



14900 FOREST RD. FOREST, VA 24551
434.534.6077

Hours of Operation:

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

COWSANDCRABS.COM

Signature THINGS TO SHARE

CALAMARI 9

Flash Fried Squid Rings, House Remoulade

VA SELECT FRIED OYSTER SKILLET 9

Hushpuppies, House Cocktail or Roasted Red Pepper Remoulade

'RED NECK' NACHOS Y'ALL! Full/Half 12/9

House Chips, Slow Smoked Pulled Pork BBQ, Smoked Gouda, Chipotle Ranch & BBQ Sauce, Scallions, Jalapeños & Tobacco Onions

BBQ BACON WRAPPED SHRIMP 10

Twin BBQ Bacon Wrapped Shrimp Skewers, Sweet Baby Rays, Corn & Black Bean Salad

BENJAMIN'S TACOS 12

(3) Soft or Flash Fried Tortillas, Blackened or Beer Battered Fresh Catch, Shrimp, Chicken, Smoked Beef or Smoked Pork Shoulder. Cranberry-Slaw, Chipotle Ranch, Cilantro

SOUTHWEST CHICKEN EGGROLLS 8

Chipotle Ranch

HAND-DIPPED MOZZARELLA STICKS 8

Whole Milk Mozzarella, the same used for NY pizzerias. Battered & Lightly Fried. House Marinara

BENJAMIN'S SAMPLER (Pick 3) 15

Onion Rings, Sweet Potato Fries, Chicken Tenders, Steak Fries, Beer Battered Shrimp, Grilled Shrimp, Fried Oysters, BBQ Bacon Wrapped Shrimp, Calamari, Southwest Chicken Eggrolls, Mozzarella Sticks

SOUPS & SALADS

DAILY SOUP FEATURE Market Price

BENJAMIN'S HOUSE SALAD 9

Chopped Romaine, Cucumbers, Tomatoes, Chopped Bacon, Cheddar Jack Cheeses, Tobacco Onions & House Made Croutons (side 3)

TRADITIONAL CAESAR SALAD 9

Hearts of Romaine, Shaved Parmesan, House Made Croutons w/ Creamy Caesar Dressing (side 3)

SANTA FE GRILLED CHICKEN SALAD 12

Chopped Romaine, Fire Roasted Corn & Black Beans, Cheddar Jack Cheeses, Tomatoes, Tobacco Onions, Crispy Tortillas & Jalapeños (half 9)

GRILLED STEAK SALAD 12

Arugula, Baby Spinach, Blue Cheese, Bacon, Dried Cranberries, Tomato, Cucumber (available with grilled chicken or smoked turkey)

HOUSE MADE DRESSINGS

Ranch, Blue Cheese, Honey Mustard, Balsamic Vinaigrette, 1000 Island, Golden Italian, Chipotle Ranch

ADD-ONS

Grilled or Fried Chicken Breast Strips 3, Crab Cake 9, Salmon Fillet 9, Pulled Pork 5, Beef Tips 6, Seared or Fried Shrimp 6, Smoked Turkey 3

LIGHTER FARE

Sandwiches 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, Pickle, Soft Potato Roll

TURKEY CLUB 9

Honey Smoked Turkey, Swiss, Bacon, Lettuce,
Tomato, Onion, Marbled Pumpernickel Rye

CHICKEN BLT WRAP 9

Sliced Grilled Chicken Breast Wrapped w/ Lettuce,
Tomato, Bacon & Cheddar Jack Cheese

CRAB CAKE BLT 12

House Made Lump Crab Cake, Applewood
Smoked Bacon, Lettuce, Tomato & Pickle
on a Soft Potato Roll, Fire Roasted
Red Pepper Remoulade

TURKEY, BACON, CRAN-RAISIN WRAP 9

Spinach, Swiss Cheese, Tomato, Balsamic

ONE "GOODE" DIP 10

Smoked & Slow Cooked Angus Beef or
Pulled Pork, Melted Swiss on Hoagie
w/ Au Jus

TEXAS BBQ SANDWICH 10

Smoked, Slow Cooked Angus Beef or
Pulled Pork, Sweet Baby Rays, American Cheese,
Fresh Jalapeños, Tobacco Onions &
Chipotle Ranch. Served w/ Pickle on a
Soft Potato Roll

FISH & CHIPS 14

Beer Battered
Fresh Catch,
Served with
Tavern Fries,
Slaw & Tartar Sauce

BLACK & BLUE

BACON JAM BURGER 11

Cajun Grilled Angus Beef Topped with
Stella Blue Cheese, Benton's Bacon Jam &
Arugula Served on a Soft Potato Roll.

