea scented with natural Italian oil of bergamot and blue cornflower blossoms

TUMERIC GINGER - Licorice root, zesty ginger, orange peel and lemongrass

BEVERAGES

SOFT DRINKS - Coke, Sprite, Diet Coke, Coke Zero, Lemonade, Dr. Pepper, Ginger Ale, Root Beer

FRESH ICED TEA - Sweetened or Unsweetened

FRESH BREWED COFFEE - Regular or Decaf

BOTTLED WATER - Voss Still or San Pellegrino Sparkling

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BEER

draft

GIZMO BREW WORKS BEEKEEPER HONEY WHEAT (Raleigh, NC - 5.5%) - American pale wheat ale with local honey
RALEIGH BREWING "HELL YES MA'AM" BELGIAN STYLE GOLDEN (Raleigh, NC - 9.2%) - Fruity and spicy
RED OAK AMBER (Whitsett, NC - 5.0% ABV) - A smooth tasting old style lager featuring Munich Malt and Spalt Noble Hops
SAPPORO (Japan - 4.9% ABV) - Refreshing lager with crisp, refined flavor and clean finish
TROPHY BREWING "TROPHY WIFE" SESSION IPA (Raleigh, NC - 4.9% ABV) - Session IPA with orange color, citrus & hops
CRANK ARM ROTATING TAP (Raleigh, NC) - The Cowfish features a rotating tap from Crank Arm Brewery
WICKED WEED ROTATING TAP (Asheville, NC) - The Cowfish features a rotating tap from Wicked Weed Brewery
WILD CARD ROTATING TAP - The Cowfish features a rotating draft beer tap. Ask your server for more details!

bottles & cans

ALLAGASH SAISON (Maine - 6.1% ABV) - A full-bodied ale full of citrus and peppery spices
ANDERSON VALLEY ROTATING GOSE (California) - The Cowfish reatures a rotating gose from Anderson Valley Brewery
ANGRY ORCHARD CIDER (Ohio - 5.0% ABV) [GS] - A crisp and refreshing sweet apple cider
AVIATOR DEVIL'S TRAMPING GROUND BELGIAN TRIPEL (Fuquay Varina, NC - 9.2% ABV) - A fruity, spicy ale
BELL'S AMBER ALE (Michigan - 5.8% ABV) - Toasted caramel flavor with a slightly hoppy finish
BUD LIGHT (Missouri - 4.2% ABV) - Clean and subtle, light-bodied brew
CAROLINA BREWING COMPANY PALE ALE (Holly Springs, NC - 5.1% ABV) - Medium-light body and clean taste
DOGFISH HEAD INDIAN BROWN ALE (Delaware - 7.2% ABV) - Full of molasses, chocolate, and coffee flavor
FOOTHILLS TORCH PILSNER (Winston-Salem, NC - 5.3% ABV) - Smooth pilsner with pale malts and earthy hops
HITACHINO NEST WHITE ALE (Japan - 5.5% ABV) - A Japanese craft ale with orange peel and coriander flavor
LEFT HAND MILK STOUT (Colorado - 6.0% ABV) - A rich and full-bodied stout with a creamy, chocolaty profile
LONERIDER SHOTGUN BETTY HEFEWEIZEN (Raleigh, NC - 5.8% ABV) - Rich nose and refreshing, dry finish
LYNNWOOD BREWING HOP ON TOP IPA (Raleigh, NC - 7.0% ABV) - West coast inspired American style IPA. 16 oz. can
MICHELOB ULTRA (Missouri - 4.1% ABV) - Light-bodied beer with fruit and citrus aromas
MILLER LITE (Wisconsin - 4.2% ABV) - A light beer that is less filling, and tastes great
O'DOULS N/A (Missouri) - A premium non-alcoholic beer with a mild, sweet taste
OMISSION PALE ALE (Oregon - 5.8% ABV) [GS] - Bold and hoppy with caramel malt
TERRAPIN HI-5 IPA (Georgia - 5.9% ABV) - An American IPA brewed with a variety of hops
WESTBROOK WHITE THAI WITBIER (South Carolina - 5.0%) - Fresh lemongrass and ginger root
WHITE ST. BREWING KOLSH (Wake Forest, NC - 5.2% ABV) - Crisp, light straw color with clear body

