

Appetizers

Oyster Rockefeller	1/2 Dozen	12
Cold Shrimp Cocktail (6)		8
Peel & Eat Shrimp	1/2 lb. \$11 1 lb.	16
Char-Broiled Scallops (6)		9
Fried Oysters (6)		8
Bacon Wrapped Scallops (6)		11
Oyster on Half Shell	1 Dozen	15
Mussels	1 lb.	16
Crab Dip		10
Spinach Dip		8
Calamari		9
Soups		
French Onion Soup Lobster Bisque		$\begin{array}{c} 4.5 \\ 5 \end{array}$

From The Char-Broiler

- cut daily on the premises and charbroiled to perfection -

Rib Eve

RID Eye		
USDA Choice beef, thick and juicy	12 oz.	32
	16 oz.	40
Filet Mignon An ultimate for tenderness	5 oz. 9 oz.	24 32
(If cooked more than medium, your filet may be bu	atterflied.)	
Grilled Prime Rib Ask Server For Horshradish or Au Jus	10 oz.	33
Slow cooked to medium rare and finished on our charb	roiler	
New York Strip (Marinated For 24 Hours)	12 oz.	30
Sirloin USDA Choice Lean	10 oz.	20
Boneless Pork Chop (2) (seasoning available)		22
Boneless Chicken Breast (2 Breasts)		
(seasoning available)		18



Steak House Burger

Add A Fresh Catch Item

Scallops, Shrimp or Fried Oysters	8
Lobster	12
Crab Cake	10







Seasoning Available

Our Specialty - for something different and delicious

Char-Broiled Shrimp (2 Skewers)		22	
Char-Broiled Scallops (2 Skewers)		24	
Combination Shrimp and Scallops (1 Skewer Each)		23	
Bacon Wrapped Scallops (2 Skewers)		25	
Yellow Fin Tuna Steak		23	
Salmon Filet		24	
Seafood Platter - Shrimp, Scallops, Tilapia			
(Broiled unless requested fried)	MEDIUM		21
	LARGE		26
Rock Lobster Tail (2 Tails)	10 oz.		40
Lump Crab Cakes (2)			29
			27

Pasta

Golden Deep Fried Seafood

Alfredo	12	Shrimp	22
Chicken Alfredo	18	Scallops	23
		Oysters	26
Shrimp Alfredo	20	Cat Fish Filets	22
Beef Alfredo	22	Cod	22

25

20













Vegetables and Side Orders

Ala Carte Pricing

2 Sides included with Entree

Premium Sides \$2 up charge to include with Entree Stuffed Baked Potato Sour Cream, Cheese, Butter, Bacon

Baked Potato	3
Onion Rings	3
Fresh Sauteed Mushrooms	4
Broccoli Spears	3
Steak Fries	3
Vegetable of the Day	
(Ask Server)	4

Loaded Baked Potato

Melted Cheese & Bacon

One Trip Salad Bar 5

Unlimited Salad Bar - Everything Fresh and Cut in our Kitchen

Soft Drinks

Coke
Diet Coke
Sprite
Dr. Pepper

Ginger Ale Coffee Tea

Ask Your Server For The Drink Menu

Desserts



Gift Certificates
Available For All Occasions

Banana Fritters 4

Deep Dish Apple Pie 6
(caramel topped)

Desserts Specials

Ask Server For Daily Specials

(Please be advised that consuming raw or undercooked meat, poultry, or seafood may increase your risk of food borne illness.)









A prediction in 1970 that Low Moor, Virginia, a sleepy hamlet between Clifton Forge and Covington, would come alive during the next twenty years, along with the need for a nice restaurant in the area, inspired two fathers, Buddy Proffitt and Henry Dew, to purchase the home of John Shelton and remodel it into the Cat and Owl Steak and Seafood House. The vision of the fathers was to establish a restaurant with a railroad theme and call it the C&O. Since there was already a restaurant in Clifton Forge by that name, it became the Cat and Owl and so nicknamed the C&O. The concourse to the building was constructed into a facsimile of a railroad platform. But during the process of remodeling, the theme shifted to Victorian with an accent on weathered barnboards, flocked wallpaper, and antique chandeliers. Charming old pictures of beautiful women and famous presidents adorned the walls. The Sports Room featured sporting equipment from past eras accented with classic hunting pictures and collector whiskey bottles.

Bruce Proffitt, Buddy's son, developed the business from the beginning and later purchased it from his father. Henry's son, Scott, joined Bruce in 1981 and after a short apprenticeship, took over management of the kitchen. On 2019, Bruce was prepared to retire, and Lee Roe, owner of The Rail Bar & Grille, purchased the Cat & Owl.

A floor to ceiling total renovation was completed, including a new Bar and Social Area, while keeping the rich tradition of the Cat & Owl as a family business alive.

The menu has been updated to include new options as well as some old favorites. Daily fresh beef and seafood selections, as well as pork and chicken, will continue to be prepared on our open charcoal hearth. An all new salad bar, homemade desserts, and warm, friendly service complete the dining experience.

Thank you for giving us the opportunity to continue serving the community we love.

Welcome to the Cat & Owl



