

TAKE-OUT AVAILABLE!

ISLAND COW

T·H·E

UDDERLY GREAT FOOD



The herd and I were jus' hangin' around the beach one morn'in, when they asked me - "Where can we go when we're in the mooood for some great cook'in, local fun and prices that won't make us lose the farm? We mean casual and friendly surroundings inside and out, a place where we can bring the calves and come as we are!" Well, I had it! I knew the answer to this one - Let's get Mooovin' to - The Island Cow!

COVA BUNCA BREAKFAST

We take pride in cook'in up the finest breakfast anywhere! Cooked home style with the best ingredients money can buy - All served up with steam'in hot muffins and cornbread to boot!

Simple Breakfast - Your choice of one jumbo egg, cooked your way - sided with creamy grits and cow spuds - Enjoy! \$3.95

Poached Eggs - Delicately cooked to perfection and sided with creamy grits, crisp cow spuds and fresh fruit - Wow! \$4.95

Island Pancakes - This healthy stack of fluffy wonders can be prepared as you like - Sided with fresh fruit

Ole Fashion Buttermilk
Small Stack \$4.25 Large Stack \$5.95

Blueberry Pancakes
Small Stack \$5.95 Large Stack \$6.95

Blueberry Granola Crunch Pancakes
Small Stack \$6.95 Large Stack \$7.95

French Toast - Served up with our seasonal fresh fruit - A real great starter! \$5.95

Your Way - Two jumbo eggs your way, creamy grits, cow spuds and your choice of grilled Canadian bacon, sausage or farm style crisp bacon \$5.95

Egg On A Roll - Two jumbo eggs, grilled Canadian bacon and cheese served on a freshly baked roll with cow spuds and fruit \$6.95

O'La Granola 'N Berries - Fabulous homemade granola topped with fresh fruit and berries - A splash of milk - Oh Wow! \$5.95

Creamy Cheese Grits 'N Adouille Sausage - Steam' in hot - Something different for the daily start-up! \$4.95

Tropical Fruit Plate - This will jumpstart your day - Seasonal fresh melons, ripe berries and more! \$6.95

Pigs In A Pancake - Big ole, tasty pork sausages, wrapped inside our wonderful buttermilk pancakes - sided with cow spuds and fresh fruit \$6.95

Breakfast Specialties

Triple Cheese Omelet - Our fluffy eggs bursting with savory cheeses - Sided with creamy grits, cow spuds and fresh fruit \$6.95

Stuffed French Toast - Our wonderful French toast overstuffed with scrambled eggs and Canadian bacon - Served up with cow spuds and fresh fruit \$6.95

Breakfast Quesadilla - Grilled tortilla shell stuffed with black beans, sweet onions and bell peppers, topped with wonderful fresh salsa, eggs and savory cheeses - Served up with cow spuds and fresh fruit \$6.95

Be Crabby - Our "Award Winning" crab cake cooked to a golden brown - Topped with a pair of eggs our way and savory melted cheeses - Enjoy creamy grits, cow spuds and fresh fruit \$9.95

Steak 'N Eggs - Chargrilled Delmonico steak served with two jumbo eggs, creamy grits, cow spuds and fresh fruit \$8.95

Farmer's Frittata - Overstuffed with 3 cheeses, tasty sausage, potatoes, peppers and onions - Enjoy with creamy grits and fresh fruit \$7.95

Loaded Seafood Omelet - Experience this! Plump shrimp, sweet crabmeat and scallops paired with bell peppers, onions and melted cheeses - Make this Paradise Found! \$9.95

Kid's Breakfast

All Menu Items \$4.99

Scrambled Eggs - Served with fresh fruit, cow spuds and muffin

French Toast - Served with fresh fruit and home baked muffin

Pancakes - Fluffy wonders served up with fresh fruit

Ham 'N Eggs - Scrambled eggs, grilled Canadian bacon, cow spuds and steam'in muffin

Fresh Fruit Salad - Seasonal melon and ripe berries sided with home baked muffin

Cheese Omelet - Served up with muffin and fresh fruit

Homemade Granola 'N Berries - Served up with steam'in muffin

Soups 'N You

Cold Wildberry Bisque - Refreshing! Topped off with a splash of champagne\$4.95

Cease The Day - Whatever we feel like cook'in up\$4.95

Famous Black Beans 'N Rice - Our Islander favorite! "Award Winning Recipe" - Topped with sour cream and diced onions - Oh Yeah!\$5.95

