

APPETIZERS

CRAB RANGOON DIP	11
Creamy crab rangoon with parmesan panko crust, wonton crisps, Thai sweet chili sauce and chives	
SHISHITO PEPPERS [GS]	6
Mild Asian peppers tossed with infused oil, smoked salt and topped with bonito flakes	
SPICY TOGARASHI SHRIMP	12
Flash fried shrimp in spicy Japanese chili sauce. Served over Asian slaw with pounded ginger sauce	
*TUNA & AVOCADO-TINI	12
Cubed yellowfin tuna and ripe avocado in ginger dressing	
HAND-CUT COLOSSAL ONION RINGS (V)	7
5 thick cut onion rings battered with panko and coconut. Served with horseradish aioli and Thai sweet chili sauce	
EDAMAME [GS] (V)	6
Soy beans in pod served with a choice of sea salt, alderwood smoked salt, wasabi ranch or Sriracha salt	
*BLACKENED TUNA NACHOS	13
5 wonton chips with Crab Rangoon Dip, avocado salsa, tomatoes, seared rare blackened yellowfin tuna and microgreens	
CRISPY CALAMARI ”T & T”	12
Calamari tubes & tentacles, flash fried and served with a sweet chili calamari sauce	
*BIG AL’S YELLOWTAIL	10
Slices of yellowtail sashimi topped with thinly sliced jalapeño pepper. Served with a side of ponzu dipping sauce	
LOBSTER & CRAB SPRING ROLLS	13
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	8
House fries with truffle and parmesan cheeses, applewood bacon and chives	
CRINKLE CUT FRIED PICKLES (V)	7
Crinkle-cut dill pickles with ranch dressing and horseradish aioli for dipping	
*SEARED SESAME TUNA	12
Sesame encrusted seared yellowfin tuna with pounded ginger sauce, seaweed salad and English cucumbers	
*MINIS OF THE WEEK	11
3 all natural Angus beef mini-burgers served on sweet Hawaiian rolls, with sides of bacon coleslaw and Cowfish sauce	
*SPICY POKE DIP	12
Spicy tuna poke with salmon and yellowtail, seaweed salad, served with wonton chips	

SALADS

Available salad dressings include: Peanut Vinaigrette (V), Sherry Vinaigrette [GS] (V), Ginger Dressing (V), Lemon Feta Vinaigrette [GS], Ranch (V), Honey Mustard [GS], Balsamic Vinaigrette [GS] (V), Honey Ginger Vinaigrette, Smoked Blue Cheese, Herb Vinaigrette [GS] (V), Sweet Chili 1000 Island	
HOUSE SIDE SALAD (V)	5
Mixed greens, cucumbers, tomatoes, beet and carrot curls, croutons, choice of dressing	
WARM BACON & SPINACH SIDE SALAD	7
Baby spinach, tomatoes, hard-boiled egg, red onions, feta cheese, croutons with warm bacon vinaigrette	
COBB SALAD [GS]	16
Grilled all natural chicken, eggs, avocado, cheddar cheese, kalamata olives, cucumbers, bacon, cherry tomatoes, smoked blue cheese crumbles, choice of dressing	
*SEARED SESAME TUNA NICOISE SALAD	15
Sesame encrusted seared yellowfin tuna, baby greens, green beans, asparagus, hard-boiled egg, snow peas, kalamata olives, cherry tomatoes with herb vinaigrette	
CHINESE CHICKEN SALAD	13
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	13
Grilled all natural chicken, fried pepperoncinis, cucumbers, roasted red peppers, kalamata olives, cherry tomatoes, artichokes, fried and crumbled feta cheese with lemon feta vinaigrette	
*GRILLED SALMON SALAD	14
Spinach & field greens, cashews, sun dried tomatoes, peppadew peppers, sesame encrusted goat cheese, grilled salmon with sherry vinaigrette	
CRISPY SESAME CHICKEN SALAD	13
Spinach and mixed greens, sesame encrusted all natural chicken, carrots, almonds, fried tofu, tangerines, crispy noodles, cherry tomatoes with honey ginger vinaigrette	

SANDWICHES

CHICKEN BACON AVOCADO	13
Grilled all natural chicken, applewood bacon, avocado, lettuce, tomato, wasabi mayo, brioche bun. Choice of side	
*GRILLED SALMON BLT	14
Grilled salmon, applewood bacon, lettuce, tomato, jalapeño citrus aioli, brioche bun. Choice of side	
THE SWISS CHICK	12
Grilled all natural chicken, Swiss cheese, applewood bacon, lettuce, tomato, red onion, BBQ sauce, sesame seed bun. Choice of side	
THE SCREAMIN’ KOREAN CHICKEN	13
Sesame encrusted all natural chicken, kimchi, sriracha ranch, Asian slaw, lettuce, tomato, red onion, pickles, sesame seed bun. Choice of side	
*SESAME CRUSTED CRAB SANDWICH	13
Soft shell crab coated in sesame panko and flash fried, spinach, Asian slaw, spicy mayo, tomato, red onion, brioche bun. Choice of side	