SOUTHERN BURGER 12

Grilled Angus Beef w/ Smoked Pork BBQ,
BBQ Sauce, House Pickles, Jumbo
Onion Ring & Coleslaw

GRILLED CHEESEBURGER 10

Grilled Angus Beef w/ American Cheese,
L,T,O & Pickle on a Soft Potato Roll.
Add Sautéed Onions & Mushrooms 1
Smoked Bacon 1.50

VIRGINIA WAGYU CHEESEBURGER 13

Local (Altavista, VA)
Pure Bred Wagyu,
Pan Seared w/ American Cheese,
L,T,O & Pickle, Soft Potato Roll.
Add Sautéed Onions & Mushrooms 1
Smoked Bacon 1.50

VIRGINIA WAGYU

ENTREES

Entrees – Served w/ 2 sides. Pastas served no sides.
Add Caesar or House Side Salad 3

CERTIFIED ANGUS BEEF®

RIB EYE 24

Marbled for Tenderness, Aged, Seasoned & Flame Grilled & Topped w/ Garlic Herb Butter

CERTIFIED ANGUS BEEF®

FILET OF BEEF 23

Hand-cut Beef Tenderloin, Grilled & Topped with Garlic Herb Butter

BENJAMIN'S

CRAB CAKES 23

House Made Lump Crab Cakes, Sweet Corn & Bell Pepper Succotash

"FISH ON A PIER" 19

Cedar Planked & Brown Sugar Glazed Atlantic Salmon Fillet Grilled Over Open Flame

GRILLED CHICKEN PARMESAN 15

Twin Grilled Chicken Breasts, House Marinara, Shaved Parmesan, Fried Mozzarella
(available over pasta)

SMOTHERED CHEESY CHICKEN 16

Twin Lightly Fried Chicken Breasts, Sautéed Mushrooms, Bacon, Gouda, Cheddar Jack, Scallions
(available over pasta)

SEAFOOD PLATTER 25

Pick 3 (no duplicates) Benjamin's Crab Cake, Grilled Shrimp, Battered Fresh Catch, Pan Seared or Blackened Salmon, Bang Bang Shrimp, Bacon Wrapped BBQ Shrimp, Calamari, VA Select Fried Oysters. Served w/ Hushpuppies

HOOF & CLAW

26

Certified Angus Beef®
Filet of Beef Topped
w/ Garlic Herb Butter
& Benjamin's
1/4 lb. Crab Cake

VA SELECT

FRIED OYSTER PLATTER 19

Tavern Fries, Slaw, Hushpuppies, House Cocktail or Roasted Red Pepper Remoulade

SURF-N-TURF

GOUDA MAC-N-CHEESE 19

Crab, Shrimp, Beef Tenderloin, Mushrooms, Scallions, Tomatoes, Pasta Du Jour, Garlic Bread

MEXICAN STREET CORN & BLACKENED CHICKEN PASTA 15

Fire-Roasted Corn & Black Beans, Blackened Chicken, Arugula, Green Onions, Tomatoes, Cajun Cream Sauce, Lime, Cilantro, Crispy Tortillas, Garlic Bread

BBQ MIXED GRILLE

(choose 3 items) 23

Smoked Pork Shoulder,
BBQ Bacon Wrapped Shrimp,
Sliced Smoked BBQ Angus
Eye of Round,
BBQ Chicken Breast,
Grilled BBQ Shrimp,
BBQ Glazed Salmon Fillet

Signature **SIDES**

IDAHO BAKED POTATO

TAVERN FRIES

HOUSE POTATO CHIPS

COLESLAW

BENTON'S BACON JAM

BRUSSELS SPROUTS

VEGETABLE DU JOUR

SAUTÉED GARLICKY SPINACH

SAUTÉED GARLIC MUSHROOMS

SWEET POTATO FRIES Add \$1

BEER BATTERED

ONION RINGS Add \$2

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

BEVERAGES

COKE, DIET COKE, SPRITE,
DR. PEPPER, GINGER ALE,
REGULAR & DECAFFEINATED COFFEE,
ICED TEA, ASSORTED HOT TEAS
& LEMONADE

DESSERT

Save Room for Pastry Chef
Mama Sue's Sweet Tooth

ASK ABOUT
Featured
HOUSE-MADE
DESSERTS OF THE DAY!

