

# THE ROCKS

*Sports Bar and Grille*

LUNCH



&

DINNER MENU



*"ROCK" STARTERS-BURGERS-SANDWICHES-ENTREES-SALADS-SOUPS-KIDS*

*DINE IN*

*TAKE OUT*

*(608) 318-0137*



*www.therocksportsbarandgrille.com*

# Rock "STAR"ters

## Sampler Platter

Choose from pretzel bites, cheddar rounds, fried mushrooms, cheese curds, fried banana peppers, broccoli cheddar bites or jalapeño poppers.

Choose 2 for \$12.99

3 for \$15.99



Pretzel bites, fried banana peppers and cheese curds

## Fried Mushrooms

Breaded portobello mushrooms fried to a perfect golden brown served with your favorite dipping sauce. **\$7.49**



Deluxe Beef Nachos

## Deluxe Nachos

Choice of mexi-cali chicken or nacho beef. Freshly fried yellow tortilla chips covered with melted cheddar cheese, black olives, green onions, pico de gallo, jalapenos topped with shredded cheese and side of sour cream and salsa. Substitute our slow cooked pulled pork for \$1 more. **\$10.49**

## Hummus and Pita Chips

Crispy pita bread chips and vegetables served with a generous portion of hummus. **\$7.49**

## Jalapeño Peppers

A perfect little taste bud wake up cooked to a golden brown served with your choice of sauce. **\$5.99**

## Potato Skin Fingers

Sliced potato skins topped with green onion, apple wood smoked bacon and melted cheese served with a side of sour cream. **\$6.49**



Potato Skin Fingers

## Southwestern Cheddar Rounds

Diced potatoes, cheddar and mozzarella cheese and chopped green chili peppers breaded and fried to a golden brown. served with your choice of dipping sauce. **\$5.99**

## Broccoli Cheddar Bites

Chopped broccoli and cheddar cheeses in a golden crispy coating fried to veggie perfection. The best way to get your greens. **\$7.49**

## Boneless Wings

Fresh cut chicken breast dipped in our signature buttermilk batter and fried to perfection. Served with your favorite dipping sauce. **\$8.99**



## Bone-In Wings

Our JUMBO wings deliciously seasoned served hot and juicy. Perfect naked or tossed in your favorite sauce. **\$9.49**

## Banana Pepper Rings

The accident that became a fan favorite. Banana pepper rings dipped in our signature buttermilk batter fried to a golden crisp. That perfect complement of sweet, salty and tangy. **\$4.49**

## Cheese Curds \$6.49

Wisconsin made cheese curds. Soft, gooey and oh so good!! A huge favorite and easily the best around. Served with your choice of dipping sauce.



Wisconsin Cheese Curds

## Loaded Fries

Our hot crispy Brew City Fries loaded with apple wood smoked bacon and melted cheddar cheese. **\$6.49**  
1/2 order \$3.99

## Spinach and Artichoke Dip

A large portion of pita and tortilla chips served with creamy spinach and artichoke. **\$6.49**

## Soft Pretzel Bites

Warm soft pretzel pillows served with your choice of dipping sauce. It's Wisconsin, so we recommend the beer cheese. **\$5.99**

## Chips and Salsa

Freshly fried yellow tortilla chips served with a delicious picante salsa. **\$5.99**

## Cheddar Rounds

Diced potatoes and cheddar cheese breaded and fried to a golden brown. Think of them like a cheesy tator tot, but better. **\$5.49**

# Oldies Rock Burgers

All burgers comes with your choice of Brew City Fries, freshly fried lattice cut potato chips, coleslaw, or cottage cheese.  
Upgrade to sweet potato fries, Brew City onion tangles, cup of soup or side salad for only \$1.  
Gluten free buns and veggie burger upon request.

## America's Past Time

The Rock's specialty burger with all the classic fixings: lettuce, tomato, onion and choice of cheese on a brioche bun.

**\$9.49**

## Bourbon Street Burger

The Rock's specialty burger grilled with a bourbon black pepper glaze, topped with cheddar cheese, apple wood smoked bacon, grilled onion and a fried egg on a pretzel bun.