SIDE ITEMS

HOUSE SEASONED FRIES	BACON COLESLAW	EDAMAME	SWEET & SPICY THAI CUCUMBERS
SWEET POTATO FRIES	SEAWEED SALAD	FRIED PICKLES	GRILLED VEGETABLES

BURGERS

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 DYNAMIC DUO	16
Half-pound beef burger, braised short rib, sweet roasted garlic, provolone cheese, tomato onion jam, lettuce, onion, tomato, onion roll. Choice of side	
* THE UMAMI BURGER	16
Half-pound beef burger, aged wasabi cheddar, soy marinated shiitake, wasabi aioli, sweet soy, lettuce, tomato, onion roll. Choice of side	
* THE BIG SQUEAL	15
Half-pound beef burger, pulled pork, smoked gouda cheese, onion strings, bacon coleslaw, BBQ sauce, lettuce, pickles, brioche bun. Choice of side	
* THE C.B.C.L.T.	14
Half-pound beef burger, cheddar cheese, applewood bacon, white cheddar cheese, lettuce, tomato, onion, Cowfish sauce, brioche bun. Choice of side	
* SMOKED PORK BELLY BURGER	17
Half-pound beef burger, smoked pork belly, fried kimchi, gochujang sauce, pickled red onion, lettuce, sesame bun. Choice of side	
* THE TEXAS LONGHORN	14
Half-pound beef burger, cheddar cheese, onion strings, jalapeño bacon, tangy BBQ sauce, lettuce, tomato, brioche bun. Choice of side	
* THE JALAPEÑO POPPER SHOW-STOPPER	14
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	14
Half-pound beef burger, Swiss cheese, sautéed mushrooms, roasted garlic aioli, lettuce, tomato, sesame seed bun. Choice of side	
APPLE, BERRY & BRIE TURKEY BURGER	14
Half-pound turkey burger, Brie cheese, sweet cranberries, Fuji apples, spicy honey marmalade, 7-grain wheat bun. Choice of side	
* BLACK TRUFFLE CHEESE BURGER	14
Half-pound beef burger, black truffle cheese, roasted shallots, sautéed mushrooms, roasted garlic aioli, lettuce, brioche bun. Choice of side	
* THE BOURSIN BACON BURGER	14
Half-pound beef burger, garlic & herb boursin cheese, applewood bacon, sautéed mushrooms, grilled onions, lettuce, tomato, onion roll. Choice of side	
* MEDITERRANEAN LAMB BURGER	15
Half-pound grilled lamb burger, tzatziki sauce, fried capers, flash fried feta cheese, lettuce, tomato, cucumbers, brioche bun. Choice of side	
* GRANNY’S SOUTHERN PIMENTO CHEESE BURGER	14
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)	12
Housemade veggie burger, roasted red peppers, sliced avocado, red onion, baby spinach, 7-grain wheat bun. Choice of side	
* THE ARNOLD HAMANDEGGAR	15
Half-pound beef burger, cheddar cheese, grilled black forest ham, fried egg, applewood bacon, grilled onions, Cowfish sauce, onion roll. Choice of side	
* JAMMIN’ THE BLUES	14
Half-pound beef burger, smoked blue cheese, applewood bacon, tomato onion jam, arugula, tomato, brioche bun. Choice of side	
* THE THUNDERING HERD BISON BURGER	16
Half-pound chipotle bison burger, sharp white cheddar cheese, avocado salsa, lettuce, chipotle aioli, red onion, sesame seed bun. Choice of side	
* HONEY, BRIE MINE	16
Half-pound beef burger, brie cheese, fresh blackberries, thyme infused honey, sake marinated Asian pear, microgreens, brioche bun. Choice of side	
* THE COWFISH HAS OFFICALLY LEFT THE BUILDING a.k.a. THE HUNKA HUNKA	17
Full-pound beef burger, creamy peanut butter, fried bananas, applewood bacon, brioche bun. Choice of side. (Make it a SINGLE HUNKA LOVE, half-pound beef burger for \$13)	
* BARE BONES BURGER	12
Half-pound beef burger served on the guest’s choice of bread. Choice of side	

