



14900 Forest Rd. Forest, VA 24551 •  
www.cowsandcrabs.com

434.534.6077

### Hours of Operation:

Monday 5pm-9pm, Tues. – Thurs. 11am-9pm  
Friday 11am-10pm, Saturday 5pm-10pm,  
Sunday Brunch 10am-2pm

### Beverages:

Coke, Diet Coke, Sprite, Dr. Pepper, Ginger Ale,  
Greenberry's Regular & Decaffeinated Coffee,  
Iced Tea, Assorted Hot Teas & Lemonade

### Bottle Domestic Beer:

Budweiser, Bud Light, Michelob Ultra, Miller  
Lite, Coors Light, Odoul's

### Import & Specialty Beer:

Corona, Guinness, Hoegarden, Sam Adams,  
Yuengling, Stella, Sierra Nevada  
Assorted Craft and 22oz Specialties

### Craft Beers on Tap:

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

### Wine & Specialty Drink Menu Available

#### Monday Night – 1/2 OFF ALL Wines

### Dessert:

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

### Catering:

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

### Gift Cards:

Available in any denomination.

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

### Signature Things to Share:

**Crabby Tots** 10

Old Bay Dusted Tater Tots Topped w/ Mama  
Sue's Famous Blue Crab & Horseradish Dip

**'Red Neck' Nachos Ya'll!** 12

House Chips, Slow Smoked Pulled Pork BBQ,  
Smoked Gouda, Adobo & BBQ Sauce, Scallions,  
Jalapenos & Tobacco Onions

**Prince Edward Isle Mussels** 11

1lb PEI Mussels, Bacon, Scallions, Tomatoes,  
Garlic Butter Beer Broth, Toast Points

**Benjamin's Sampler (Pick 3)** 15

Onion Rings, Sweet Potato Fries, Chicken  
Tenders, Steak Fries, Spicy Shrimp, Grilled  
Shrimp, Fried Green Tomatoes, 'Red Neck'  
Nachos, Jumbo Clams

**The Deep South Bruschetta** 9

Garlic Toast Points, Fried Green Tomatoes, Sam's  
House-made Pimento Cheese, Crispy Bacon &  
Green Onions

### Soups & Salads:

**Pinto Bean & 24 Month Aged Chef Raised  
Berkshire Country Ham** 5/6

**Daily Soup Feature** *Market Price*

**Santa Fe Grilled Chicken Salad** 12

Mixed Greens, Fire Roasted Corn & Black Beans,  
Cheddar-Jack Cheeses, Tomatoes, Tobacco  
Onions & Jalapenos.

**Traditional Caesar Salad** 8

Chopped Romaine, Shaved Parmesan, House  
Croutons, Creamy Caesar Dressing (1/2 size - 5)

**Benjamin's House Salad** 9

Mixed Greens, Cucumbers, Tomatoes, Chopped  
Bacon, Cheddar-Jack Cheeses, Tobacco Onions &  
House-Made Croutons (1/2 size - 6)

**'Chophouse' Chopped Salad** 10

Chopped Lettuce, Smoked Gouda, Bacon, Sun  
Roasted Tomato, Cucumber, Tobacco Onions,  
Pickles, Chipotle Ranch (1/2 size - 7)

**Harvest Kale Salad** 10

Dried Cranberries, Crumbled Goat Cheese,  
Candied Pecans, Grape Tomatoes, Strawberry-  
Lemon Vinaigrette (1/2 size - 7)

**House-made Dressings:** Ranch, Blue Cheese,  
Honey Mustard, Balsamic Vinaigrette, 1000  
Island, Strawberry-Lemon Vinaigrette, Golden  
Italian, Chipotle Ranch

**Add-Ons:** Grilled Chicken Breast – 3, Crab  
Cake – 9, Salmon Fillet – 9, Pulled Pork-5  
Beef Tips – 6, Grilled or Fried Shrimp – 7

## Wraps:

Served with 1 side.