App's 'N Good Ole Stuff

Conch 'N Shrimp Fritters - Come and get um! Fresh lemon and tangy dipp'in sauce\$6.95

Already Famous Calamari - Fried in a Island tradition! Fresh lemon and marinara\$6.95

Habanero Chicken Wings - 2 whole pounds of luscious crispy fried - Tossed in our home brewed pepper sauce\$7.95

Get That Gator! - Marinated gatortail lightly fried and battered - Tropical sauce to boot!\$7.95

Lazy Crab Cakes - Tender pan seared delicacies - Served up with our tropical dip\$9.95

Sea Spuds - "Award Winning" - Crisp potato skins overstuffed with our crabaloo stuffing then smothered with savory melted cheese and more\$8.95

Mooliscious Mussels - Fresh mussels simmered in our zesty marinara - Served up with bread for the dipper!\$8.95

Smoked Fish Dip - Local's Favorite - Great for spread'in amongst friends - Served up with fresh fruit and Island crackers\$6.95

Baked Stuffed Oysters - These are the best! Bring you back again ...\$9.95

Crusty Fried Artichokes - Marinated, lightly battered and fried - sided with our dipp'in sauce\$6.95

Shrimp Parfait - Large Gulf shrimp - Ice chilled topped with fresh pineapple, tangy cocktail sauce and horseradish to boot\$11.95

Frickles - A heap'n helping of fried pickles\$4.95



Whatta Po-Boy To Do?

Our traditional French bread sandwich "dressed" with crisp lettuce, ripe tomato and pickle - You make the call - All tender fried

Pink Gulf Shrimp...\$8.95 • Oysters...\$8.95
Calamari...\$7.95 • Scallops...\$8.95
Catfish...\$7.95 • Gatortail...\$8.95
Fried Artichokes 'N Goat Cheese...\$8.95

All served up with fries and cheesy grits

"Udderly Great Sandwiches"

All served up with pickle 'n chips
Freshly baked, hand-carved breads

Homemade Chicken Salad - Blessed with fresh crisp lettuce, vine ripe tomato and TLC\$6.95

Tuna Oh Luna - Fresh tuna salad piled high atop greens, tomatoes and crunchy cukes\$6.95

Shrimply Great! - Plump Gulf shrimp tossed with sweet mayo, crisp celery and onion - A real catch\$8.95

Turkey My Turkey - Picture this! Tender turkey breast topped with sweet slaw, tomato, lettuce, crisp cukes and dressing - Wow!\$6.95

Two-Fisted Corned Beef - Almost a pound! Of steam'in hot corned beef stacked out of control on sour dough bread - Good luck\$8.95

Big Boy Beef - Roasted beef topped with Swiss cheese, sweet onion, horseradish dressing, ripe tomato and cukes\$6.95



Jus Grill 'in

Dreamful Cheeseburger - 1/2 lb. Fresh ground - Your choice of American, Swiss, cheddar or Blue cheese\$6.95

Barn Burner - Great 1/2 lb. fresh ground beef smothered with bacon, peppers, onions and melted cheeses\$7.95

Patty Melt - Our 1/2 lb. Fresh ground, grilled sweet onions, marvelous mushrooms and melted American and Swiss cheese - Grilled to perfection on homebaked Vienna white\$7.95

Auggie Doggy - 1/4 lb. All beef hot dog nestled in a fluffy roll with baked American cheese atop!\$4.95

Pan Seared Delmonico Steak Sandwich - Island spiced - Skillet seared and topped with sweet onions\$9.95

"A Corned Beef Reuben" - This says it all! Two fister stack of piquant corned beef smothered with sweet kraut, tasty dressing and melted Swiss - All grilled to paradise\$7.95



Shucked 'N Chilled Raw Bar



Oysters On A Half shell
1/2 Dozen\$4.95
Baker's Dozen\$8.95

Ice Chilled Local Shrimp - Large!
1/2 lb. Peel 'N Eat\$11.95
Pound Peel 'N Eat\$19.95