HANDCRAFTED COCKTAILS

ROCKIN' THE STACHE - Barrel rested gin with black tea, ancho syrup served over a sweet tea ice cube
NEW FASHIONED - Knob Creek, Amaretto, orange bitters, simple syrup
MOSCOW MULESHINE - Poteen Moonshine, ginger beer, freshly squeezed lime, shiso
SNAKE IN THE GRASS - Ketel One Vodka, jalapeño lemongrass, freshly squeezed lime, ginger beer
THE HOT STONER - Orange Vodka, stone fruit syrup, Thai Chili, freshly squeezed lime
SKINNY GONZALES - Our skinny twist on a margarita. Espolòn Tequila Blanco, Grand Marnier Raspberry Peach, freshly squeezed lime, POM juice

MARTINIS

SAVE THE TATAS-TINI - Smirnoff Vodka, hibiscus, fresh lime, cranberry juice, basil. A percentage of the proceeds will go to support 1 of Us, an organization committed to providing assistance that directly impacts the lives of women who are undergoing breast and other gynecological cancers

ITSY BITSY TINI-WEENIE FRESH AND BERRY GREAT MARTINI - Our skinny martini. Smirnoff Sorbet Light Pomegranate Raspberry Vodka, champagne, agave nectar, fresh raspberry, freshly squeezed lemon
THE CUCUMBER MINT-INI - Tanqueray Ten, cucumber, mint, freshly squeezed lime
FANCY FOLK MEDICINE - Crown Royal Apple, Muddy River Spiced Rum, egg white, caramel apple syrup, fresh grated ginger
THE JAMHATTAN - Japanese Whiskey with pomegranate liquor and F.R.O.G. (fig, raspberry, orange, ginger) jam
BIG O'S LAST LAUGH - Smirnoff Citrus Vodka, pomegranate liqueur, POM juice, freshly squeezed lime

SPIKED SHAKES

PEANUT BUTTER NANA TIME - Smirnoff Vanilla Vodka, banana liqueur, ice cream, fresh banana and peanut butter cups
THREE DRUNKEN ELVES - Smirnoff Whipped Vodka, Frangelico, Rice Krispies, mallow cream, ice cream
BANANAS FOSTER - Muddy River Spiced Rum, banana liqueur, ice cream, brown sugar syrup, fresh banana
ISLAND BREEZE - Bacardi Rum, Myer's Dark Rum, ice cream, strawberries and pineapple juice
NO SLEEP TIL BROOKLYN - Myer's Dark Rum, Kahlua, ice cream, malt, coffee concentrate, chocolate covered espresso beans
BUTTERED RUM PECAN - Dark Rum, roasted butter pecans, ice cream

WINE

whites

AMORE DI AMANTI PROSECCO (Treviso) - A light, dry bubbly bursting with white peach

CHAMPS DE PROVENCE ROSÉ (France) - Classic dry rosé with medium body and notes of red berries and orange blossom

ECAANA PINOT GRIGIO (Italy) - Bright and crisp with stone fruits

J VINEYARDS PINOT GRIS (California) - Rich and fruit forward with ripe flavors of zesty orange and Asian Pear

COWFISH CHARDONNAY (California) - Apple, pear and peach flavors laced with toasty vanilla

LAGUNA CHARDONNAY (Russian River Valley) - Well-balanced and rich, with an expressive mouthfeel

POSEIDON CHARDONNAY (Napa Valley) - White peach, honeysuckle and apple blossom

FERNHOOK SAUVIGNON BLANC (Marlborough) - Juicy and luscious gooseberry-fruited with a lively mouthfeel