SUBSTITUTIONS/ADDITIONS

<u>Protein:</u>		<u>Premium Toppings:</u> \$1 per	<u>Cheeses:</u> \$1 per	<u>Toppings:</u> \$0.50 per	<u>Complimentary Toppings:</u>	
* Beef Burger	0	Bacon Coleslaw	American Cheese	Sautéed Mushrooms	Cowfish Sauce	Leaf Lettuce
Grilled Chicken	0	Avocado	Sharp Cheddar	Grilled Onions	Wasabi Mayo	Tomato
* Lamb Burger	4	Grilled Ham	White Cheddar	Fried Jalapeños	Garlic Aioli	Red Onion
Turkey Burger	2	Avocado Salsa	Pimento Cheese	Fried Pepperoncinis	Chipotle Mayo	Pickles
Veggie Burger	0	Grilled Asparagus	Smoked Blue Cheese	Kalamata Olives	Horseradish Aioli	Pepperoncinis
* Chipotle Bison	4	Coconut Onion Ring	Pepperjack Cheese	Fried Onion Strings	Duke’s Mayonnaise	Jalapeños
		* Fried Egg	Swiss Cheese	Roasted Red Peppers	Creamy Dijon	Cucumber
		Applewood Bacon	Provolone Cheese	Fried Capers	BBQ Sauce	Iceberg Lettuce
<u>Bread:</u>		Jalapeño Bacon	Feta Cheese	Kimchee	Tzatziki Sauce	Cranberries
Original Brioche Bun		Pastrami	Goat Cheese	Peppadew Peppers	Thai Sweet Chili Sauce	
7-Grain Wheat Bun		Hard Boiled Egg	Brie Cheese	Artichokes	A1 Steak Sauce	
Sesame Seed Bun		Roasted Shallots	Fried Feta Cheese	Fried Bananas	Cilantro Pesto	
Onion Roll			Jalapeño Cream Cheese	Peanut Butter	Spicy Honey Marmalade	
Marbled Rye			Smoked Gouda Cheese	Arugula		
Texas Toast			Garlic & Herb Boursin Cheese			
Gluten Sensitive Bun (\$0.50)			Black Truffle Cheese (\$1.50)			

*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

SUSHI BAR SELECTIONS

All Sushi Bar Selections are available with brown rice or soy paper for \$1 each

<u>SASHIMI</u>	Fresh fish only, sliced to order	
* 3 PIECE MIX [GS]	- Chef's selection of fresh tuna, salmon and yellowtail. Served over ice	8
* 7 PIECE MIX [GS]	- Chef's mixed selection of fresh tuna, salmon and yellowtail. Served over ice	15
* 9 PIECE MIX [GS]	- Chef's mixed selection of fresh tuna, salmon, seasonal whitefish and yellowtail. Served over ice	19
* 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	28

<u>NIGIRI</u>	Fresh fish over sushi rice, sliced to order	
* TIER 1	- SERVED A LA CARTE: kani, masago (smelt egg), mackerel [GS], ebi shrimp	2
* TIER 2	- SERVED A LA CARTE: tuna [GS], salmon [GS], yellowtail [GS], seasonal whitefish [GS], sweet shrimp [GS], octopus [GS],eel, squid [GS], surf clam [GS], smoked salmon [GS], ikura (salmon roe) and tobiko (flying fish egg)	3
* LUCKY SEVEN	- Seven hand made nigiri with salmon, hamachi, ebi shrimp, 2 premium tuna, eel and seasonal whitefish	18

<u>SUSHI COMBOS</u>		
* MORIAWASE DOZEN	- 8 piece California Roll and 4 pieces of Nigiri (1 each - tuna, salmon, seasonal whitefish and kani)	15
* MORIAWASE DOUBLE DEUCE	- 8 piece California Roll, 8 piece Spicy Tuna Roll and 6 pieces of Nigiri (1 each - tuna, salmon, seasonal whitefish, yellowtail, shrimp and kani)	23
* NIGIRI-SASHIMI COMBO	- 8 piece California Roll, 6 pieces of Sashimi (tuna and salmon), and 3 pieces of Nigiri (1 each - tuna, salmon and yellowtail)	23
* 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	27

<u>HOSOMAKI</u>	Fish and rice rolled inside of seaweed wrapper	
* RICE-IN ROLL	- Guest's selection of tuna [GS], salmon [GS], yellowtail [GS] or vegetarian [GS] (V)	7
* DYNAMITE ROLL	- Yellowtail, salmon, tobiko, asparagus, cucumber, scallions, spicy mayo	14

<u>CONE STYLE HAND ROLLS</u>	All ingredients and rice loaded inside cone-shaped, pick up style seaweed wrapper	
* TEMPURA HAND ROLL	- Tempura shrimp, kani, cucumber, avocado, masago, spicy mayo	8
* SPICY TUNA HAND ROLL [GS]	- Fresh tuna, cucumber, spicy mayo	8
* YELLOWTAIL HAND ROLL [GS]	- Fresh yellowtail, cucumber, spicy mayo	8
* SALMON HAND ROLL [GS]	- Fresh salmon, cucumber, spicy mayo	8

<u>MAKIMONO</u>	Rice outside of seaweed wrapper, fillings inside of wrapper
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<u>Raw Items</u>		
* SPICY TUNA ROLL [GS]	- Fresh sliced tuna, cucumber, spicy mayo	8
* SPICY YELLOWTAIL ROLL [GS]	- Fresh sliced yellowtail, scallions, spicy mayo	8
* PHILLY ROLL [GS]	- Fresh sliced salmon, avocado, cream cheese	8
* TNT ROLL	- Spicy tuna, kani, avocado, masago	11
* eeZ RAINBOW ROLL	- California roll topped with assorted fish, masago and spicy mayo	15

<u>Non-Raw Items</u>		
* CALIFORNIA ROLL	- Kani, cucumber, avocado, masago	7
VEGETARIAN ROLL [GS] (V)	- Avocado, cucumber, asparagus	6
SPICY CRUNCHY ROLL	- Shrimp tempura, kani, spicy mayo, crispy tempura flakes	12
* TEMPURA ROLL	- Shrimp tempura, kani, cucumber, masago, spicy mayo	11
* SPIDER CRAB ROLL	- Crispy soft shell crab, kani, cucumber, scallions, masago, spicy mayo	14
BAGEL ROLL	- Smoked salmon, kani, cream cheese roll battered and flash fried, topped with sweet eel sauce	10

