

## BEVERAGES

Pepsi • Pepsi Zero • Dr. Pepper • Mountain Dew  
 Starry • Ginger Ale • Root Beer  
 Regular & Decaffeinated Coffee • Iced Tea  
 Assorted Hot Teas & Lemonade  
*Unlimited Refills on fountain sodas!*  
 Diet Dr. Pepper in the bottle

### Bottle Domestic Beer:

Budweiser • Bud Light • Michelob Ultra Light  
 Miller Lite • Coors Light • PBR • N/A Beer

### Import & Specialty Beer:

Corona • Corona Light • Guinness  
 Dale's Pale Ale • Blue Moon • Sam Adams Boston Lager  
 Yuengling • Stella • Sierra Nevada Pale Ale  
 Bold Rock Cider • Featured Seltzers

### Craft Beers on Tap:

Ask about our current craft beer selections.  
 Captain's Wine & Specialty Drink Menu Available  
 Monday Night – ½ OFF ALL Wines under \$50 per bottle

## SOUP & SALADS

**Crab & Brie Bisque** 9 cup/12 bowl

**Daily Soup Feature** Market Price

**Benjamin's House Salad** 13 Full/10 – half  
 Chopped Romaine - Cucumbers - Tomatoes - Chopped  
 Bacon - Boiled Egg - Cheddar-Jack Cheeses - Tobacco  
 Onions - House-Made Croutons

**Traditional Caesar Salad** 13 Full/10 – half  
 Hearts of Romaine - Shaved Parmesan - Capers -  
 House-made Croutons - Creamy Caesar Dressing  
 Add Anchovies \$2

**Italian Burrata Salad** 14 Full  
 Spinach - Arugula - Whole Milk Burrata - Tomatoes -  
 Pine Nuts - Basil Oil - Balsamic Reduction

**Santa Fe Grilled Chicken Salad** 16 (half - 13)  
 Chopped Romaine - Fire Roasted Corn & Black Beans  
 - Cheddar-Jack Cheeses - Tomatoes - Tobacco Onions -  
 Crispy Tortillas - Jalapenos.

**Steakhouse Classic Spinach Salad** 13 Full (half - 10)  
 Baby Spinach - Red Onion - Chopped Bacon - Boiled  
 Egg - Mushrooms - Warm Bacon Dressing

**HOUSE-MADE DRESSINGS:** Ranch • Blue Cheese  
 Honey Mustard • Balsamic Vinaigrette • Chipotle  
 Ranch • 1000 Island • Zesty Italian • Warm Bacon

**ADD-ONS:** Grilled Chicken 6 • Fried Chicken 7  
 Crab Cake Market \$ • Pulled Pork 8  
 Pan Seared or Blackened Salmon Fillet—Market \$  
 Beef Tips 9 • Grilled Shrimp 8

**CATERING:** Allow Cows and Crabs Catering to  
 service your next on or off-site event.

**GIFT CARDS:** Available in any denomination.

18% Gratuity applied to Parties of 6+, 20% Gratuity Applied to Parties of 6+ with Separate Checks.  
 3.99% Applied to Credit Card Payments

**\*BUY A BREW FOR THE KITCHEN CREW \$14 –**  
 'A post shift Thank You for our kitchen crew'

14900 FOREST RD, Forest, VA 24551 | 434.534.6077  
 www.cowsandcrabs.com

## Signature

### THINGS TO SHARE

**Deep South Bruschetta** 15

House Pimiento Cheese - Fried Green Tomatoes  
 - Arugula - Garlic Toast Points - Chopped Bacon -  
 Hot Honey Drizzle - Scallions

**McGehee Farms, (Goode, Va)  
 Spicy Sausage & Cheddar Roasted  
 Jalapeño Poppers** 14  
 Cool Ranch Dip

**'Red Neck' Nachos Y'all!** Full 15/Half 11  
 House Chips - Slow Smoked Pulled Pork BBQ -  
 Smoked Gouda Sauce - Chipotle Ranch & BBQ  
 Sauce -  
 Scallions - Jalapenos - Tobacco Onions

**1lb. Prince Edward Isle Mussels** 15  
 Bacon - Scallions - Tomatoes - Garlic - White Wine -  
 Gorgonzola Crème - Toast Points  
 \*Also Available w/ Garlic Butter Beer Broth