**\$11.99**

## Mushroom and Swiss that can't miss

The Rock's specialty burger topped with sautéed mushrooms and two slices of Swiss cheese on grilled sourdough.

**\$10.49**



*America's Past Time*



*Mushroom & Swiss*

## The Cowboy

The Rock's specialty burger topped with Pepper Jack and extra sharp cheddar cheese, apple wood smoked bacon, roasted jalapeños, avocado, grilled red onions and spicy chipotle ranch with a garnish of deep fried banana peppers on a brioche bun.

**\$12.49**



*The Cowboy*

## The Hail Mary

The Rock's specialty burger topped with apple wood smoked bacon, onion tangles and pulled pork. It's a long shot to finish, but it tastes so good trying served on a brioche bun.

**\$12.99**

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

## SIGNATURE SAUCES and RUBS

House Made Sauces: Honey BBQ, Ranch, Avocado Ranch, Chipotle Ranch, Peppercorn Ranch, Jamaican Jerk, Parmesan Garlic, Mango Habanero, Dragon Fire and Bourbon Black Pepper. Buffalo, Blue Cheese, honey mustard, melted cheddar or craft beer cheese.

DRY RUBS - Lemon Pepper, Cajun or House Spicy  
Additional dipping sauces or rubs \$.60/each.

# Classic Rock Sandwiches

All sandwiches comes with your choice of Brew City Fries, freshly fried lattice cut potato chips, coleslaw, or cottage cheese.

Upgrade to sweet potato fries, onion tangles, cup of soup or side salad for only \$1.

*Slow Cooked Pulled Pork*



*St. Louis Style Slow Cooked Pulled Pork*

*Tropical Shrimp Wrap*

*Colossal BLT*

*Reuben*

A ridiculous amount of perfectly seasoned slow roasted juicy pork shoulder, caramelized onions and provolone cheese on a brioche bun with a side of deep fried banana peppers and BBQ sauce. (Available in a wrap) **\$11.49**

Breaded coconut shrimp, coleslaw, caramelized pineapple and mango pico de gallo. **\$12.49**

Crisp apple wood smoked bacon topped with iceberg lettuce, tomato, shaved red onions, fresh avocado and mayo on grilled Texas Toast. **\$10.99**

Thick sliced slow cooked corn beef layered with sauerkraut, caramelized onions, Swiss and provolone cheese on marble rye with a side of 1000 Island. **\$11.49**

*Grilled Chicken*

Honey Dijon chicken breast topped with iceberg lettuce, cheddar cheese, tomato, sliced avocado and peppercorn ranch on a brioche bun. (Available in a wrap) **\$10.49**

*Chicken Salad on Pretzel Bun*

House recipe chicken salad with lettuce and tomato. (Available in a wrap) **\$9.99**

*Roast Beef Wrap*

Tender sliced roast beef, caramelized onions, provolone & Swiss cheese, romaine lettuce, pico de gallo and horseradish sauce with a side of hot au jus. **\$11.49**

*Grilled Chicken Wrap*



*Chicken Salad on Pretzel Bun*



*Roast Beef Wrap*



*Turkey Bacon Club Wrap*

Sliced slow roasted turkey, apple wood smoked bacon, shredded romaine lettuce, tomato, cheddar cheese, Thai basil pesto, shaved red onions and avocado ranch all wrapped up. **\$11.49**

*Philly Cheese Steak*

Sliced beef or chicken topped with melted provolone cheese, grilled onions, green peppers and mushrooms on a grilled hoagie bun with a side of au jus. **\$11.49**

*Philly with Beef*



# NEW AGE ROCK SANDWICHES and BURGERS

All sandwiches comes with your choice of Brew City Fries, freshly fried lattice cut potato chips, coleslaw, or cottage cheese.

Upgrade to sweet potato fries, onion tangles, cup of soup or side salad for only \$1.

Gluten free buns and veggie burger upon request.

## Roasted Jalapeño Burger

\$11.49

Our famous custom blend steak burger topped with roasted jalapeños, blue cheese and apple wood smoked bacon on a brioche bun.