[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

* WEBB’S ”ROLL-IN-ONE” - Tempura fried kani with asparagus, cucumber and cilantro. Topped with premium tuna, Scottish salmon and farm raised whitefish brushed with sweet soy and lemon zest. Finished with spicy jalapeño vinaigrette and one Tokyo style whitefish nigiri. Created by North Carolina’s own Webb Simpson, a percentage of proceeds support <i>Neighbor2Neighbor</i> , which cultivates relationships resulting in communities of hope, justice and compassion	16
* 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	15
* 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	17
* 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	19
* VOLCANIC ROLL - Fried calamari, jalapeño, cucumber, scallions inside, topped with spicy tuna	15
* DOUBLE SALMON ROLL [GS] - Smoked salmon, avocado inside, topped with fresh salmon. Served with a side of spicy mayo	14
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	14
* 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	14
* MISS MOFFITT’S ROLL - Spicy tuna, scallions, tempura flakes inside, topped with avocado and sweet eel sauce	15
* RIGGS R&R CRABCAKE ROLL - Tuna, avocado, cream cheese inside, topped with lump crabcake mix and baked. Finished with masago and spicy mayo	16
NORTH HILLS ROLL - Tempura coconut shrimp, cucumber, cilantro inside. Topped with avocado, diced mango, chopped cashews and sweet eel sauce	14
* BLACKENED TUNA ROLL - Lump crabcake mix and cream cheese inside, coated in tempura flakes. Topped with seared blackened tuna, avocado salsa and jalapeño	17
* 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	18
* THE BOSS - Spicy yellowfin tuna, kani salad, English cucumbers inside, coated in tempura flakes. Topped with avocado, premium tuna, wasabi tobiko and wasabi mayo	19
EEL DRAGON ROLL - Shrimp tempura, kani inside, topped with eel and sweet eel sauce. Served with spicy mayo	17
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	14
* 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	19
* THE TWO-TIME ROLL - Thin slices of cucumber rolled around yellowfin tuna, avocado, kani, asparagus. Topped with blackened tuna with spicy mayo, tobiko. Served with ponzu sauce	17
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	12
* THE QUEEN CITY ROLLER - Blackened tuna, English cucumbers, green onion inside, topped with smoked salmon, mango, spicy crab salad, masago and sweet eel sauce	18
CATERPILLAR ROLL - Eel, cucumber inside, topped with avocado and sweet eel sauce	15
* THE KING’S ROLL - Fresh tuna, kani, jalapeño, cream cheese, scallions inside, coated with panko and flash fried. Topped with kani salad, masago and sriracha. Served with ponzu dipping sauce	17
* 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	29

[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!!!

*THE COWFISH BENTO BOX	14
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	16
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, eeZ Rainbow or Tempura Shrimp Roll) - or - 3 pieces of mixed nigiri (tuna, salmon and shrimp)	
*THE ULTIMATE "BRENTO" BENTO BOX	18
A combo meal featuring both burger and sushi, including two featured mini-burgers of the week, sweet potato fries, Thai cucumbers, edamame and choice of a 4 piece premium Fusion Specialty roll (Firecracker, The Boss or Blackened Tuna Roll)	
*THE ALL-AMERICAN BACON DOUBLE CHEESEBURGOOSHI	15
Seasoned all natural Angus 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	17
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 WOOOOO-SHI BUFFALOOOOO-SHI ROLL	17
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 TASTE EXPLOSION ROLL	15
Seasoned all natural Angus beef, applewood bacon, jalapeños, spicy mayo inside, coated with tempura flakes. Topped with Roma tomato and pepper jack cheese, then baked. Drizzled with cashew cilantro pesto	
*"THE PRIME TIME" FILET & LOBSTER ROLL	22
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	14
Pulled pork, caramelized onion and BBQ sauce, wrapped in soy paper and potato strings then flash fried. Topped with housemade bacon coleslaw and chives	
*THE TURFIN’ SURFER ROLL	19
Tuna, red onion, tempura flakes, cucumber and daikon sprouts inside, topped with Koji marinated scallops, seared rare seasoned filet mignon, sweet eel sauce, wasabi mayo, microgreens	
*THE PITTSBURGOO-SHI SANDWICH	18
Seared rare seasoned filet mignon topped with navel pastrami and french fries, melted Provolone and truffle cheeses, red onions, lettuce, creamy Dijon. Served on grilled spring roll wrapper “buns” filled with kani and sushi rice. Choice of side	
*THE 4-S (SEAR-IOUSLY SENSATIONAL SUSHI SANDWICH)	14
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	14
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	4	* Ground Beef	2	Applewood Bacon	1	Cucumber	.50	Spicy Mayo	0
* Salmon	4	* Chipotle Bison	4	Lobster	6	Avocado	1	Sriracha (chili paste)	0
* Yellowtail	5	* Ground Lamb	3	Crabcake Mix	4	Asparagus	.50	Thai Basil	.50
* Seasonal Whitefish	4	* Masago (smelt egg)	1	Tempura Asparagus	1	Jalapeño	.50		
Ebi Shrimp	3	* Tobiko (flying fish roe)	1	Tempura Portabella	1.50	Scallions	.50		
* Ikura (salmon roe)	4	Tempura Shrimp	3	Tempura Avocado	1.50	Mint	.50		
Kani (crabstick)	2	Fried Calamari	3	Tempura Zucchini	1	Iceberg Lettuce	.50		
* Octopus	2	Fried Soft Shell Crab	6	Tempura Flakes	.50	Carrots	.50		
Eel	4	* Filet Mignon	5	Cream Cheese	1	Beets	.50		
Smoked Salmon	3	Pulled Pork BBQ	2	Portabella	.50	Mango	1		