Clams On A Half shell
1/2 Dozen\$5.95
Baker's Dozen\$9.95

"Chilly Willy" - Iced chilled plump shrimp, fresh oysters, tasty clams and great mussels - Served with cocktail sauce and lemons\$14.95

Steamy 'N More

Steamed Gulf shrimp - Peel 'n Eat
1/2 lb\$11.95 Pound\$19.95
Bucket of Clams\$9.95
Bucket of Oysters\$9.95

Ultimate Steamer - A mother load of mussels, clams, oysters and Gulf shrimp in our savory broth\$15.95

Maryland Style Blue Crabs - These tasty wonders will make you moo for more\$12.95

Greens 'N Stuff

Oh Baby Greens - My favorite! Crisp field greens, grape tomatoes, fresh berries and more - Island Vinaigrette\$5.95

Chilled Shrimp 'N Fruit Salad - How about this? Fresh seasonal melon and berries sided with ice chilled plump Gulf shrimp over mixed baby greens - Garnished our way\$8.95

Cowpoke Salad - Great combo of fresh tuna and chicken salad nestled atop mixed baby greens, grape tomatoes, cukes and seasonal fruit - Wow!\$7.95

Fried Catfish Salad - You got it! Southern treat - Crisp catfish fillet over mixed baby greens and red slaw - You'll love it!\$8.95

Island Crab Cake Salad - Our tender crab cake atop wonderful greens, seasonal fruit 'n more\$9.95

Grilled Veggie 'N Goat Cheese Salad - An Island Cow original served over baby greens with special dressing ...\$7.95

BBQ-Ranch Chicken Salad - An Island Cow Tradition - Our BBQ chicken, ripe tomato, cukes, sweet onions and much more tossed with mixed greens and Romaine in our BBQ-Ranch dressing\$9.95

Adobo Grilled Chicken Salad - "Our Next Award Winner"! Give a try and see why!\$9.95

World Famous Caesar - Create your own fix 'in
Plain Our Way\$6.95
Pan Seared Fresh Catch\$9.95
Fried Catfish\$8.95
Chicken Salad\$7.95
Tuna Salad\$7.95
Chilled Gulf Shrimp\$9.95
Fried Oysters\$8.95

Stress-Free Fun

- Cranky Hank's Famous Catfish Reuben** - Tender, farm raised fried catfish topped with sweet kraut, dressing and savory melted cheeses - Grilled on Vienna white - Wow!\$8.95
- Fresh Catch Of The Day** - Right off the boats! Prepared your way - Grilled, Pan seared, Blackened or Bronzed on a fresh roll\$8.95
- Tuna Melt** - Our homemade tuna salad, piled high and smothered with tantalizing cheeses - Grilled to perfection\$6.95
- Crab Cake Burger** - Our original - You'll enjoy over 'n over - Paradise on a roll!\$8.95
- Soft Shell Crab Sandwich** - Lightly battered and southern fried to perfection - With all the fix'ins\$9.95
- Crunchy Fresh Catch** - Our famous recipe - Lightly fried and served up on a fresh baked roll\$8.95

Paradise A Brew'in

- Red Beans 'N Rice with Smoked Sausage** - The Southern tradition\$6.95
- Shrimp 'N Grits** - Creamy grits blessed with savory brown sauce and plump, juicy Gulf shrimp\$9.95
- Gumbo, Gumbo, Oh Gumbo!** - Whatever has been tossed together - You'll fall in love\$9.95
- Hey That Paella** - This famous Island recipe - Shows off with moist yellow rice topped with large shrimp, fresh fish, chicken, chorizo sausage and shellfish!
Half Portion.....\$11.95 Full Portion.....\$15.95
- Island Grilled Oysters with Horseradish Cream** - This will keep you movin' on back for a long time - It's great!\$11.95

- Cowa Bunga Quesadilla** - Pulled BBQ pork, sweet bell peppers, onions and Colby-Jack cheese\$8.95
- Adobo Chicken Quesadilla** - Our specially marinated chicken - Grilled caramelized onions, bell peppers and more - Savory melted cheese - Wow!\$8.95
- Veggie Quesadilla** - Sundried tomato tortilla bursting with grilled and roasted vegetables - Smothered with savory cheeses\$7.95
- Seafood Quesadilla** - Plump Gulf shrimp, fresh catch and sweet blue crab - Make this a perfect partner to sweet peppers, onions and melted cheese\$12.95
- Blackbean 'N Crab Burrito** - "We Jus Call It Heaven"\$9.95
- Too'Shea Burrito** - Adouille sausage, sweet peppers, caramelized onions, pimento olives and melted cheeses - Will guide you to paradise\$8.95

COME IN GET IT!!!



