

THE

ROCK

Sports Bar and Grille

The **BETTER** birthday Bar

LUNCH

&
DINNER MENU

APPETIZERS - BURGERS - SANDWICHES - ENTREES - SALADS - KIDS

DINE IN
TAKE OUT
(608) 318-0137



WWW.THEROCKSPORTSBARANDGRILLE.COM

ROCK"STAR"TERS

SAMPLER PLATTER

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

CHOOSE 2 FOR \$15 OR
3 FOR \$20



DELUXE NACHOS

Freshly fried yellow tortilla chips covered with taco beef, nacho cheese, black olives, green onions, pico de gallo, jalapeños and topped with shredded cheese. Served with a side of salsa and sour cream.

(Upgrade to mexi-cali chicken or pulled pork for \$1 more)



BANANA PEPPER RINGS

The accident that became a fan favorite!

Banana pepper rings dipped in our signature batter fried to a golden crisp. Perfect combination of sweet, salty and tangy. Served with your choice of dipping sauce. \$7



SHAREABLE \$12

INDIVIDUAL \$7

SOFT PRETZEL BITES

Warm soft pretzel pillows served with your choice of dipping sauce. We are in Wisconsin so we recommend the beer cheese!! \$8



CHICKEN QUESADILLA

Our house-made mexi-cali chicken and shredded cheddar in a flour tortilla. Served with your choice of dipping sauce. \$8

New

POTATO SKIN FINGERS

Sliced potato skins topped with Applewood smoked bacon, green onions and nacho cheese. Served with a side of sour cream. \$8



POTATO SKIN FINGERS

SIGNATURE SAUCES AND RUBS

*ADDITIONAL DIPPING SAUCES AND RUBS \$.60 EACH.

- Dragon Breath
- Jalapeño Ranch **New sauce**
- Mango Habanero
- Chipotle Ranch
- Buffalo
- Bourbon BBQ
- Nacho Cheese
- Beer Cheese Queso **\$1**
- Honey Mustard
- Honey BBQ
- Parmesan Garlic
- Sweet Chili
- Ranch
- Beer Cheese **\$1**



WISCONSIN
CHEESE
CURDS \$9

Dry Rubs

- Cajun
- Lemon Pepper
- Dry Buffalo
- Ranch

FRIED MUSHROOMS \$9 MINI CORN DOGS \$7

CHIPS AND SALSA \$7 JALAPEÑO POPPERS \$9

CHEDDAR ROUNDS \$7

20% Gratuity will be added to parties of 6 or more.

OUR FAMOUS CHICKEN

ALL SANDWICHES AVAILABLE AS WRAPS UPON REQUEST

SPICY CRISPY CHICKEN SANDWICH

Our famous fresh chicken breast dipped in our signature batter and fried to perfection. It is then dusted in a cajun spice and served on a brioche bun with sliced tomato and lettuce. \$12.5

CRISPY CHICKEN BACON AVOCADO

Our famous fresh chicken breast dipped in our signature batter and fried to perfection on a brioche bun. It is then topped with Applewood smoked bacon, Swiss cheese, avocado and ranch. \$14.5

BUFFALO CHICKEN

Our famous fresh chicken breast dipped in our signature batter and fried to perfection. It is then topped with buffalo sauce and served on a brioche bun with sliced tomato and lettuce. \$12.5

GRILLED CHICKEN WRAP

Our grilled famous fresh chicken breast with spring mix, shredded cheddar and diced tomato wrapped inside a flour tortilla. Served with your choice of dipping sauce. \$13.5

LOUISIANA SPICY
CRISPY STRIPS



LOUISIANA SPICY CRISPY STRIPS

Our famous fresh chicken tenderloins dipped in our signature batter and fried to perfection. It is then dusted in a cajun spice and served with your choice of dipping sauce. 3PC \$13.5 5 PC \$17.5

CHICKEN STRIPS

Our famous fresh chicken tenderloins dipped in our signature batter and fried to perfection. Served with your choice of dipping sauce. 3PC \$13 5PC \$17

BONE-IN WINGS

Our deliciously seasoned wings served hot and juicy. Perfect naked or tossed in your favorite sauce. 6PC \$10 10PC \$16

ADD A REGULAR SIDE FOR \$2

BONELESS WINGS

Fresh cut chicken breast dipped in our signature batter and fried to perfection. Perfect naked or tossed in your favorite sauce. \$12

ADD A REGULAR SIDE FOR \$2

MEALS COME WITH YOUR CHOICE OF BEER BATTERED FRIES, TATOR TOTS, COLESLAW, FRUIT OR COTTAGE CHEESE.