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	8	Eel	8	Lump Crabcake Mix	7	* Mixed Assortment	5
* Salmon	8	Ebi Shrimp	8	Avocado	3	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	8	Kani (crabstick)	7	Mango	3		
* Seasonal Whitefish	7	* Filet Mignon	10				

Additional Toppings / Options

* Masago (smelt egg)	1	Spicy Mayo	0	Coat with Tempura Flakes	0
* Tobiko (flying fish egg)	1	Sweet Eel Sauce	0	Tempura Fry Inner Roll	1
* Ikura (salmon roe)	4	Sriracha (chili paste)	0	Side of Ponzu Dipping Sauce	0

DESSERTS

THE MOUSSE IS LOOSE Assorted layers of classic fudge brownie, chocolate mousse and vanilla mousse	7
FRESH BERRY TALL CAKE Moist lemon pound cake, vanilla bean ice cream and raspberry sauce. Topped with fresh strawberries, raspberries and blackberries	8
CHEF DAVE’S NOT FACTORY MADE CHEESECAKE Creamy coconut almond cheesecake atop a golden fortune cookie crust. Finished with almond coconut and raspberry sauce	8
APPLE PIE ”WONTONS” Fresh wontons wrapped around homemade apple pie filling and flash fried. Served with sweet caramel cream dipping sauce and a scoop of vanilla bean ice cream	7
FLOURLESS CHOCOLATE TORTE [GS] Flourless chocolate torte with caramel crème anglaise, sesame brittle and almond crust	8

HAND-SPUN MILKSHAKES

All of our shakes are made with your choice of all-natural, real vanilla bean ice cream or frozen Greek yogurt, hand spun, and topped with whipped cream	6.5
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 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	4
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	3
BOTTLED WATER - Voss Still or San Pellegrino Sparkling	5
FRESH ICED TEA - Sweetened or Unsweetened	3
FRESH BREWED COFFEE - Regular or Decaf provided by Raleigh Coffee Company	3

* 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

BEER

DRAFT BEER SELECTIONS

BIG BOSS BAD PENNY BROWN (Raleigh, NC - 5.5% ABV) - Dark brown ale with English malts, caramel and dark fruit	6
GIZMO BREW WORKS BEEKEEPER HONEY WHEAT (Raleigh, NC - 5.5% ABV) - American pale wheat ale with local honey	6
GREEN MAN IPA (Asheville, NC - 6.2% ABV) - English style IPA, copper in color, generously hopped and balanced body	6
NEUSE RIVER NEUSIOK IMPERIAL SAISON (Raleigh, NC - 9.0% ABV) - Hoppy with floral aroma	6
RED OAK AMBER (Whitsett, NC - 5.0% ABV) - A smooth tasting old style lager featuring Munich Malt and Spalt Noble Hops	5.5
SAPPORO (Japan - 4.9% ABV) - Refreshing lager with crisp, refined flavor and clean finish	5.5
WICKED WEED ROTATING TAP (Asheville, NC) - The Cowfish features a rotating tap from Wicked Weed Brewery	6
WILD CARD ROTATING TAP - The Cowfish features a rotating draft beer tap. Ask your server for more details!	6