BEER

BOTTLE DOMESTIC

BUDWEISER
BUD LIGHT
MICHELOB ULTRA LIGHT
MILLER LITE
COORS LIGHT
O'DOUL'S

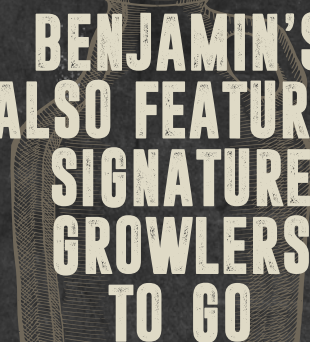
IMPORT & SPECIALTY

CORONA, CORONA LIGHT,
GUINNESS, BLUE MOON,
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

MONDAY NIGHT

$\frac{1}{2}$ OFF

ALL WINES

UNDER \$50 PER BOTTLE

WEDNESDAY NIGHT

CRAFT BURGER

+

BEER FEATURES

Signatures

BENWAH PUNCH

Ben's original fruit punch, on the menu since Day 1. Just like you had at Senior Prom!

BIG ISLAND ICED TEA

How we do an Iced Tea drink here in the South. Similar to a Long Island but, like us here in the South, a little sweeter and stronger!

FLY PEACH TEA

Peachy and sweet iced tea for grown-ups made with Firefly vodka, peach schnapps & amaretto and finished with lemonade.

BEDFORD COUNTY MULE

Tito's vodka, ginger beer and fresh squeezed lime juice in a copper mug! Served with fresh mint in the warmer months!

THE CRUSH!

Fresh Orange Juice, Triple Sec & Vodka, served w/ a fresh orange slice.

IVY HILL TONIC

Bombay, Elderflower, Grapefruit, Tonic.

'OLE TRUSTY'

Titos Vodka, cranberry juice, fresh lime, splash of soda. No, it is not a Cosmo. Yes, dudes can have pink drinks!

CIFAX

Rye, Raspberry, Grapefruit, Splash Grenadine & Sprite.

SPICY BLOODY MARY

Not just for brunch anymore!

MARTINIS

THE CLASSIC - VODKA OR GIN, DRY VERMOUTH, SHAKEN - NOT STIRRED!

Try blue cheese-stuffed olives for an extra kick.

Tito's Vodka or Bombay Sapphire Gin recommended... Or try ½ & ½ for a new twist.

THE REDNECK-TINI

Bulleit Bourbon and ginger beer, shaken and strained with a twist of lemon

ORANGE BOURBON SMASH

Bourbon, Triple Sec, Sweet Vermouth, Bitters, Fresh Orange Juice

AT THE G N S A T S

WHITE WINE

Moscato, Peach Schnapps, pineapple, orange & cherry juice, lots of fresh fruit and a dash of sours!

RED WINE

Pinot Noir, Jim Beam, simple syrup, pineapple and orange juice with fresh fruit!

SEASONAL SANGRIA

Ask about our featured Sangria of the day!

MARGARITAS

*Frozen or on the Rocks

CLASSIC CUERVO GOLD

Tried and true traditional margarita, with or without salted rim.

GRANDMA SMASH

1800 Gold tequila, Triple Sec, orange juice, lime juice, lemon juice and a dash of pineapple juice, topped with Grand Marnier!

JALAPENO-INFUSED MARGARITA

Espolon gold tequila infused w/fresh jalapenos, pineapple, orange juice and sours makes for a spicy, yet remarkably refreshing margarita!

WINE

WHITE

HOUSE VARIETALS 6/24

White Zinfandel, Chardonnay, Moscato, Pinot Grigio

CHATEAU STE MICHELLE RIESLING 7/28

This wine offers crisp apple aromas and flavors with subtle mineral notes. An 'Everyday' Riesling that is a pleasure to drink and easy to match with a variety of foods.

CANVAS PINOT GRIGIO 7/28

Straw yellow in color, very clean with crisp flavors. Aromas are almost creamy, with hints of doughy cinnamon roll and slight nutmeg, along with a pretty lemon cream and fresh lavender.

