

Cheap Eats

Cowboy's

Editor's note: This week The Nantucket Independent begins a new series called *Cheap Eats*, profiling places on the island where quality, reasonably priced lunches can be found to take-out or eat on the premises.

By **MARY LANCASTER**
INDEPENDENT WRITER

It was more than a half hour before the shop would open for business, but the pace at Cowboy's meat market and deli was already reaching fever pitch as workers and owner Laura McCloskey stocked the cold cases and made sure everything was set to go for lunch specials.

McCloskey founded Cowboy's in September 2004 as a quality butcher shop and deli and one-stop destination for customers needing staples such as milk, cheese, produce, crackers, homemade To Die For spreads and dips and beer and wine.

Though the butcher shop aspect is popular with high-grade Bell and Evans chicken and beef and pork from the Brockton-based Kinnealey Company, the lunch crowd quickly discovered the wide array of prepared

foods and hot lunch specials, along with a vast sandwich menu featuring Portuguese sub-rolls and sliced white, rye and wheat breads.

Sandwiches start at \$9.95, either off the 11-item menu or build-your-own varieties. There is a daily hot lunch special, year-round, that costs \$10. If you buy 11 hot lunches you get the 12th free.

"This is really an islander thing," McCloskey explained. "It's a good, nutritious meal."

Examples of hot lunches include Asian chicken or beef stir fry; BBQ pulled pork sandwich with coleslaw; shepherd's pie; lasagna with a side salad and Philly cheese steak with tater tots. Other lunch choices span soups, prepared green salads and cold chicken, potato, macaroni, tuna and egg salad, all made in the store in small batches.

Cowboy's, next to The Flower



PHOTO BY ROB BENCHLEY

Summer workers Jack Newton, left, of Dallas, Texas and Jennifer Silvia of Cohasset, Mass. pick up the pace at Cowboy's as the popular deli readies to open for the day.

Shop in Bayberry Court, also provides many selections of prepared dinner entrées and side dishes of vegetables, potatoes and rich mac and cheese.

Customers may eat on the back brick patio that seats 28 or take their food to go. Lunch may be called in,

paid for by credit card and delivered by A-1 Taxi to your office or home. Summer hours are M – F 10 a.m. to 5:30 p.m.; Sat. 10 a.m. to 5 p.m.; Sun. 10 a.m. to 4 p.m. Winter hours are shorter with the shop closed on Sundays.

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