BOTTLES & CANS

ALLAGASH SAISON (Maine - 6.1% ABV) - A full-bodied ale full of citrus and peppery spices	5.5
ANDERSON VALLEY BRINEY MELON GOSE (California - 4.2% ABV) - A tart and tangy sour made with watermelon	5
ANGRY ORCHARD CIDER (Ohio - 5.0% ABV) [GS] - A crisp and refreshing sweet apple cider	5.5
AVIATOR DEVIL’S TRAMPING GROUND BELGIAN TRIPEL (Fuquay Varina, NC - 9.2% ABV) - A fruity, spicy ale	5.5
BELL’S AMBER ALE (Michigan - 5.8% ABV) - Toasted caramel flavor with a slightly hoppy finish	5.5
BUD LIGHT (Missouri - 4.2% ABV) - Clean and subtle, light-bodied brew	4
CAROLINA BREWING COMPANY PALE ALE (Holly Springs, NC - 5.1% ABV) - Medium-light body and clean taste	5.5
CONEY ISLAND HARD ROOT BEER (New York - 5.8% ABV) - A twist on the classic soda with vanilla, licorice, and birch	5
DOGFISH HEAD INDIAN BROWN ALE (Delaware - 7.2% ABV) - Full of molasses, chocolate, and coffee flavor	5.5
FOOTHILLS TORCH PILSNER (Winston-Salem, NC - 5.3% ABV) - Smooth pilsner with pale malts and earthy hops	5.5
FULLSTEAM CACK-A-LACKY GINGER PALE ALE (Durham, NC - 5.0% ABV) - Pale ale with locally-grown ginger	5
HITACHINO NEST WHITE ALE (Japan - 5.5% ABV) - A Japanese craft ale with orange peel and coriander flavor	8
LEFT HAND MILK STOUT (Colorado - 6.0% ABV) - A rich and full-bodied stout with a creamy, chocolaty profile	5.5
LONERIDER SHOTGUN BETTY HEFEWEIZEN (Raleigh, NC - 5.8% ABV) - Rich nose and refreshing dry finish	5.5
LYNNWOOD BREWING HOP ON TOP IPA (Raleigh, NC - 7.0% ABV) - West coast inspired American style IPA. 16 oz. can	6.5
MICHELOB ULTRA (Missouri - 4.1% ABV) - Light-bodied beer with fruit and citrus aromas	4
MILLER LITE (Wisconsin - 4.2% ABV) - A light beer that is less filling, and tastes great	4
MOTHER EARTH DARK CLOUD DUNKEL (Kinston, NC - 5.1% ABV) - A dark lager full of malt	5.5
O’ DOULS N/A (Missouri) - A premium non-alcoholic beer with a mild, sweet taste	4
OMISSION PALE ALE (Oregon - 5.8% ABV) [GS] - Bold and hoppy with caramel malt	5
STONE GO TO IPA (California - 4.5% ABV) - A vibrant, hop-burstsed session IPA	5.5
TERRAPIN HI-5 IPA (Georgia - 5.9% ABV) - An American IPA brewed with a variety of hops	5.5
WESTBROOK WHITE THAI WITBIER (South Carolina - 5.0% ABV) - Fresh lemongrass and ginger root	5.5
WHITE ST. BREWING KOLSH (Wake Forest, NC - 5.2% ABV) - Crisp, light straw color with clear body	5.5
WICKED WEED AMOUROUS SOUR (Asheville, NC - 7.1% ABV) - Massively dry-hopped American sour ale. 500ml bottle	22
WICKED WEED BRETTABERRY (Asheville, NC - 5.5% ABV) - Tart farmhouse ale with berries and honey. 500ml bottle	16
YO-HO TOYKO BLACK PORTER (Japan - 5.0% ABV) - English style porter, rich taste with roasted malt flavor	6.5

HANDCRAFTED COCKTAILS

BULLEITS & BACON - Bulleit Bourbon, Cherry Heering, Angostura and orange bitters, honey. Served on the rock	12
MOSCOW MULESHINE - Poteen Moonshine, ginger beer, freshly squeezed lime, shiso	
SNAKE IN THE GRASS - Ketel One Vodka, jalapeño lemongrass, freshly squeezed lime, ginger beer	
THE BEE’S KNOBBY KNEES - Knob Creek, cardamom ginger honey, orange bitters. Served on the rock	
STRAWBERRY GRAVITRON - Tanqueray Gin, fresh strawberries, 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	12
THE CUCUMBER MINT-INI - Tanqueray Ten, cucumber, mint, freshly squeezed lime	
CHINA BLOSSOM - Smirnoff Orange Vodka, St. Germain, premium sake, fresh raspberry, lychee juice	
CARAMEL COVERED GRANNY - Smirnoff Caramel Vodka, apple, freshly squeezed lemon	
JASMINE GINGER MARTINI - Ketel One Vodka, jasmine infused sake, ginger liqueur, freshly squeezed lemon	
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	12
THREE DRUNKEN ELVES - Smirnoff Whipped Vodka, Frangelico, Rice Krispies, mallow cream, ice cream	
THE JIM BEAN - Jim Beam, ice cream, malt, caramel and a pretzel rod	
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	
THE CHOCOLATE KISS - Godiva Liqueur, amaretto, ice cream, malt and chocolate	