JOEL GOTT SAUVIGNON BLANC 8.50/34

Bright citrus aromas complemented by tropical notes. Refreshing flavors of melon lead to juicy Meyer lemon zest flavors on the mid palate, and a long, clean, and balanced finish.

RED

HOUSE VARIETALS 6/24

Cabernet Sauvignon, Merlot, Pinot Noir

GNARLY HEAD PINOT NOIR 7/28

This powerful Pinot touts voluptuous aromas of bing cherry, dark plum jam, roasted coffee and spice aromas followed by a rich flavor combination of raspberry, red currant and ripe plum with mild hints of toasty oak and vanilla on the palate.

DIORA PINOT NOIR 48

A true Steakhouse Pinot! It can stand up to prime cuts of beef and rich smoked BBQ. Dark ruby with aromas of blackberries, red cherries, roasted almonds, toasted marshmallows and brown sugar. Robust and full-bodied mouthfeel. One of Ben's favorite Pinots.

FAT CAT MERLOT 7/28

This one's got soul! The deep ruby color is prelude to a rich cherry and berry melody, accompanied by mild tannins that close on a palate-pleasing silky smooth wave-length.

CIGAR BOX MALBEC 8.50/34

Aromas of ripe plum and violets along with subtle hints of vanilla. Rich smoky mocha flavors with a soft silky finish.

JOEL GOTT CABERNET 49

The 815 Cabernet Sauvignon has aromas of cherry, blackberry, cinnamon spice, and vanilla toast.

90+ SAUVIGNON BLANC 8/32

Marlborough, New Zealand. Bright citrus, lemon zest, grapefruit and undertones of fresh cut grass. Crisp. Clean. Classic.

BLACK STALLION CHARDONNAY 10/40

Green apple, tropical fruit, hints of vanilla, followed by lush flavors of pineapple, spiced apple, caramel & honey. Rich and full on the palate, bright fruit and a creamy texture lead into a lingering finish.

BOGLE PHANTOM CHARDONNAY 44

Rich layers. Green apple and pear transform into spicy flavors of freshly baked apple pie. While barrel fermentation imparts a creamy, luscious mouthfeel. French oak whispers sweet notes of vanilla and melted caramel.

WENTE CABERNET 9/36

This Cab carries aromatics of dried cranberry, bay leaf and crushed black pepper. Grilled plum and cedar are complimented by round tannins to finish this balanced wine.

JUGGERNAUT HILLSIDE CABERNET 48

HUGE! Dense and velvety, with vanilla and ripe black currants. Black fruit and cassis. Wait until you feel the bottle, and taste the juice.

BEARITAGE OLD VINE ZIN 8.50/34

A Lodi Zin with hints of blueberries and cherries. Fruit forward style nicely balanced and rich full bouquets and flavors.

NOBLE VINES THE ONE RED BLEND 9/36

A medium-bodied wine with balanced acidity and supple tannins. On the nose, rich aromas of blackberry and black cherry mingle with hints of toasty oak and spice. The dark fruit flavors carry through to the palate ending with a touch of pepper. The wine is a blend of dark red varieties: Merlot, Zinfandel, Cabernet Sauvignon, Malbec and other red varieties may also be included in the cuvee for additional complexity.





Benjamin and Jackie McGehee of Benjamin's Great Cows And Crabs have been serving the Forest area for 17 years. The casual yet rustic restaurant is not only comfortable and family friendly but a representation of the Benjamin's steak and seafood concept. The McGehee's and the staff at Benjamin's have a passion for great food, the freshest local ingredients, fine wine, craft beer and great service like nowhere else. Benjamin strives to showcase his passion through chef raised Berkshire pork, poultry & heirloom vegetables; hand-cut Angus & local Wagyu beef, sustainable seafood, game, and southern gourmet classics. Outdoor deck dining with live music in season and full-service catering available.

**THANK YOU FOR YOUR CONTINUED SUPPORT
AND LOYALTY FOR THE PAST 17 YEARS
-BENJAMIN-**

KITCHEN MANAGER: SAMUEL MCGEHEE

FRONT OF HOUSE MANAGER: KIMBERLY CRISWELL

GIFT CARDS

Available in any denomination.

CATERING

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