HONIG SAUVIGNON BLANC (Napa Valley) - Mango, kiwi, lemongrass and grapefruit flavors

MAKULU MOSCATO (South Africa) - Seductively sweet with aromas of peach, pears and apricots

IQ RIESLING (Germany) - Flavors of apples, honey and a hint of minerals with balanced sweetness

VEUVE CLICQUOT BRUT (Reims) - Complex aromas of ripe apple and light cream, bright and beautiful bubbles

KIM CRAWFORD SAUVIGNON BLANC (Marlborough) - Aromatic gooseberry, passion fruit and citrus

CONUNDRUM WHITE BLEND (California) - A creamy, soft blend of perfumed white wines

SONOMA CUTRER CHARDONNAY (Russian River Valley) - Green apple, honeysuckle, balanced French oak and lemon zest

CAKEBREAD CHARDONNAY (Napa Valley) - Delightfully fragrant, ripe pear, apple, guava, mineral and toasted oak

reds

LUCKY STAR PINOT NOIR (California) - Silky red cherry flavors with delicate spice

LEFT COAST CELLARS PINOT NOIR (Willamette Valley) - Ripe plum and cherry flavors with floral and spicy notes

CONQUISTA OAK CASK MALBEC (Mendoza) - Plum and dark cherry fruit with silky tannins, vanilla, mocha and spices

COWFISH CABERNET SAUVIGNON (California) - Flavors of black cherry, currant and cocoa with a smooth finish

BALLARD LANE CABERNET (California) - Fresh, juicy with primary dark berry fruits, excellent depth and richness

FOXGLOVE CABERNET SAUVIGNON (Paso Robles) - Dark red cherry, plum, mint spice and leather with a juicy, soft finish

EL PASO TEMPRANILLO/SHIRAZ (Spain) - Black cherries and strawberries, medium-full bodied with soft tannins

SMASHBERRY RED BLEND (Central Coast) - Cabernet Sauvignon, Petite Sirah & Merlot make up this lush red blend

PEDRONCELLI MERLOT (Dry Creek) - Red cherry and deep plum flavors with a touch of vanilla and smoky oak

ORIN SWIFT ABSTRACT (California) - Luxardo cherry aroma, soft tannins, lingering oak finish

MT. VEEDER CABERNET SAUVIGNON (Napa Valley) - Dark berries and cassis with mocha and herbal notes

SAKE

SAKE SAMPLER - Sample pours of four of our favorite sakes including Classic Junmai, Fuji Apple, Ty-Ku Black and Silky Mild

FROM THE WARMER

SHO CHIKU BAI, CLASSIC JUNMAI - Warming and wonderful, Kanpai!!!

PREMIUM CHILLED SAKES

HANA FUJI APPLE or WHITE PEACH - Bursting with aromatic fruit flavors

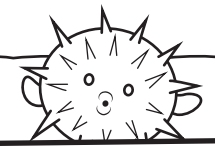
TY-KU BLACK JUNMAI GINJO - Smooth & balanced tropical fruit and fennel notes

SHIRAKABE GURA MIO SPARKLING - A delicate, lightly sweet yet refreshing sparkler with melon, apricot & citrus notes **330ml**

SHO CHIKU BAI, SILKY MILD NIGORI - A sweet, creamy, rich, cloudy sake with toasty rice notes **375ml**

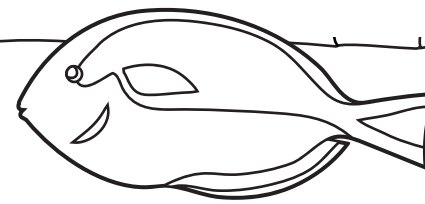
SHO CHIKU BAI, REI JUNMAI GINJO DRAFT - Aromas of tropical fruit, white blossom, white fruit & marzipan **330ml**

