



— BLACKCOWRESTAURANTS.COM —

SHAREABLES

- CRAB CAKES | 23 GF**

roasted corn gremolata, crispy andouille crumble
old bay spiced remoulade
- LAMB LOLLIPOPS* | 26 GF**

grilled medium rare, cranberry-mint demi glace
herbed goat cheese mousse
- CRISPY CALAMARI | 19 GF**

banana peppers, arugula, tomato, citrus aioli
marinara
- VIETNAMESE SHRIMP | 22 GF**

crispy shrimp, sesame-cucumber salad
nuoc cham sauce
- SPANISH OCTOPUS | 24 GF**

spicy sausage & potato hash, grilled lemon vinaigrette
- WINGS | 19 GF**

Texas dry-rub, house bbq, chipotle buffalo
bleu cheese

- COCONUT CURRY MUSSELS | 20 GF**

coconut milk, garlic, ginger, lime, thai basil, red curry
- SEARED SIRLOIN CARPACCIO | 24 GF**

rare peppercorn crusted sirloin, capers, arugula
parmesan, winter truffle oil, balsamic reduction

- KOREAN CAULIFLOWER | 20 GF**

crispy cauliflower, bulgogi sauce, gochujang aioli

- CRAB & ARTICHOKE DIP | 24**

lump crab, artichoke heart, red bell pepper, scallion
sourdough boule

HOT BOWLS

- CLAM CHOWDER | 10/13**

our Olde New England recipe

- BLACK COW CHILI | 9/11 GF**

angus sirloin, andouille sausage, black beans
roasted corn

- SOUP DU JOUR | 8/10**

chef's daily inspiration

COLD PLATES

- ROASTED BEET | 10/16 GF**

baby arugula, goat cheese, pistachios, red onion
orange segments, blueberry-maple vinaigrette
- CAESAR * | 8/14 GF**

romaine, creamy house caesar, garlic herb croutons
parmesan
- GREEK ANTIPASTO | 10/16 GF**

mixed greens, artichoke heart, roasted red pepper
kalamata olive, feta, red onion, greek vinaigrette
- WEDGE | 9/15 GF**

baby iceberg, crispy bacon, grape tomato, red
onion, bleu cheese crumble, garlic herb croutons
buttermilk ranch
- POKE BOWL* | 27 GF**

mixed greens, wakame salad, cucumbers, avocado
carrots, sashimi yellowfin tuna & salmon, sticky rice
spicy poke sauce

Additions:
grilled chicken 9, *blackened salmon 14
crabcake 14, *steak tips 16, blackened shrimp 15

STEAKS & CHOPS

- FILET MIGNON* | 61 GF**

8oz center cut filet, sour cream & chive mashed
grilled asparagus, herbed bone marrow butter
- NEW YORK STRIP* | 59 GF**

16oz hand trimmed Angus sirloin, smashed yukon
grilled asparagus, fig balsamic reduction
- 180Z RIBEYE* | 63 GF**

thick cut Angus ribeye, sour cream & chive mashed
grilled asparagus, veal demi glace
- HOUSE TIPS* | 43 GF**

marinated steak tips, sour cream & chive mashed
seasonal vegetable, hot cherry peppers
- APPLEJACK PORK* | 36 GF**

bone-in 12oz Duroc pork rib chop, smashed yukon
seasonal vegetable, applejack apple butter

- DOUBLE CUT LAMB CHOPS* | 57 GF**

3 double cut lamb chops, smashed yukon, seasonal
vegetable, mint gastrique

ENTREES

- BAKED HADDOCK | 34 GF**

signature Ritz crumbs, sour cream & chive mashed
seasonal vegetable, lemon beurre blanc

*Add lump crab stuffing 14
- BRAISED BEEF PLATE RIB | 56 GF**

sour cream & chive mashed, seasonal vegetable
braising jus, horseradish creme
- TZATZIKI SALMON* | 34 GF**

seared salmon, warm vegetable orzo pasta salad
cucumber dill tzatziki

- SHRIMP & LOBSTER RAVIOLI | 44**

lobster & mascarpone filled fresh pasta, shrimp
baby spinach, grand marnier cream

- SCAMPI ORTAGGI | 28**

artichoke heart, roasted red pepper, baby spinach
shallot, fresh fusilli pasta, garlic wine

- CIDER GLAZED CHICKEN | 35 GF**

pan roasted all natural 1/2 chicken, smashed yukon
seasonal vegetable, mulled cider glace

HANDHELDS

- BLACK COW BURGER* | 22 GF**

8oz signature blend patty, bacon-onion jam, cajun
onion strings, cheddar, Alabama white bbq, brioche
- OLD FASHIONED* | 20 GF**

8oz signature blend patty, american cheese, brioche
(add bacon 2.25)
- CHIMICHURRI CHICKEN | 20 GF**

chipotle-lime grilled chicken breast, cheddar, bacon
chimichurri aioli, brioche
- GRILLED TOMATO & CHEESE | 18 GF**

grape tomato, goat cheese, baby arugula, hot honey
pressed baguette
- HADDOCK PO'BOY | 23 GF**

crispy haddock, cajun slaw, american cheese
remoulade, lettuce, tomato, pickle, baguette

* Sub Sweet Potato Fries additional 2.50
* Gluten free bun available for above sandwiches 1.50

* GF: Can be prepared Gluten Free



Executive Chef: Brandon Gandolfi

Sous Chef: Joseph Metz

* These menu items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Before placing your order, please inform your server if anyone in your party has a food allergy.