UPGRADES: SWEET POTATO FRIES/ONION RINGS FOR \$1 MORE
OR SIDE SALAD FOR \$2 MORE.

GLUTEN FREE BUNS AND BLACK BEAN BURGERS ARE AVAILABLE UPON REQUEST.

ROCK BURGERS

ALL BURGERS ARE COOKED TO MEDIUM UNLESS SPECIFICALLY REQUESTED.

AMERICA'S PAST TIME*

The Rock's specialty burger with all the classic fixings; lettuce, tomato, onion and your choice of cheese on a brioche bun. \$11

MUSHROOM AND SWISS*

The Rock's specialty burger topped with sautéed mushrooms and two slices of Swiss cheese on Texas Toast. \$13

Half Pound Burgers

AMERICA'S PAST TIME



THE COWBOY



THE COWBOY*

The Rock's specialty burger topped with Pepper Jack and extra sharp cheddar cheeses, Applewood smoked bacon, roasted jalapeños, sliced avocado, grilled onions and spicy chipotle ranch on a brioche bun. Served with a garnish of deep fried banana peppers. \$14.5

BOURBON STREET*

The Rock's specialty burger grilled with bourbon BBQ glaze and topped with cheddar cheese, Applewood smoked bacon, grilled onions and a fried egg on a pretzel bun. \$14

MILD MANGO
HABANERO
BURGER



MANGO HABANERO*

The Rock's specialty burger topped with Pepperjack cheese, Applewood smoked bacon and a drizzle of our mango habanero sauce on a brioche bun. \$13.5

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

BURGERS COME WITH YOUR CHOICE OF BEER BATTERED FRIES, TATOR TOTS, COLESLAW, FRESH FRUIT OR COTTAGE CHEESE.

UPGRADES: SWEET POTATO FRIES/ONION RINGS FOR \$1 MORE OR SIDE SALAD FOR \$2 MORE. GLUTEN FREE BUNS AND BLACK BEAN BURGERS ARE AVAILABLE UPON REQUEST.

20% Gratuity will be added to parties of 6 or more.

SANDWICHES, TACOS, SHRIMP AND RIBS

SLOW COOKED PULLED PORK



ST. LOUIS STYLE SLOW COOKED PULLED PORK

A ridiculous amount of perfectly seasoned slow cooked pulled pork, caramelized onions and provolone cheese on a brioche bun. Served with a side of deep fried banana peppers and honey BBQ sauce. **\$13**

COLOSSAL BLAT

Crisp Applewood smoked bacon topped with romaine lettuce, tomato, red onions, sliced avocado and mayo on grilled Texas Toast. **\$12**

MEXI-CALI CHICKEN TACOS **New**

Three soft flour tortillas filled with our house-made mexi-cali chicken then topped with lettuce, pico de gallo and cheddar cheese. **\$13**

PHILLY CHEESE STEAK

Sliced beef or chicken topped with melted provolone cheese, grilled onions, green peppers and mushrooms on a grilled hoagie bun. Served with a side of au jus. **\$14**

HAND BREADED SHRIMP BASKET

Delicious gulf shrimp breaded in our signature batter and fried to perfection. Served with your choice of dipping sauce. **\$13**



Now available every day
***while supplies last**



BABY BACK RIBS

Slow cooked fall-off-the-bone ribs glazed with either Bourbon BBQ or Honey BBQ.

HALF RACK \$16 (4-5 BONES)

FULL RACK \$21 (8-9 BONES)

New

CHICKEN & RIBS

Our famous chicken strip(s) served on our famous fall-off-the-bones ribs.