DASSAI 50 OTTERFEST JUNMAI DAIGINJO - Heavenly perfumed with pure lychee, acacia blossom and pear flavors **330ml**

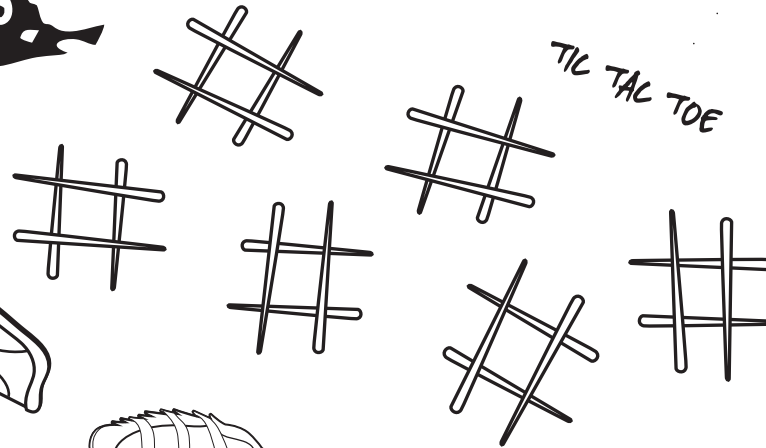


KIDS BENTO BOXES

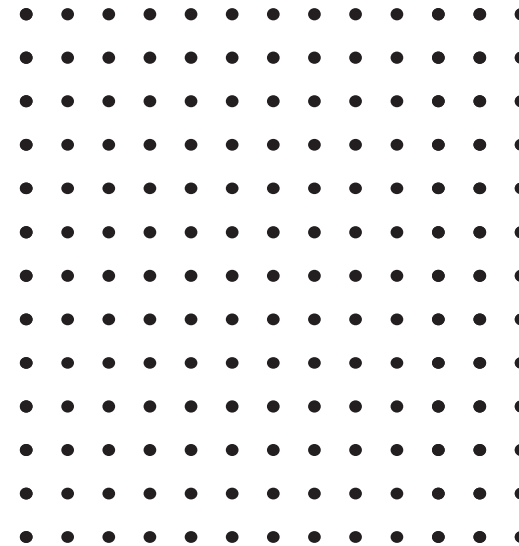
THE COWFISH
SUSHI · BURGER · BAR



TIC TAC TOE



DOT GAME



All meals served with a kid's drink and two sides. Choice of sides include: carrots, apples, oranges, edamame or house fries

California Roll

Kani, cucumber, avocado

Tempura Shrimp Roll

Shrimp tempura, kani, cucumber

Vegetarian Roll [GF] (V)

Avocado, cucumber, asparagus

Dragon Bitez

All natural chicken chunks grilled to perfection, served with ranch, honey mustard or BBQ sauce

Gorilla CHeeZ

Cheesy classic fresh off the grill!

Ninja Nuggets

Tender, all natural chicken chunks flash fried served with ranch, honey mustard or BBQ sauce

PB&J Sushi Roll

All natural peanut butter and jelly rolled inside of white bread. Cut into bite-sized pieces