WINE

WHITES

PRIMA PERLA PROSECCO (Treviso)	- A light, dry bubbly bursting with white peach	8/32
MUSCANTI BRUT (Spain)	- A brilliantly refreshing bubbly, perfect for sushi!	7/28
LAURENT-PERRIER BRUT CHAMPAGNE 375ml (France)	- Perfectly balanced and complex with white fruit & citrus	36
VEUVE CLICQUOT BRUT (Reims)	- Complex aromas of ripe apple and light cream, bright and beautiful bubbles	100
CARLETTO PINOT GRIGIO (Italy)	- Pears and apples with a citrus twist	7/28
TORRE DI LUNA PINOT GRIGIO (Trentino Alto Adige)	- White blossom aromas with apricot and pear flavors	9/36
ACROBAT PINOT GRIS (Oregon)	- Refreshing flavors of melon and apricot	9/36
LAURENZ V SINGING GRUNER VELTLINER (Austria)	- Light, dry, crisp and fresh apple notes	10/40
FERNLANDS SAUVIGNON BLANC (Marlborough)	- Ruby red grapefruit with herbaceous notes	8/32
KIM CRAWFORD SAUVIGNON BLANC (Marlborough)	- Aromatic gooseberry, passion fruit and citrus	12/48
HONIG SAUVIGNON BLANC (Napa Valley)	- Mango, kiwi, lemongrass and grapefruit flavors	11/44
CONUNDRUM WHITE BLEND (California)	- A creamy, soft blend of perfumed white wines	12/48
IQ RIESLING (Germany)	- Flavors of apples, honey and a hint of minerals with balanced sweetness	8/32
MAKULU MOSCATO (South Africa)	- Seductively sweet with aromas of peach, pears and apricots	7/28
COWFISH CHARDONNAY (California)	- Apple, pear and peach flavors laced with toasty vanilla	7/28
FRANCISCAN CHARDONNAY (Napa Valley)	- Citrus, Golden Delicious apple, vanilla and floral notes	10/40
SONOMA CUTRER CHARDONNAY (Sonoma Coast)	- Green apple, honeysuckle, balanced French oak and lemon zest	15/60
FINCA LA LINDA UNOAKED CHARDONNAY (Argentina)	- Fresh, lively and crisply fruity, unhindered by oak	8/32
CAKEBREAD CHARDONNAY (Napa Valley)	- Delightfully fragrant, ripe pear, apple, guava, mineral and toasted oak	80
FAR NIENTE CHARDONNAY (Napa Valley)	- Citrus, melon, honeysuckle and toasted oak	125

REDS

LUCKY STAR PINOT NOIR (California)	- Silky red cherry flavors with delicate spice	7/28
ESTANCIA PINOT NOIR (California)	- Elegant red and black cherry flavors laced with vanilla oak	10/40
MACMURRAY PINOT NOIR (Russian River Valley)	- Rich flavors of raspberry, cherry, lavender and boysenberry	14/56
VITIANO ROSSO (Italy)	- A lush blend of Merlot, Sangiovese and Cabernet Sauvignon	8/32
SMASHBERRY RED BLEND (California)	- Cabernet Sauvignon, Petite Sirah & Merlot make up this lush red blend	9/36
FERRARI-CARANO SIENA RED (Sonoma)	- Layers of fruit highlight this blend of Sangiovese, Malbec and Cabernet	10/40
LOS CARDOS MALBEC (Mendoza)	- Blackberry, blueberry and cassis notes with a satin finish	8/32
CONQUISTA OAK CASK MALBEC (Mendoza)	- Plum and dark cherry fruit with silky tannins, vanilla, mocha and spices	9/36
HOGUE GENESIS MERLOT (Washington State)	- Black plum, black cherry, vanilla and cocoa notes	9/36
PREDATOR OLD VINE ZINFANDEL (Lodi)	- Juicy raspberry and red cherry flavors layered with aromatic spice	10/40
COWFISH CABERNET SAUVIGNON (California)	- Flavors of black cherry, currant and cocoa with a smooth finish	7/28
PASO CREEK CABERNET SAUVIGNON (Paso Robles)	- A rich powerhouse of dark fruit flavors	9/36
NAPA CELLARS CABERNET SAUVIGNON (Napa Valley)	- Rich, elegant & concentrated black fruit flavors	14/56
MOLLY DOOKER BLUE EYED BOY SHIRAZ (Australia)	- A bouquet of deep blueberry, rich plum and coffee	60
MT. VEEDER CABERNET SAUVIGNON (Napa Valley)	- Dark berries and cassis with mocha and herbal notes	70
SILVER OAK CABERNET SAUVIGNON (Alexander Valley)	- A vibrant wine with black cherry and cedar	125
CAYMUS CABERNET SAUVIGNON (Napa Valley)	- Vibrant scent of dark cherry and blackberry with warm vanilla notes	130

SAKE

SAKE SAMPLER	- Sample pours of four of our favorite sakes including Classic Junmai, Fuji Apple, Ty-Ku Black and Silky Mild	12
FROM THE WARMER		
SHO CHIKU BAI, CLASSIC JUNMAI	- Warming and wonderful, Kanpai!!!	14
PREMIUM CHILLED SAKES		
HANA FUJI APPLE or WHITE PEACH	- Bursting with aromatic fruit flavors	16
TY-KU BLACK JUNMAI GINJO	- Smooth & balanced tropical fruit and fennel notes	24
SHIRAKABE GURA MIO SPARKLING	- A delicate, lightly sweet yet refreshing sparkler with melon, apricot & citrus notes	330ml 20
SHO CHIKU BAI, SILKY MILD NIGORI	- A sweet, creamy, rich, cloudy sake with toasty rice notes	375ml 16
SHO CHIKU BAI, REI JUNMAI GINJO DRAFT	- Aromas of tropical fruit, white blossom, white fruit & marzipan	330ml 19
DASSAI 50 OTTERFEST JUNMAI DAIGINJO	- Heavenly perfumed with pure lychee, acacia blossom and pear flavors	330ml 30

KID’S BENTO BOXES

All meals are served with a kid’s drink and two sides.
Choice of sides include: carrots, apples, oranges,
edamame or house fries

CALIFORNIA ROLL 7
Kani, cucumber, avocado

TEMPURA SHRIMP ROLL 7
Shrimp tempura, kani, cucumber

VEGETARIAN ROLL [GF] (V) 6
Avocado, cucumber, asparagus

DRAGON BITEZ 6
All natural chicken chunks grilled to perfection, served
with ranch, honey mustard or BBQ sauce

GORILLA CHEEZ 6
Cheesy classic fresh off the grill!

