



Weekend Fuel Bag | 5

Weekend Fuel Bag helps supports families and high school students make sure they get food during the week, over the weekends, and over the summer. Brady and his team are currently feeding 80 students from 9 schools in the district and have a waiting list of 35.

Veggie Schnacks

ROASTED HEIRLOOM CARROTS

Cumin Roasted Carrots, Puffed Farro, Pickled Mustard Seed, Onion Ash, Cilantro | 6

BLUE HUBBARD SQUASH

65.8 Egg, Toasted Hazelnuts, Apple, Mint, Sherry | 7

PUMPKIN BISCUITS

Warm Pumpkin Biscuit, Burnt Parsnip "Butter" | 4 ea

CHARRED BROCCOLI

Smoked Cheese Sauce, Torn bread, Parmesan, Lemon, Garlic | 9

Small Plates

PRAWN COCKTAIL

Pickled Red Prawns, Lime Tequila Cocktail Sauce, Fermented Jalapenos, Crème Fraiche | 14

CORN BACON CHOWDER

Roasted Corn, Thyme infused Cream, Mirepoix | 12

POACHED OYSTERS "ROCKEFELLA"

4 Poached Pacific Oysters, Pernod, Cream, Wild Greens, Toasted Bread, Parmesan, Hollandaise | 18

CAULIFLOWER CAESAR

Preserved Lemon Anchovy Dressing, Garlic Chips, Crouton, Roast Garlic Puree | 15

PORK CANDY

Sesame Soy Braised Heritage Pork Belly + Honey Five Spice Caramel + Sesame Seeds + Green Onion | 15

DUCK DRUMETTES

Confit Duck Legs, Spicy Gojuchang Hot Sauce, Black Sesame | 14

MUSSELS -or- CLAMS -or- BOTH

1Lb | 21 1½Lb | 25 2LB | 30

- White Wine, Garlic, Dill, Parsley
- Thyme Infused Cream, Garlic, Parsley
- Tomato Sauce, Fermented Czech Peppers, Parsley

Large Plates

STEAMED CRUSTACEANS

From the tank (Tossed in Spicy old bay Butter)

Whole Dungeness | MP

Whole Lobster | MP

CIOPPINO

Wild Red Prawns, Clams, Chorizo, Mussels, Potatoes, Snow Crab, Tomato Seafood Broth | 29

CHICKEN & WAFFLES

Fried Chicken, Bourbon Maple Syrup, Chili Butter, Bacon & Green Onion Waffles | 28

STEAK & FRIES

Smoked 7oz Flat Iron Steak, Crispy Old Bay Fries, Chimichurri | 29

DUCK BREAST

Elderberry Gastrique, Parsnip Puree, Duck Leg Croquettes, Cabbage Ragù | 28

ROASTED LING COD

Ling Cod, Dill Butter, Bacon Marmalade, Chorizo White Beans, Braised Greens | 27

WILD PRAWN GEMELLI

Wild Red Prawns, Smoked Cheddar, Gruyere, Torn Bread, Chimichurri | 25

CHUCK GNOCCHI

Braised 42 Dry Aged Shoulder Ragù, Mint, Pea Greens, Parmesan | 25

THE BASIC B**** (Competing in VanFoodster Best Burger Challenge October 18th - November 11th)
Rosemary Bacon, Smoked Cheddar, "Big Mac Sauce"
Ketchup, Mustard, Butter Lettuce, Tomato, Bread &
Butter Pickles | \$19

THE CLASSIC BURGER

Horseradish, Onion Jam. Butter Lettuce, Brie | 18

Fraser Health Authority advises that eating raw shellfish increases the risk of food borne illnesses. Please consult your server should you have any questions in regards to The Fat Cow's shellfish handling and rotation practices. We are a dedicated and educated seller of guaranteed food service products.

Oysters

\$.25 from every oyster and \$1 from every tower goes to support The Weekend Fuel Bag

- Marina Top Drawer – BC \$3
- Beach Angel – BC \$3
- Totten Inlet – WA \$3
- Chef Creek – BC \$3
- Little Wing – BC \$3
- Effingham – BC \$3
- Whaletown – BC \$3
- Malpeque – PEI \$3¾
- Kiwi Flats – NZ \$4¼
- Black Pearls – BC \$3
- Olympia – WA \$4¼
- Shigoku – WA \$3¾
- Beach Gem – BC \$3
- Irish Point – St. Lawrence \$3¾
- Coromandel – NZ \$4¼
- Fanny Bay – BC \$3
- Royal Miyagi – BC \$3
- Fat Bastards – BC \$3¾
- Beausoleil - NB \$3¾
- Raspberry Point – PEI \$4¼
- Kusshi – BC \$3¾
- Kumamoto – WA \$4¼
- Virginica – WA \$3¾
- Caraquets – NB \$4¼
- Kaipara – NZ \$4¼
- Sunseeker – BC \$3¾
- Pacific – BC \$3¾
- Pink Moon – PEI \$4¼

BUILD A TOWER:

¼ Lb Smoky Marinated Mussels, ¼ Lb Fennel Braised Clams, 4 Wild Poached Prawns, 6 Oysters, Tuna Poke, Bay Shrimp Ceviche | 32

ADD 2 TOWER:

Prawn Cocktail | 12
 ½ Dozen Oysters | 18
 1 Dozen Oysters | 36
 Whole Dungeness | MP
 Whole Lobster | MP
 ½ Lb King Crab | 40
 ½ Lb Snow Crab | 22

SEAFOOD BOILS:

You Get Seafood Crackers (Not the food but the tool) a Bib and it is an interactive hands on feast. Boils are Steamed in a Wild Shrimp Broth with a secret blend of Spices and Herbs and are served in a giant stainless bowl for sharing

The Basic | 29pp

½ Lb Clams, ½ Lb Mussels, Potatoes, Corn on the Cob, Chorizo Sausage, 3 Wild Prawns

ADD 2 BOIL:

Whole Dungeness | MP
 Whole Lobster | MP
 ½ Lb King Crab | 40
 ½ Lb Snow Crab | 22
 Oysters | 3 Ea
 Dbl your Prawns | 5

FLAVOUR FLAV'S:

Lemon Dill | n/c
 Sweet Chili | n/c
 Classic (Old Bay) | n/c



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