## Mango Habanero Burger

\$11.49

The Rock's custom blend burger, topped with pepper jack cheese, apple wood smoked bacon and a drizzle of our house made mango habanero sauce on a brioche bun.



## Mango Habanero Slow Cooked Pulled Pork

The Rock's slow cooked pulled pork topped with our signature fried banana peppers, house made mango habanero sauce on a brioche bun and side of cole slaw.

\$11.49



**Mild Mango  
Habanero Slow  
Cooked Pulled  
Pork**

## Crispy Chicken Bacon Avocado Sandwich

Our fresh chicken breast dipped in our specialty buttermilk batter and fried to golden perfection. Topped with apple wood smoked bacon, Swiss cheese and avocado ranch.

\$11.49

## Club Stacker

Generous portions of sliced roast beef, smoked ham, turkey breast, apple wood smoked bacon, sliced tomato, lettuce, Swiss cheese and topped with avocado ranch. Then stack it between 3 slices of Texas Toast.

\$11.49

## Spicy Crispy Chicken Sandwich

Fresh chicken breast seasoned with our spicy cajun seasoning and dipped in our specialty buttermilk batter and fried to perfection. Topped with sliced tomato and iceberg lettuce on a brioche bun.

\$10.99

## Louisiana Spicy Crispy Chicken Strips

Fresh hand cut chicken breasts seasoned with our spicy cajun seasoning, then dipped in our specialty buttermilk batter and fried to perfection. Served with your choice of dipping sauce.

\$10.49



**Louisiana Spicy  
Crispy Chicken  
Strips**

# ENTRÉES

All entrées comes with your choice of Brew City Fries, freshly fried lattice cut potato chips, coleslaw or cottage cheese.  
Upgrade to sweet potato fries, onion tangles, cup of soup or side salad for only \$1.

## Chicken Strips

Our fresh hand cut chicken breasts dipped in our signature buttermilk batter and fried to perfection. Served with your choice of dipping sauce.

**\$10.49**

## Honey Battered Wings

Moist and tender honey battered wings fried to golden perfection served with your choice of dipping sauce.

**\$11.49**

## Bone-in Wings Meal

Our JUMBO wings deliciously seasoned served hot and juicy. Perfectly naked or tossed in your favorite sauce.

**\$11.49**

## Boneless Wings Meal

Our fresh hand cut boneless wings. Hand dipped in our signature buttermilk batter and fried to perfection. Served with your choice of side and dipping sauce.

**\$10.49**



## Hand Breaded Shrimp Basket

12 delicious gulf shrimp breaded in our signature buttermilk batter and fried to perfection. Served with your choice of dipping sauce.

**\$11.99**

# SALADS

Add grilled chicken, grilled shrimp, crispy chicken or battered shrimp for just \$1.99  
Dressings: avocado ranch, blue cheese, chipotle ranch, French, Italian, lemon-basil vinaigrette, peppercorn ranch, ranch, thousand island, or Caesar

## Classic Caesar Salad

Chopped romaine lettuce with parmesan and seasoned croûtons and Caesar dressing on the side.

**\$8.49**

## Greek Salad

Chopped romaine lettuce, tomato, crumbled feta, black olives, pepperoncini, sliced shaved red onions, roasted red peppers and artichoke hearts with Lemon-basil vinaigrette or Italian on side.

## Cobb Salad

**\$9.49**

Chopped iceberg lettuce with sliced tomato, shredded cheddar, red onions, cucumber, carrots, sliced egg and diced ham with dressing on the side.

**\$9.99**



Apple Cranberry  
Salad with  
Grilled Chicken

## Apple Cranberry Salad

Spring mix, granny smith apples, extra sweet cranberries, pecans, shaved red onions, crumbled feta, grated parmesan and crumbled bacon with lemon-basil vinaigrette served on the side.