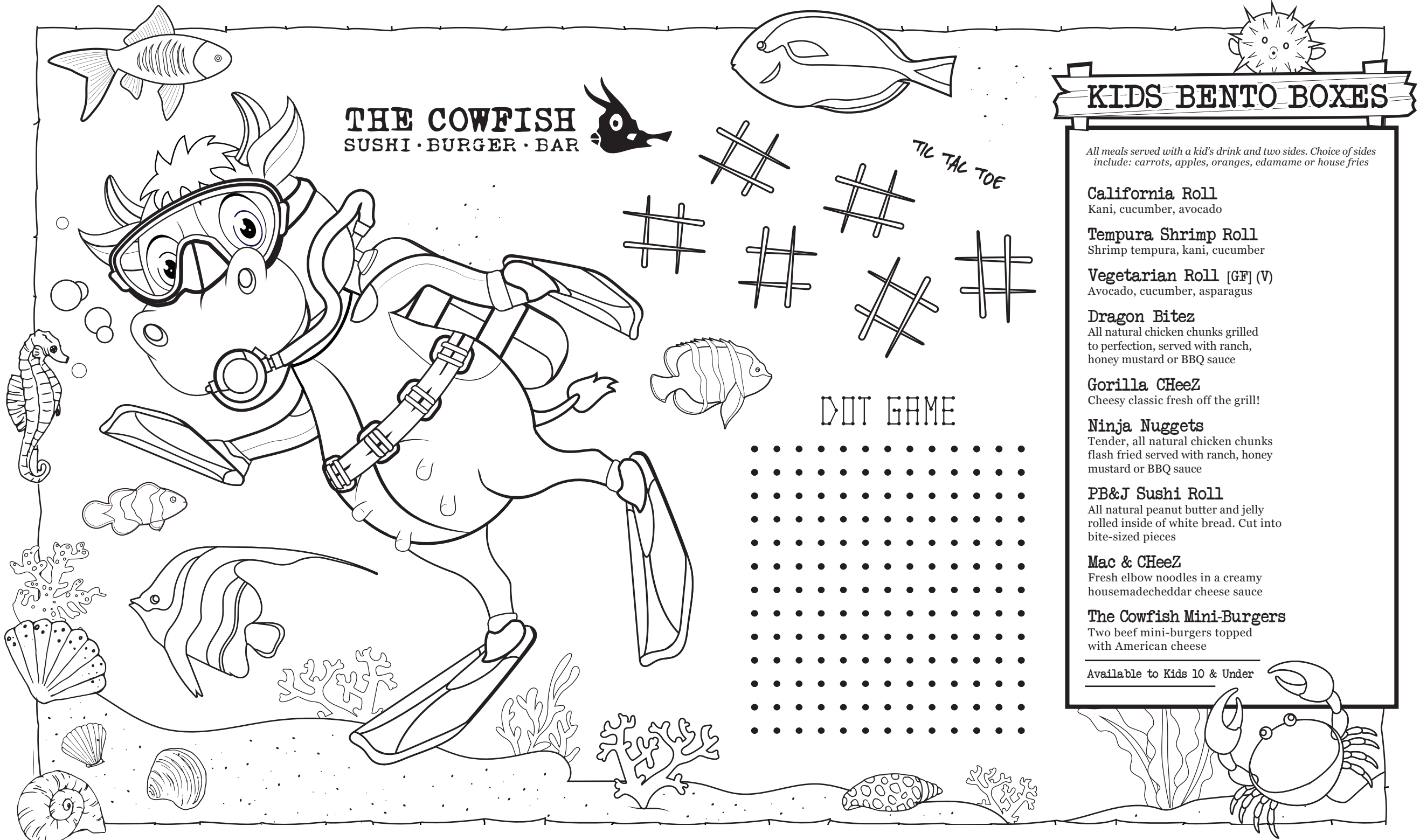
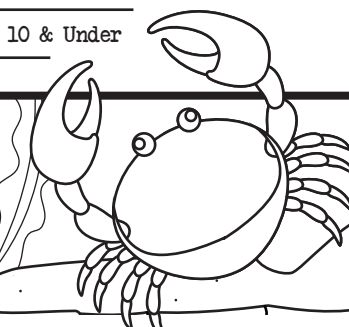
Mac & CHeeZ

Fresh elbow noodles in a creamy housemade cheddar cheese sauce

The Cowfish Mini-Burgers

Two beef mini-burgers topped with American cheese

Available to Kids 10 & Under



*Please alert your server of any food allergies, as not all ingredients are listed on the menu. Consuming raw or undercooked meats, poultry, pork, seafood, shellfish or eggs may increase risk of foodborne illness.