HALF RACK + 1 STRIP \$20

FULL RACK + 2 STRIPS \$28

MEALS COME WITH YOUR CHOICE OF BEER BATTERED FRIES, TATOR TOTS, COLESLAW, FRESH FRUIT OR COTTAGE CHEESE

UPGRADES: SWEET POTATO FRIES/ONION RINGS FOR \$1 MORE OR SIDE SALAD FOR \$2 MORE. GLUTEN FREE BUNS AND BLACK BEAN BURGERS ARE AVAILABLE UPON REQUEST.

SALADS

ADD GRILLED/CRISPY CHICKEN OR GRILLED/HAND BATTERED SHRIMP FOR \$3.

DRESSINGS: JALAPEÑO RANCH, CHIPOTLE RANCH, FRENCH, ITALIAN, VINAIGRETTE OF THE DAY, RANCH, BLEU CHEESE OR THOUSAND ISLAND.

STRAWBERRY SPRING MIX SALAD

Fresh spring mix topped with fresh sliced strawberries, onions, crumbled feta, pecans and grape tomatoes. \$13

APPLE CRANBERRY SALAD

Fresh spring mix topped with granny smith apple slices, extra sweet cranberries, pecans, red onions, crumbled feta, grated parmesan and crumbled bacon. \$13



TACO SALAD

Fresh fried tortilla shell filled with your favorite taco fillings: fresh spring mix, tomatoes, shredded cheese, black olives and taco beef. Served with a side of sour cream and salsa. \$12

Upgrade to mexi-cali chicken for \$1 more.

COBB SALAD

Fresh spring mix topped with grape tomatoes, shredded cheddar, red onions, diced celery, sliced egg and diced ham. \$13

SWEET TREATS

*ADDITIONAL DRIZZLES \$.60/EACH.

FRIED BANANA BREAD WITH VANILLA ICE CREAM

Our freshly "FRIED" banana bread by *Maria Juana*

served with a scoop of vanilla bean ice cream topped with your favorite drizzle. Traditional meets modern in this amazing new combination.



INDIVIDUAL \$5
SHAREABLE \$13



LAVA CAKE A LA MODE

Get your chocolate delight on with our warm lava cake served with a scoop of vanilla bean ice cream and your favorite drizzle. \$7



ICE CREAM SUNDAE

Traditional ice cream sundae topped with strawberries and your favorite drizzle. \$5

New

DRIZZLES: STRAWBERRY, CARAMEL, CHOCOLATE AND CINNAMON SUGAR

20% Gratuity will be added to parties of 6 or more.

FRIDAY FISH FRY

(SERVED ALL DAY)

BEER BATTERED COD

Dipped in our signature beer batter and then fried to golden perfection.

2PC \$12 3PC \$15

BUTTERY GRILLED COD

Buttery grilled cod seasoned with lemon-pepper, herbs and a side of melted butter.

2PC \$12.5 3PC \$15.5

LAKE PERCH

Fresh lake perch seasoned in a light zesty breading and then fried to perfection.

4PC \$15 6PC \$18

HAND BREADED SHRIMP BASKET

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

\$13

SHRIMP TACOS

2 soft flour tortillas filled with your choice of grilled or crispy fried shrimp and then topped with pico and coleslaw.

\$12

FRIED COD SANDWICH

Our signature beer battered cod topped with cheddar cheese on a brioche bun.

\$10

FISH DINNERS SERVED WITH HAWAIIAN SWEET ROLL, COLESLAW AND YOUR CHOICE OF BREW CITY FRIES, TATOR TOTS, COTTAGE CHEESE, FRESH FRUIT OR BAKED POTATO (AFTER 4PM)
UPGRADES: SWEET POTATO FRIES/ONION RINGS FOR \$1 MORE OR SIDE SALAD FOR \$2 MORE



*Brunch and Bloody's 9am - 1pm
Saturday's and Sunday's*



THE

ROCK

Bloody Mary Bar

THE ROCK'S ULTIMATE BIRTHDAY SPECIAL

FREE BOTTOMLESS DOMESTIC TAPS , 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 on 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 DURING YOUR BIRTHDAY WEEK.

The family, the job and grown up duties get your time on Tuesday 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 lined 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 corporate or birthday party contact us at 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 at www.therocksportsbarandgrille.com