BLACK COW

Rainbow Roll	23	Philadelphia Roll	15
tuna, salmon, yellowtail, crab, avocado, cucumber, red green black and gold tobiko, unagi sauce		salmon, cream cheese, cucumber, scallion	
Spicy Tuna Roll	19	Hell Fire Roll	23
tuna, cucumber, tobiko, sriracha mayo		super spicy tuna roll, sriracha, jalapeno, habanero chili	
Spicy Salmon Roll	17	Rock N Roll	23
salmon, cucumber, tobiko, sriracha mayo		tempura shrimp, eel, ebi shrimp, rock crab, avocado, unagi sauce	
Shrimp Tempura Roll	19	Tenmimi Roll	24
tempura shrimp, avocado, eel sauce, sesame		tempura shrimp, cream cheese, avocado, crab salad, tenmimi honey tobiko dressing, unagi sauce	
Dragon Roll	23	Crunchy Hamachi	24
tempura shrimp, eel, avocado unagi sauce, tobiko		hamachi, cucumber, spicy mayo sesame seeds, crunchy tempura flakes	
California Roll	16	Yellow Submarine Roll	25
crab, avocado, cucumber, tobiko, sesame		big eye tuna, crabstick, tobiko, tempura shrimp, avocado, yellow soy-crepe, wasabi mayo, mango puree	
Red Sox Roll	21	Sriracha Salmon	24
tempura shrimp, tuna, avocado unagi sauce, red tobiko		spicy salmon, cucumber & cream cheese topped with selected slices of salmon sriracha chili sauce	
Veggie Roll	15	Naruto	20
asparagus, avocado, cucumber, seaweed salad		cucumber wrap, tuna, crab stick salmon, ponzu sauce	
Boston Roll	18	Merrimac Roll	20
tuna, salmon, yellowtail, tobiko		blue crab, shrimp, avocado, sliced tuna jalapeno, sriracha	
Newburyport Roll	22		
tempura shrimp, spicy tuna, scallion unagi sauce		Tuna Sashimi (3 pc)	14
Black Cow Roll	27	Salmon Sashimi (3 pc)	14
tempura shrimp, lobster, tobiko, scallion unagi sauce		Hamachi Sashimi (3 pc)	14
Sushi Combo (13 pc)	31	Tobiko Sashimi (3 pc)	14
tuna salmon hamachi and eel nigiri, california roll, tobiko		Tuna Sushi Nigiri (2 pc)	10
Sashimi Combo (17 pc)	41	Salmon Sushi Nigiri (2 pc)	10
tuna, salmon, hamachi, spicy salmon roll		Hamachi Sushi Nigiri (2 pc)	10
Sushi & Sashimi Combo (20 pc)	49	Tobiko Sushi Nigiri (2 pc)	10
assorted nigiri, assorted sashimi, spicy salmon roll		Ikura Sushi Nigiri (2 pc)	10
Teriyaki Salmon Roll	24	Tamago Sushi Nigiri (2 pc)	8
seared salmon, teriyaki sauce, avocado cucumber, sesame seeds, scallions		Kani, Crab Sushi Nigiri (2 pc).....	10
Alaska Maki	22	Ebi Shrimp Sushi Nigiri (2 pc).....	8
smoked Alaskan salmon, cucumber, crab wasabi mayo		Avocado Sushi Nigiri (2 pc)	8
Scorpions Maki	22		
squid, avocado, crab, red tobiko, sesame		SEAFOOD COCKTAILS	
Salmon Avocado Maki	19	Shrimp Cocktail (each)	3.75ea
tobiko, sesame		Side Seaweed Salad	7
Tuna Avocado Maki	19	Daily Oyster Selection	3.00ea
tobiko, sesame			
Unagi Maki	20		
marinated broiled eel, cucumber avocado, sesame, tobiko			
Futo Maki	22		
tamago, tobiko, avocado, crab, cucumber, tuna, Japanese mayo			

KIDS MENU

AVAILABLE FOR 12 YEARS OR YOUNGER

BURGER w/fries | \$14

Add cheese \$1.25/ add apple-wood bacon \$2.25

GRILLED CHICKEN G.F | \$13

Garlic Mashed, Seasonal Vegetable

FISH N' CHIPS G.F | \$15

Fried Haddock Bites, Fries, Tartar

POPCORN CHICKEN w/fries G.F | \$12

Crispy Fried Chicken Breasts, Fries,

GRILLED CHEESE w/fries | \$10

PASTA WITH BUTTER OR SAUCE | \$9

HOT DOG w/fries | \$10