



Signature THINGS TO SHARE

- Caprese Bruschetta** 12
Fresh Mozzarella, Tomato, Basil Pesto Oil, Garlic Toast Points, Balsamic Reduction
- ‘Red Neck’ Nachos Y’all!** Full 14 / Half 10
House Chips, Slow Smoked Pulled Pork BBQ, Smoked Gouda, Chipotle Ranch & BBQ Sauce, Scallions, Jalapenos & Tobacco Onions
- ½ lb Steamed Peel-n-Eat Shrimp** 13
House Cocktail Sauce. Full lb. 24
- Benjamin’s Sampler** (Pick 3) 16
Onion Rings, Sweet Potato Fries, Sauteed Garlic Mushrooms, Chicken Tenders, Steak Fries, Fried Shrimp, Grilled Shrimp, Calamari, House Chips, Benton’s Bacon Jam Brussels Sprouts, Peel-n-Eat Shrimp
- Calamari** 12
Flash Fried. Shaved Parmesan. Marinara

SOUP & SALADS

- Daily Soup Feature** Market Price
- Benjamin’s House Salad** Full 11 / ½ 8 / Side 5
Chopped Romaine, Cucumbers, Tomatoes, Chopped Bacon, Cheddar-Jack Cheeses, Tobacco Onions & House-Made Croutons
- Traditional Caesar Salad** Full 11 / ½ 8 / Side 5
Hearts of Romaine, Shaved Parmesan, House-made Croutons w/ Creamy Caesar Dressing
- Santa Fe Grilled Chicken Salad** 14
Chopped Romaine, Fire Roasted Corn & Black Beans, Cheddar-Jack Cheeses, Tomatoes, Tobacco Onions, Crispy Tortillas & Jalapenos. (half – 10)
- Caprese Spinach Salad** Full 11 / ½ 8 / Side 5
Fresh Mozzarella, Tomato, Basil Pesto Oil, Balsamic Reduction

House-made Dressings:

Ranch, Blue Cheese, Honey Mustard, Balsamic Vinaigrette, Chipotle Ranch, 1000 Island, Zesty Italian

ADD-ONS:

- Grilled Chicken – 6, Fried Chicken – 6
Crab Cake – *Market \$*, Seared or Fried Shrimp – 8
Pan Seared or Blackened Salmon Fillet – 15
Pulled Pork – 7, Beef Tips – 7
Garlic Ciabatta Toast w/Marinara - 4

LIGHTER FARE

Sandwiches served w/ 1 side.
Add a Side Salad – 5

- Cajun Chicken Sandwich** 13
Sweet Baby Rays, Bacon & Smoked Gouda Cheese w/ L,T,O, Pickle – Martin’s Potato Roll
- Chicken BLT Wrap** 12
Sliced Grilled Chicken Breast Wrapped w/ Lettuce, Tomato, Bacon & Cheddar-Jack Cheeses
- Caprese Chicken Wrap** 12
Spinach, Grilled Chicken, Fresh Mozzarella, Tomato, Basil Pesto Oil, Balsamic Reduction
- Chicken Parmesan Sammie** 13
Italian Breaded Chicken Breast, Ciabatta, Marinara, Mozzarella, Shaved Parmesan
- Uncle Mike’s Fish & Chips** 17
Panko Crusted Catfish Fillets, Served with Tavern Fries, Slaw & Tartar Sauce
- Chicken Tenderloin Platter** 15
Southern Fried Chicken Strips, Tavern Fries, Slaw, House Honey Mustard Sauce
- Texas BBQ Sandwich** 13
Smoked, Slow Cooked Pulled Pork, Sweet Baby Rays, American Cheese, Jalapenos & Tobacco Onions, Served w/ Pickle on a Martin’s Potato Roll

ANGUS BURGERS

Served w/ Lettuce, Tomato, Onion, Pickle
on Buttered Martin’s Potato Roll.