**½ lb Steamed Peel-n-Eat Shrimp** 13  
 House Cocktail Sauce. Full lb. 24

**Famous Jumbo Beer Battered  
 Mozzarella Sticks** 14  
 Bacio Whole Milk Buffalo Mozzarella - Marinara

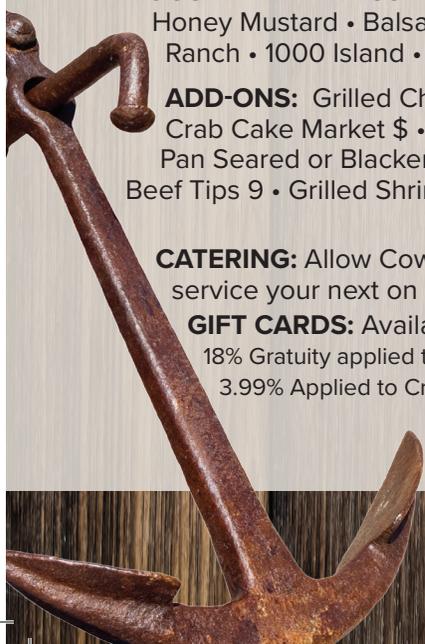
**Benjamin's Sampler** 21  
 (Pick 3, no duplicates)  
 Onion Rings - Sweet Potato Fries  
 Sautéed Garlic Mushrooms - Chicken Tenders  
 Steak Fries - Grilled Shrimp - Coconut Shrimp  
 BBQ Bacon Wrapped Shrimp -  
 House Chips w/ Pimiento Cheese  
 Bacon Jam Brussels Sprouts - Smoked Wings  
 Peel-n-Eat Shrimp - Mozzarella Sticks

**Hickory Smoked Chicken Wings** 16  
 Choose One: Lemon Pepper - Classic Buffalo -  
 Teriyaki - Sweet BBQ - Carolina BBQ - Habanero  
 Death Sauce - House Dry Rub

**Coconut Shrimp** 15  
 Horseradish Orange Marmalade

**Benjamin's Crab Cake Stack** Market Price  
 House-made Lump Blue Crab Cake - Corn & Bell  
 Pepper Succotash - Fried Green Tomatoes - Red  
 Pepper Remoulade

**Twin Bacon Wrapped BBQ  
 Shrimp Skewers** 15  
 Southwest Charred Corn & Black Beans



# ENTREES

Served w/ 2 sides. Pastas served w/ no sides.  
Add a ½ House, ½ Spinach or ½ Caesar Salad - 6

**\*Grilled Angus Rib Eye** Market Price  
Marbled for Tenderness - Aged, Seasoned & Flame  
Grilled - Garlic Herb Butter

**\*Angus Filet of Beef** Market Price  
Hand-cut Beef Tenderloin - Flame Grilled - Garlic Herb  
Butter

**\*Hoof & Claw** Market Price  
Hand-cut Beef Tenderloin - Garlic Herb Butter -  
Benjamin's Crab Cake

**\*McGehee Farms, (Goode, Va)**  
**Daily Wagyu Beef Feature** Market Price  
Chef's Selection of Local Wagyu Beef

**Benjamin's Crab Cakes** Market Price  
House-made Lump Blue Crab Cakes - Corn & Bell  
Pepper Succotash

**\*Fish on a Pier** 26  
Cedar Planked & Brown Sugar Glazed Atlantic Salmon  
Fillet

**Uncle Mike's Fish & Chips** 21  
Panko Crusted Mild White Fillets - Served with Tavern  
Fries - Slaw - Tartar Sauce

**Seafood Platter** Market \$  
Pick 3 (no duplicates) Grilled Shrimp - Uncle Mike's  
Fish - Pan Seared or Blackened Salmon - Coconut  
Shrimp - Peel-n-Eat Shrimp - Crab Cake - Snow Crab  
Legs - Served w/ Hushpuppies

**Alaskan Snow Crab Legs** Market Price  
Drawn Butter - Lemon

**Smothered Cheesy Chicken** 21  
Fried Chicken Tenderloins or Twin Grilled Chicken  
Breasts - Sautéed Mushrooms -  
Bacon - Gouda Creme - Cheddar-Jack - Scallions