Mama's Good Cook'in

When Mama is happy, everybody happy! Jus plain good heartwarm'in food

- Mooliscious Meatloaf** - While it lasts! This heaping helping served up with smashed potatoes, gravy and fresh greens\$9.95
- Liver 'N Onions** - Olde time great! Beef liver sauteed up with sweet onions - Smashed potatoes, gravy and greens\$9.95
- Open Faced Roast Beef** - A hefty pile of mouthwatering roasted beef atop fresh baked bread - Smothered with steam'in gravy and smashed potatoes\$9.95
- Country Fried Chicken** - Our famous recipe drizzled with honey - Finger lick'in - Served up with fries and veggie\$8.95
- Island Cow Pie** - Get'um while they last - Our version of a Shepherd's Pie! A tasty blend of ground sirloin, sweet peas, onions and carrots in our special gravy - Crowned with smashed potatoes and Cheddar-Jack cheese\$10.95
- Adobo Chicken** - Plump breast of chicken, marinated and char grilled our way - Served up with black beans 'n rice and veggie - Wow!\$11.95
- Palomilla Steak** - Our tender fresh-cut basted with a garlic-lime marinade then grilled to perfection - Sided with beans 'n rice and fresh vegetable\$12.95

"BBQ With An Attitude"

Uncle Gus thinks these are the best recipes South of the Carolinas

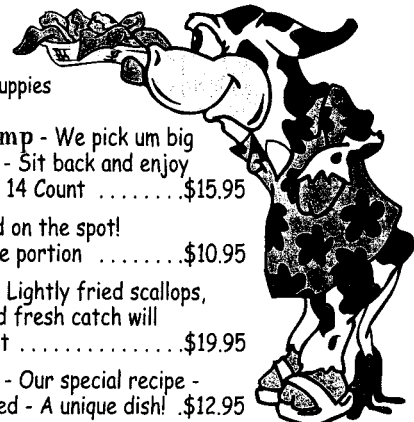
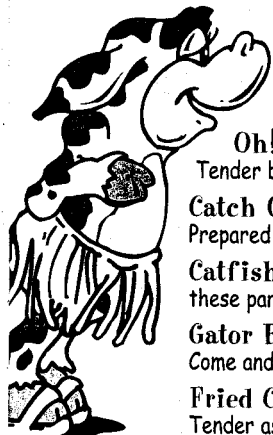
- BBQ Pulled Pork Sandwich** - Roasted and smoked for a long time - Till it can't stay together anymore! Our Southern style sauce and Wow! Fries, Red Slaw and our hushpuppies\$7.95
- BBQ Chicken Sandwich** - Tender chicken breast - Served up with hushpuppies, red slaw and fries\$7.95
- BBQ Steak 'N Cheese Sandwich** - Tasty prime rib smothered with sweet onions and American cheese - Fries, red slaw and hushpuppies\$8.95
- BBQ Shrimp Kabobs** - Big, juicy, Gulf shrimp on a skewer with tasty mushrooms, bell peppers, onions and more! Served up with beans and rice and red slaw ...\$14.95
- Pulled Pork Plate** - BBQ Pork southern style piled high atop garlic toast - Wow! Served with fries, red slaw and hushpuppies\$10.95
- Gus's Famous Baby Back Ribs** - He'll brag about um - And you'll see why - Gigantic full rack - Fall 'in off the bones! Fries, red slaw and hushpuppies ...\$13.95
- 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 the fries, red slaw and hushpuppies\$17.95
- BBQ Turkey Reuben** - What a twist of fate! Turkey breast, sweet red slaw and dressing - Grilled on! ...\$7.95
- BBQ Chicken Melt** - Tender chicken breast BBQ'd perfectly then smothered with grilled onions, sweet pineapple, Canadian bacon and melted cheeses on grilled home baked sourdough - Wow!\$7.95

Pick A Basket, Please!

