

## The Flying Cow Dinner Menu

### *Appetizers*

- Grilled Octopus. 8
- Grilled sweet breads with eggplant and adzuki beans. 6
- Day-boat scallops with braised seaweed and toasted barley. 9
- Hearts of romaine with gorgonzola dressing. 6
- Roasted beets with watercress and miso dressing. 6

### *Tapas*

- Asparagus with lemon and puffed rice. 6
- Steamed mussels provencal. 9
- Grilled shrimp with avocado mousse. 8
- Shitake crostini. 5
- Sauté calamari with parsley and lime. 7
- Empanada beef or caprese. 3
- Jamon Serrano / Manchego. 8
- Chorizo or Morcilla with green salad and polenta. 9

### *Meatless*

- The Flying cow Vegetarian Burger w/ French fries.. 9
- Shanghai \_\_\_\_\_ 12
- Roasted red seedless grapes, baby carrots , (sauté) spinach
- Red onions (roasted), corn, sweet potatoes, tofu, cumin miso sauce.
- Desert Mirage \_\_\_\_\_ 12
- Grilled nopal cactus , red onion ,black beans, grilled zucchini,  
grilled yellow squash, tomato- basil, queso blanco.
- Volcano \_\_\_\_\_ 12
- Spaghetti squash, oil, garlic, diced zucchini, yellow squash, green peas,  
tomatoes, pesto sauce.

### *Fish*

- Grilled horseradish salmon served with sauté garlic spinach  
& blue potatoes . 18
- Day boat Scallops with mashed potatoes and asparagus. 22

### *Birds*

- Seared Duck breast with roasted sweet potatoes. 18
- Cage free Chicken Milanese with mashed potatoes/salad. 14
- Cage free boneless 1/2 Chicken w/ mashed potatoes.. 14
- Boneless grilled Quails stuffed with shitake mushrooms , chorizo. 18

### *Meats*

- The flying Cow house blend Burger w/ French fries.. 9
- Steak frites. 15
- Skirt steak with french fries . 16
- Filet mignon Bordelaise with french fries. 19
- 16 oz Strip steak with mashed potatoes or french fries. 20
- 16 oz Rib eye with mashed potatoes or french fries . 22
- Mixed Grill (to share). 38
- Includes: sweet breads, chorizo, morcilla kidneys, short ribs and skirt steak*

### *Desserts*

- Crema Catalana. 6
- Marquis au Chocolate with raspberry sauce. 6
- Dulce de Leche or suzette crepes. 6
- Chocolate mousse with cream anglaise. 7

**Amex & cash only**