**Chicken Chesapeake** 32  
Twin Grilled Chicken Breasts - Benjamin's Crab Cake -  
Sautéed Shrimp - Old Bay Crème

**Surf-n-Turf Mac-n-Cheese** 27  
Sautéed Shrimp - Lump Crab - Beef Tips - Mushrooms  
- Tomatoes - Scallions - Gouda Crème -  
Garlic Toast Points

**4-Cheese Jumbo Ravioli** 17  
Marinara - Basil Oil - Parmesan - Mozzarella -  
Garlic Toast Points

## SIGNATURE SIDES 4

Idaho Baked Potato • Tavern Fries • Coleslaw  
House Potato Chips • Vegetable Du Jour  
• Sautéed Garlic Mushrooms  
*Garlicky Fried Mushrooms Add \$1*  
*Sweet Potato Fries Add \$1*  
*House Cured Bacon Jam*  
*Brussels Sprouts Add \$1*  
*Beer Battered Onion Rings Add \$2*

*Thank you for your continued support  
and loyalty for the past 24 years.*

To order local beef & pork:  
[www.mcgehee-farms.com](http://www.mcgehee-farms.com)

# USDA PRIME ANGUS BURGERS

Lettuce - Tomato - Onion - Pickle - Buttered Roll.  
Add Sautéed Onions & Mushrooms-2 -  
Smoked Bacon-2

Add a ½ House, ½ Spinach or ½ Caesar Salad - 6

**\*Grilled Cheeseburger** 16  
Grilled USDA Prime Angus Beef - American Cheese

**Oklahoma Double Smash Burger** 16  
USDA Prime Angus Beef - Caramelized Onions -  
American - Come-Back Sauce

**\*Black & Blue Bacon Jam Burger** 16  
Cajun Grilled USDA Prime Angus Beef - Arugula -  
Blue Cheese - House Bacon Jam

**\*Southern Burger** 17  
Grilled USDA Prime Angus Beef - Pimiento Cheese -  
Fried Green Tomatoes - Smoked Pork BBQ -  
BBQ Sauce

**\*Death Burger** 16  
Spicy Grilled USDA Prime Angus Beef -  
Habanero Death Sauce - Jalapenos -  
Cheddar-Jack Cheese - Tobacco Onions

**\*McGehee Farms (Goode, Va)**  
**Wagyu Cheeseburger** 17  
Local Full Blood Wagyu - Pan Seared -  
American Cheese — \*Wagyu Burger  
Available Styles: Black-n-Blue, Death,  
Southern \$1

# LIGHTER FARE

Sandwiches served w/ 1 side.  
Add a ½ House, ½ Spinach or ½ Caesar Salad - 6

**Cajun Chicken Sandwich** 16  
Sweet Baby Rays - Bacon & Smoked Gouda Cheese - L.T.O,  
Pickle – Buttered Roll

**Bacon Mushroom Swiss Grilled  
Chicken Sandwich** 16  
House Honey Mustard - L,T,O, Pickle – Buttered Roll

**Nashville Hot Chicken Sammie** 16  
Dill Pickle Marinated Fried Chicken Breast - Nashville  
Hot Sauce - Pimiento - Pickles - Buttered Roll

**Chicken BLT Wrap** 15  
Sliced Grilled Chicken Breast - Flour Tortilla- Lettuce,  
Tomato, Bacon & Cheddar-Jack Cheeses

**Caprese Chicken Wrap** 15  
Spinach - Grilled Chicken - Mozzarella - Tomato - Basil Pesto Oil  
- Balsamic Reduction

**Hand Battered Chicken Tenderloin Platter** 17  
Southern Fried Chicken Strips - Tavern Fries - Slaw

**Texas BBQ Sandwich** 16  
Slow Smoked Pulled Pork Shoulder- American Cheese -  
Jalapenos - Tobacco Onions - Pickle - Buttered Roll  
Sweet Baby Rays or Carolina BBQ Sauce

**3 Fish Tacos/2Tacos + Side** 16  
Soft or Fried Tortillas - Fried or Blackened Catch - Chef's Daily  
Preparation (Chicken or Shrimp available)

**Uncle Mike's Fish Sammie** 16  
Panko Crusted Mild White Fillet - Tartar - American -  
Lettuce - Pickles - Hoagie

\*Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.