All our baskets are served up real hearty - All with Island tradition - Sweet red slaw, crisp fries and tasty hushpuppies

- Oh! Chicken Fingers** - No bones about it! Tender breast prepared with our tasty recipe ..\$7.95
- Catch Of The Day** - Fresh as can be - Prepared so it melts in your mouth!\$9.95
- Catfish Delight** - We call it Heaven in these parts - You make the call\$8.95
- Gator Basket** - The secret is out - Come and get um!\$8.95
- Fried Calamari** - A Sanibel legend - Tender as can be - You'll hoof it back\$8.95

- Fried Pink Gulf shrimp** - We pick um big - Lightly battered and fried - Sit back and enjoy
9 Count\$11.95 14 Count\$15.95
- Fried Oysters** - Shucked on the spot! Plump and juicy - A nice large portion\$10.95
- Holy Cow** - Bring it all on! Lightly fried scallops, shrimp, oysters, calamari and fresh catch will provide this memorable feast\$19.95
- Fried Rolled Scallops** - Our special recipe - Twice battered 'n lightly fried - A unique dish! ..\$12.95



"Cast A Spell"

- All served up in a steam'n cast iron skillet
- Veggie Stir-Fry** - What a delight!
Will please anybody\$9.95
- Shrimp 'N Scallop Stir-Fry** -
Pan-sizzled with fresh veggies
and delicate pasta\$15.95
- Sizzling Fajitas** - Tender chicken and
steak, tasty bell peppers, sweet onions and
more - Served up with all the fix'ins ..\$12.95

Steaks Are Us!

- Prime Rib Our Way!** - Char-grilled
12 oz generous cut as tender as can be -
Served up with red smashed garlic
potatoes and fresh veggies\$12.95
- New York Strip** - A tender 13 oz cut
char-grilled perfectly to your liking - Sided
with red smashed garlic potatoes
and fresh veggies\$13.95
- Famous Island Steak** - Seared in a
cast iron skillet with Island spices - This
New York Strip is served up with tasty
black beans 'n rice and hushpuppies ...\$15.95
- Steak 'N Cake** - Our great 13 oz cut
New York strip sided with our famous
crab cake - Taters and greens to boot! \$15.95

"Pastabilities"

- Delicate Angel Hair** - Fresh Roma
tomatoes, garlic, fresh basil and
grated Parmesan\$9.95
- Seafood Pasta** - Zesty marinara
prepared with mussels, shrimp and
clams - You'll always remember\$14.95
- Shrimp Marinara** - Delicate Angel hair
blessed with large Gulf shrimp, fresh
herbs and grated Parmesan\$13.95
- Scallop 'N Shrimp Scampi** - Cooked
up with white wine, butter and plenty
of garlic!\$14.95
- Britt's Favorite Pasta** - Tasty pasta of
the day! What he feels like eat'in - But rest
assured you'll love it to your heart's
content\$12.95



We've Gone Fish'in

All our fish are fresh as can be and
changes everyday while it lasts!

Fish'in Rules

- 1) Pick your fish - Have fun!
- 2) Name your style of cook'in -
Broiled, Fried, Bronzed, Blackened,
Pan seared, Char-grilled, BBQ'd
or Scampi Style
- 3) Choose your sides as you like
Cheese Grits, French Fries, Red Beans 'n
Rice, Fresh Greens, Red Slaw,
Island Yellow Rice,
Cucumber Salad, Red Smashed Potatoes
- 4) Customer is always right!
- 5) When in doubt, refer to rule #4

Fish #1	With 2 sides\$11.95
	With 3 sides\$12.95
Fish #2	With 2 sides\$13.95
	With 3 sides\$14.95
Fish #3	With 2 sides\$15.95
	With 3 sides\$16.95