**\$9.99**



# Friday Fish Fry

(Served all day)

2 pc Spotted Cow Beer Battered Cod \$11.99 (3 piece \$14.49)

2 pc Baked Cod \$12.49 (3 piece \$14.99)

4 pc Lake Perch \$13.99 (6 piece 16.49)

(All fish dinners come with cup of soup OR 1 trip salad bar, choice of side, coleslaw and roll)

Side options: Brew City Fries, lattice cut chips, or baked potato.

Upgraded your side to baked sweet potato, sweet potato fries or onion tangles for \$1.

(Baked potatoes available after 5PM)

## THE ROCKS ULTIMATE BIRTHDAY SPECIAL

WITH FREE BOTTOMLESS DOMESTIC TAPS OR RAIL MIXERS OR 50% off anything else in your custom "The Rock sports Bar and Grille" mug that you get to keep while playing free pool.

Most importantly, we get it, your birthday is a Tuesday and you're a grown up. Kids need lunches packed, you have an 8AM meeting with the boss and the kids want to take you to Chuck E. Cheese because....well....they're kids.

Your birthday is a big deal to us, so come celebrate with our amazing birthday offer

ANY 1 NIGHT OF YOUR BIRTHDAY WEEK.

The family, the job and grown up duties get your time on Tuesday's but your grown up friends want you Thursday or Friday or Saturday or maybe it's Sunday Funday. We don't care what day we see you, just that we get to see you. Get your babysitters lines up, call the other grown-ups and come celebrate with the BEST birthday special around at



920 W. Main St., Sun Prairie, WI 53590

To book your upcoming birthday party contact us at [info@therocksportsbarandgrille.com](mailto:info@therocksportsbarandgrille.com), facebook [@therocksportsbarandgrille](https://www.facebook.com/therocksportsbarandgrille), ask your server or call us at (608) 318-0137.

Visit our website for more information [www.therocksportsbarandgrille.com](http://www.therocksportsbarandgrille.com)

*Sunday:*

*11:00AM - 4PM: Build your own bloody mary bar  
\$8 domestic pitchers during all football games*

**Packers on the Patio:** *\$7 domestic pitchers during Packer Games*

*2 for 1 domestic bottles at halftime*

*8:00PM - Midnight: Free Pool (2 drink min per table)*



*Monday:*

*Extended blues happy hour all day and night*

*\$1 off appetizers, rails, taps and domestic bottles.*

*Kids eat free (1 kids meal with each purchase of an adult meal)*

*8:00PM - Midnight: Free Pool (2 drink min per table)*



*Tuesday:*

*11:00AM - 3:00PM: Soup and Salad Bar*

*\$3 single and \$5 double Jim Beam (Open to Close)*

*Wine specials: \$1 off 6 oz, \$1.50 off 9 oz and \$4 off bottles (Open to Close)*

*7:00PM: Free League Trivia of Madison with great prizes*



*Wednesday:*

*11:00AM - 8:00PM: Taco TUESDAY Wednesday*

*\$2 Tacos with toppings bar (Beef or chicken. Hard shell or soft)*

*\$3 Slow cooked pulled pork tacos*

*11:00AM - 3:00PM: Soup and Salad Bar*

*1:00PM - 3:00PM: Day Walkers Pool League*

*5:00PM - 11:00PM: \$3 single or \$5 double Captain Morgan mixers*



*Thursday:*

*11:00AM - 3:00PM: Soup and Salad Bar*

*Ladies Night 8PM: Midnight*

*1/2 price rails and taps (Ladies only)*

*\$3 frozen Margaritas for everyone*

*\$2.50 Dr. McGillicuddy shots*



*Friday:*

*Fish Fry (Served all day featuring baked sweet potatoes after 5PM)*

*11:00AM - 3:00PM: Soup and Salad Bar*

*8:00PM - Midnight: \$2 off all pitchers*

*\$2.50 Rurple Minze shots*



*Saturday:*

*11:00AM - 4PM: Build your own bloody mary bar*

**Win 2 tickets to the next Badger home football game every week.**

*\$2 off all pitchers during Badger football games*

*8:00PM - Midnight: \$2.50 single or \$3.75 double Calypso mixers*

*\$4 "Rock"star Bombs*