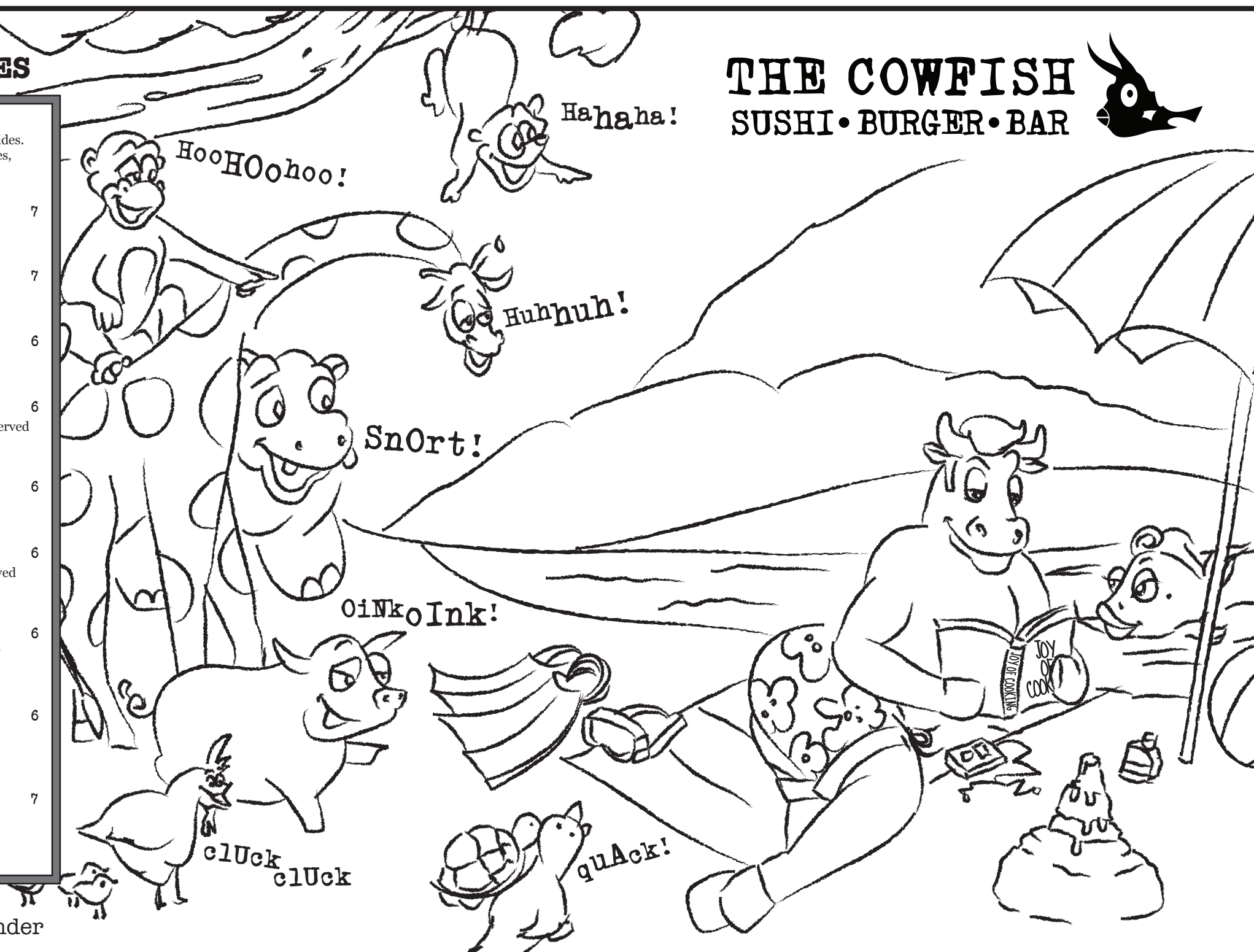
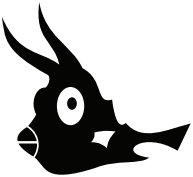
NINJA NUGGETS 6
Tender, all natural chicken chunks flash fried served
with ranch, honey mustard or BBQ sauce

PB&J SUSHI ROLL 6
All natural peanut butter and jelly rolled inside of
white bread. Cut into bite-sized pieces

MAC AND CHEEZ 6
Fresh elbow noodles in a creamy housemade
cheddar cheese sauce

THE COWFISH MINI-BURGERS 7
Two beef mini-burgers topped with American
cheese

THE COWFISH
SUSHI • BURGER • BAR



Available to Kids 10 and Under