Fish'in Around

- Crabmeat Stuffed Gulf Shrimp** -
Plump and tasty large pink shrimp
overstuffed with our crabmeat stuffing -
Baked to a golden brown\$14.95
- Soft-Shell Crabs** - These tender locals
lightly battered and fried - Will
tantalize your palate\$15.95
- Islander's Crab Cakes** - Tender,
sweet crabmeat, fresh herbs and
spices create this winner!\$14.95
- Voodoo Stuffed Scallops** - Blackened
Island style these sweet beauties are
nestled over our famous
crabmeat stuffing\$15.95
- Florida Lobster Tails** - Cooked
off to Island perfection - These twin
6 oz gems served up with all
the tradition!\$23.95
- Grilled or Fried Seafood Combo** -
Enjoy our fresh catch along with plump
shrimp and wonderful scallops ...\$16.95
- Crunchy Fresh Catch** - Oh Yeah!
The boat to you with our tantalizing recipe
- Sided with fries, hushpuppies
and red slaw\$13.95



What About The Kids

If the kids aren't happy, then Mama's not happy - Then nobody happy! All for \$4.99
10 Years Old and Younger Please.

- Cheeseburger** -
Served up with crispy fries
- Pizza** - Our crispy French bread cheese
and tomato pizza
- Black Beans 'N Rice** - One for all!
- Cheesy Pasta** - Tasty and healthy
- Carly's Pasta** - Lotts'a Pasta topped with
your choice of marinara or butter
- Crispy Fried Catfish Basket** -
A local's favorite - Fries to boot!
- Char grilled Fish Sandwich** -
Fresh catch sided with fries

- BBQ Pulled Pork Sandwich** -
Served up with fries
- Cheese Dog** - This 1/4 lb all beef topped
with melted American cheese
- Cheese Quesadilla** - A real favorite
- Fruit 'N Chilled Shrimp** - Chilled local
shrimp sided with melons and berries
- BBQ Chicken Sandwich** -
Tenderly cooked so enjoy the fries
- Country Fried Chicken** - Honey drizzled!
And finger lick'in - Served up with fries
- Chicken Fingers** - No bones about it!
- Fried Gulf Shrimp** - Plump and tasty

Creamy Rich Libations

- Olde Fashion Egg Cream** -
Sip and remember! The Days of past with
this wonderful chocolate soda \$2.95
- Cow Potion** - A cherry coke float
with vanilla ice cream \$3.50
- Tropicow** - Our creamy vanilla ice cream,
orange sherbet and more to enjoy \$3.50
- Mighty Chocolate Moo** - This
double chocolate shake will satisfy
any cravings you have! \$3.50
- Purple Cow** - That's right!
Fresh grape juice over vanilla
ice cream - Wow! \$3.50

Olde Drink'in Hole

- Beer**
- Frosty Draft Mug \$2.35
Frosty Draft Imported Mug \$2.75
23 oz Draft Mega Beer \$4.25
Half-Gallon Pitcher \$7.95
- All Kinds Of Bottles**
- Special Bottle Of The Day \$1.95
Domestic Bottle \$2.95
Imported Bottle \$3.95
Non-Alcoholic Domestic \$2.95
Non-Alcoholic Imported \$3.95
Hard Cider \$2.95
Coolers \$3.95

Beverages

- Milk \$1.95
Chocolate Milk \$1.95
Orange Juice \$1.95
Cranberry Juice \$1.95
Grape Juice \$1.95
Lemonades \$1.75
Iced Teas \$1.95
Iced Coffees \$1.95
Bottled Water \$2.75
Fresh Ground Coffee \$1.95
Hot Teas \$1.95
Cappuccino \$2.95
Frozen Cappuccino \$3.95
Café Latte \$2.95
Café Americano \$2.95
Espresso \$2.75

Quenching Sodas

- Fountain Soda \$1.95
Olde Fashion Glass
Coke Bottle \$2.25
Olde Fashion Glass
Diet Coke Bottle \$2.25
Olde Fashion Bottle
of Root Beer \$2.25
- Fancy Flavored
Sodas In A Bottle**
\$2.50
- Shirley Temple \$2.50
Ice Cream Sodas \$3.50
Ice Cream Floats \$3.95

**TRY OUR WONDERFUL
WINE LIST! PLEASE SEE OUR
LARGE MENU FROM AROUND
THE WORLD!**

- Strawberry
Peach
Raspberry
Creamsickle

- Pina Colada
Cappuccino
Lemon
Strawberry Banana

The Purple Cow's Desserts

Enjoy our scrumptious homemade pies, marvelous cakes and