Add Sautéed Onions & Mushrooms -2, Smoked Bacon– 3

- *Grilled Cheeseburger** 13
Grilled Angus Beef w/ American Cheese
- *Black & Blue Bacon Jam Burger** 14
Cajun Grilled Angus Beef, Blue Cheese, Benton’s Bacon Jam
- *Southern Burger** 14
Grilled Angus Beef w/ American, Smoked Pork BBQ, BBQ Sauce, Pickles, Onion Ring & Coleslaw
- *Death Burger** 14
Cajun Grilled Angus Beef w/ Carolina Reaper Sauce, Jalapenos, Cheddar-Jack Cheese, Tobacco Onions
- *Virginia Wagyu Cheeseburger** 15
Local Pure Bred Wagyu, Pan Seared w/ American Cheese

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

14900 FOREST RD, Forest, VA 24551 | 434.534.6077 | www.cowsandcrabs.com
Monday-5PM-8PM, Tues-Thursday-11AM-8PM, Friday - 11AM-9PM, Sat- 5PM-9PM, Sunday Brunch 10AM-2PM



ENTREES

Entrees – Served w/ 2 sides. Pastas served w/ no sides.
Add a Side Salad - 5

Grilled Angus Rib Eye	Market Price
Marbled for Tenderness, Aged, Seasoned & Flame Grilled & Topped w/ Garlic Herb Butter	
Angus Filet of Beef	Market Price
Hand-cut Beef Tenderloin, Grilled & Topped with Garlic Herb Butter	
Benjamin’s Crab Cakes	Market Price
House-made Blue Crab Cakes, Roasted Red Pepper Remoulade	
“Fish on a Pier”	23
Cedar Planked & Brown Sugar Glazed Atlantic Salmon Fillet Grilled Over Open Flame	
Seafood Platter	28
Pick 3 (no duplicates) Grilled Shrimp, Uncle Mike’s Catfish, Pan Seared or Blackened Salmon, Fried Shrimp, Peel-n-Eat Shrimp, Calamari. Served w/ Hushpuppies	
Smothered Cheesy Chicken	18
Fried Chicken Tenderloins or Grilled Chicken Breast, Sautéed Mushrooms, Bacon, Gouda, Cheddar Jack, Scallions (available over pasta)	

PASTAS

Served w/ Garlic Toast

*Surf-n-Turf Pasta	24
Blue Crab, Shrimp, Beef Tenderloin, Mushrooms, Scallions, Tomatoes, Smoked Gouda Cream Sauce	
*Shrimp & Lobster Veloute	24
Asparagus, Mushrooms, Tomatoes, Scallions, Shaved Parmesan	
*Sante Fe Chicken or Shrimp	19
Fire-Roasted Corn & Black Beans, Green Onions, Tomatoes, Cajun Cream Sauce, Crispy Tortillas, Cheddar-Jack	
*Chicken Parmesan Pasta	19
Italian Breaded Chicken Breast, Basil Marinara, Fresh Mozzarella, Basil Pesto, Shaved Parmesan	

Signature

SIDES

4

Idaho Baked Potato, Tavern Fries, House Potato Chips, Coleslaw, Vegetable Du Jour, Sautéed Garlicky Spinach, Sautéed Garlic Mushrooms	
Sweet Potato Fries Add \$1	
Benton’s Bacon Jam Brussels Sprouts Add \$1	
Beer Battered Onion Rings Add \$2	

BEVERAGES

Coke, Diet Coke, Sprite, Dr. Pepper, Ginger Ale, Regular & Decaffeinated Coffee, Iced Tea, Assorted Hot Teas & Lemonade – *Unlimited Refills!*

Bottle Domestic Beer:

Budweiser, Bud Light, Michelob Ultra Light, Miller Lite, Coors Light, O’doul’s

Import & Specialty Beer:

Corona, Corona Light, Guinness, Loast Coast Tangerine Wheat, Devil’s Backbone Vienna Lager, South Street Satan’s Pony, Sierra Nevada Pale Ale, Dale’s Pale Ale, Parkway Get Bent IPA, Bold Rock Cider

Craft Beers on Tap:

Ask about our current craft beer selections.
Benjamin’s also features Signature Growlers To-Go

Captain’s Wine & Specialty Drink Menu Available

Monday Night

½ OFF ALL Wines under \$50 per bottle

DESSERT

Save Room for Pastry Chef Mama Sue’s Sweet Tooth
Ask about featured house-made Desserts of the Day!

GIFT CARDS

Available in any denomination.

CATERING

Allow Cows and Crabs Catering to service your next on or off site event.

***Buy a Brew for the Kitchen Crew \$11**
‘A post shift thank you for our kitchen crew’



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

18% Gratuity applied to Parties of 6+, 20% Gratuity Applied to Parties of 6+ with Separate Checks

“Thank you for your continued support and loyalty for the past 20+ years.”

— Benjamin-