Add Caesar or House Side Salad - 3

**Chicken BLT Wrap** 9  
Sliced Grilled Chicken Breast Wrapped w/ Lettuce, Tomato, Bacon & Cheddar-Jack Cheeses

**Buffalo Chicken Wrap** 9  
Sliced Grilled or Fried Chicken Breast Wrapped w/ Lettuce, Tomato, Blue Cheese, Buffalo Sauce

**Cajun Chicken Caesar Wrap** 9  
Blackened Chicken, Chopped Romaine, Creamy Caesar Dressing, Shaved Parmesan

**Southern Veggie Wrap** 8  
Baby Spinach, Sun Roasted Tomatoes, Cucumber, Pimento Cheese

## Sammies:

Served with 1 side.

Add Caesar or House Side Salad - 3

**Cajun Chicken Sandwich** 9  
Sweet Baby Rays, Bacon & Smoked Gouda Cheese w/ L,T,O, House Pickles – Soft Brioche Roll

**Nashville Hot Chicken Sammie** 10  
Spicy Fried Chicken Breast, House Pickles, Shredded Lettuce, Sriracha Ranch, Buttered Brioche

**Big Green Egg Smoked French Dip** 10  
Smoked & Slow Cooked Angus Beef or Pulled Pork, Melted Swiss on Hoagie w/ Au Jus

**Big Green Egg Smoked Texas BBQ** 10  
Smoked, Slow Cooked Angus Beef or Pulled Pork, Sweet Baby Rays, American Cheese, Jalapenos, Tobacco Onions & Chipotle Ranch, Served w/ House Pickles on a Soft Brioche Roll

**Black & Blue Burger** 10  
Cajun Grilled Angus Beef Topped with Stella Blue Cheese, Served w/ L,T,O & Pickle on a Soft Brioche Roll. Add Sautéed Onions & Mushrooms -1  
Add Smoked Bacon– 1.50

**Southern Burger** 11  
Smoked Pork BBQ, Pimento Cheese, Pickles, Onions & Coleslaw

**Grilled Cheeseburger** 10  
Grilled Angus Beef w/ American Cheese, L,T,O & Pickle, Buttered Brioche Roll  
Add Sautéed Onions & Mushrooms -1  
Add Smoked Bacon– 1.50

**Double JYD Burger** 10  
Twin Pan Seared Angus Patties, American Cheese, House Pickles, Buttered Brioche, 'Crack' Fries & Red Pepper Aioli



**Virginia Wagyu Burger** 13  
Local (Altavista, VA) Pure Bred Wagyu, Pan Seared w/ American Cheese, L,T,O & Pickle, Soft Brioche Roll. Add Sautéed Onions & Mushrooms -1  
Smoked Bacon– 1.50

## Platters:

**Fish & Chips** 15  
Beer Battered Fresh Catch, Served with Tavern Fries, Slaw & Tartar Sauce

**Smoked BBQ Platter** 11  
Slow Smoked Pork Shoulder, Creamy Coleslaw, Tavern Fries, House Pickles

**Southern Fried Chicken Tender Platter** 10  
Breaded Chicken Tenderloins, Creamy Coleslaw, Tavern Fries, House Pickles

**Jumbo New England Clam Strip Platter** 13  
1/2lb Jumbo Fried Clams, House Cocktail Sauce, Creamy Coleslaw, Tavern Fries

## Tacos:

**Benjamin's Tacos** 12  
(3) Soft or Flash Fried Tortillas  
- Blackened or Beer Battered Fresh Catch  
- Blackened or Beer Battered Shrimp  
- Smoked Pork Shoulder  
- Grilled or Fried Buffalo Chicken  
- Grilled Beef Tenderloin

*Benjamin's Style* - Cranberry-Mango Slaw, Chipotle Aioli, Cilantro

*Traditional* – Shredded Lettuce, Tomato, Cheddar-Jack Cheese, Cilantro

**Side Items:** French Fries, House Potato Chips, Coleslaw, Pinto Beans, Vegetable Du Jour, Sautéed Garlicky Spinach, Sautéed Garlicky Kale, Sweet Potato Fries Add \$1, Onion Rings Add \$2

*Benjamin's strives to support local growers, distributors, brewers and suppliers.*

*We partner with Aqua Pros of Lynchburg & Big Green Egg to provide smoked menu items.*

*All plastic, glass and paper products are recycled weekly and our fryer shortening is recycled by Darton Environmental.*

*We will continue to buy local and find new ways to be green...*

*and encourage you to do the same.*

*Thank you for your continued support and loyalty for the past 14 years.*

**-Benjamin-**

