

# 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. (Or make it a SINGLE HUNKA LOVE, half-pound beef burger)

\* **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 soft-shell 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

### \*GOBBLE GOBBLE-OOSHI

Roasted turkey, fried green beans inside, wrapped in stuffing, soy paper and sweet potato strings then flash fried. Topped with gravy, cranberry sauce and fried green beans

### \*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 WO0000-SHI BUFFALOO000-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 (Tuna, salmon, yellowtail, seasonal whitefish, eel, ebi shrimp, kani, avocado, mango)
* Yellowtail	Kani (crabstick)	Mango	
* Seasonal Whitefish	* Filet Mignon		

### 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 Oreo! 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

BIRDSONG PARADISE CITY SESSION IPA (Charlotte, NC - 4.8% ABV) - Session IPA with bright tropical notes

NODA RAMBLE ON RED (Charlotte, NC - 5.2%) - Malt forward red ale made with rye & Belgian malt and Challenger hops

SAPPORO (Japan - 4.9% ABV) - Refreshing lager with crisp, refined flavor and clean finish

WOODEN ROBOT GOOD MORNING VIETNAM BLONDE (Charlotte, NC - 5.0%) - With Enderly coffee & Madagascar vanilla

LEGION JUICY JAY IPA (Charlotte, NC - 7.0% ABV) - Loaded with American hops, it's juicy and tropical with a dry finish

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

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

BIRDSONG JALAPEÑO PALE ALE (Charlotte, NC - 5.5%) - Pale ale with seeded jalapeño peppers, light on heat

BOLD ROCK INDIA PRESSED APPLE CIDER (Mills River, NC - 4.7%) - Dry-hopped cider made with Blue Ridge apples

BUD LIGHT (Missouri - 4.2% ABV) - Clean and subtle, light-bodied brew

CONEY ISLAND HARD ROOT BEER (New York - 5.8% ABV) - A twist on the classic soda with vanilla, licorice, and birch

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

LONERIDER SHOTGUN BETTY HEFEWEIZEN (Raleigh, NC - 5.8% ABV) - Rich nose and refreshing, dry finish

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

MOTHER EARTH ENDLESS RIVER KOLSCH (Kinston, NC - 5.0%) - Light-bodied beer with a slightly fruity flavor & tangy finish

NODA JAM SESSION (Charlotte, NC - 5.1% ABV) - American Pale Ale with toasted malt and tea. Served in a 16 oz. can

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

SYCAMORE SUNGROWN LAGER (Charlotte, NC - 4.8%) - Easy drinking, American style lager with a hint of maltiness

STONE GO TO IPA (California - 4.5% ABV) - A vibrant, hop-bursted session IPA

TERRAPIN HI-5 IPA (Georgia - 5.9% ABV) - An American IPA brewed with a variety of hops

UNKNOWN GINGER WHEAT (Charlotte, NC - 5.1%) - Light & citrusy with just the right amount of ginger

WESTBROOK GOSE (South Carolina - 4.0%) - German style sour wheat beer with coriander and salt

WICKED WEED FREAK OF NATURE DOUBLE IPA (Asheville, NC - 8.0% ABV) - Citrusy, weedy nose

WICKED WEED ROTATING SOUR (Asheville, NC) - The Cowfish features a rotating sour from Wicked Weed Brewery

# 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 - American Spirit 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

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

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

BANANAS FOSTER - Muddy River Spiced Rum, banana liqueur, ice cream, brown sugar syrup, fresh banana

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

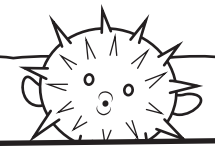
SHIRAKABE GURA MIO SPARKLING - A delicate, lightly sweet yet refreshing sparkler with melon, apricot & citrus notes **330ml**

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**

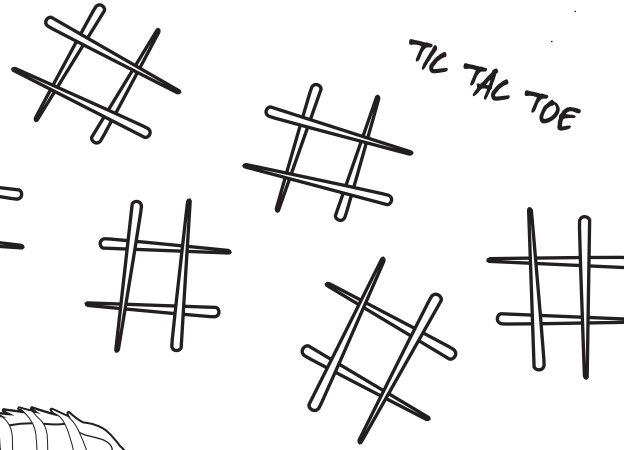
DASSAI 50 OTTERFEST JUNMAI DAIGINJO - Heavenly perfumed with pure lychee, acacia blossom and pear flavors **330ml**



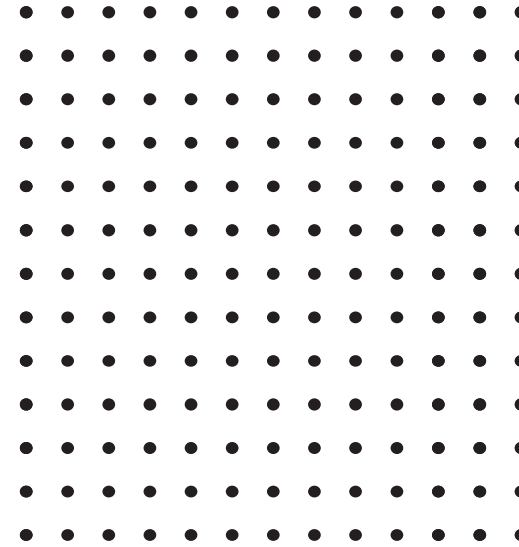


# KIDS BENTO BOXES

**THE COWFISH**  
SUSHI · BURGER · BAR



## 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

