

ROCK &
RITAS
DOWNHOMIE COOKIN'
& BACKYARD BBQ



Rock & Rita's
First location
circa 1974
Muscle Shoals,
Alabama

STARTERS



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Chicken Strips \$7.99
Four perfectly crisp pieces of all white meat chicken breast

Spinach Artichoke Dip \$7.99
Delivered to your table bubblin' hot with our homemade garlic herb tortilla chips

Wangs \$8.99
Delicious chicken wings fried tender 'n crisp. Tell your server how ya want 'em: *BBQ, Buffalo or Inferno*

Quesadilla \$9.99
Fresh onions, bell peppers and cheddar jack cheese all melted together with your choice of fresh chicken breast, BBQ brisket or tri-tip

Fried Pickles \$7.99
Pickle slices tossed in a great beer tempura batter and fried to perfection. Served with a kickin' chipotle ranch

BBQ Fried Rock Shrimp \$9.99
Fried rock shrimp crusted with our zesty Cajun spices and tossed in BBQ sauce

Macho Nachos \$9.99
Warm and salty tortilla chips covered with melted cheeses, homemade chili, salsa, black olives and jalapeno peppers
Substitute sliced chicken breast for beef chili, add \$2.00

Fried BBQ Ribs \$9.99
Rock always said the only thing better than deliciously tender ribs are deliciously tender deep fried ribs

Sampler \$18.99
A whole mess'a vittles - nachos, wangs, fried ribs, chicken fangers, and fried pickle chips - plenty for 2-4 y'all



18% gratuity will automatically be added for a party of eight or more

CHEF ROCK SAYS:
FRYING
IS THE BEST WAY
TO BRING OUT THE
FLAVOR
THAT, AND USING BUTTER, BACON AND BEER

WELCOME TO THE
PLACE WHERE
WHITE SOCKS
&

ARE NEVER
IN SHORT SUPPLY

House
Specialty

SALADS

Hey Look!
FIBER

Caesar 8.99

Crisp romaine lettuce with garlic croutons and fresh parmesan cheese, tossed in our creamy homemade Caesar dressing

Steak* \$13.99

Six ounces of tender flank steak over fresh lettuce greens, tossed in an Italian dressing with bleu cheese crumbles, fresh mozzarella cheese, red onions, sliced roma tomatoes, roasted red peppers and toasted pecans

Wedge \$7.99

Large chilled wedge of iceberg lettuce chopped to order Covered in our chunky bleu cheese dressing and showered with warm bacon bits and chopped tomatoes

BBQ Chicken Salad \$9.99

Grilled chicken breast and a mix of fresh greens, tomatoes, onion straws, corn, roasted red peppers, red onions and shredded cheese all tossed in a chipotle ranch

Chopped \$8.99

Freshly cut iceberg lettuce packed with shredded cheese, squash, carrots, red onion and tomatoes. Tossed in your choice of ranch, bleu cheese or 100 island and topped with fried onion straws

→
House
Specialty

Creamy Bacon Fried Chicken \$9.99

Crisp bacon, romaine lettuce, tomatoes, scallions and cheddar-jack cheese tossed in our creamy bacon ranch dressing then topped with fried chicken tenderloins and BBQ 'tater chips

SOUPS

Chicken Noodle \$4.99

Fresh chicken breast, thick noodles and carrots are served in a thick rich broth

Jalapeño Chorizo Corn Chowder \$4.99

A steaming bowl of our thick and spicy corn chowder, topped with crumbles of chorizo sausage and tortilla strips



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*Notice: Consuming raw or uncooked meats, poultry, seafood or eggs may increase your risk of food-borne illness



SANDWICHES

All sandwiches come with our seasoned French fries.

Pulled Pork \$8.99
A mound of our specialty BBQ pork, topped with onion strings on a toasted bun

→
*House
Specialty*

Brisket \$9.99
A tall pile of thinly shredded beef brisket dripping with BBQ sauce on a toasted bun. Tell your server to “dress’er up” and we’ll add grilled portabella mushroom and swiss cheese for free

BBQ Chicken \$9.99
Marinated chicken breast grilled and topped with honey smoked ham, BBQ sauce and mozzarella. Finished with fresh onion crisps, lettuce and tomato on a toasted bun

Tri Tip \$9.99
Slow smoked Angus beef tri tip shaved down to thin slices and stacked on a toasted bun. Pasilla peppers and Swiss cheese on there for no extra coin, if you want’em

Po’ Boy \$8.99
Gently seared filets of catfish on a warm, toasted roll with cool chopped lettuce, tomato and homemade tartar sauce

Turkey Ham \$8.99
Roasted turkey breast, smoked ham, crisp bacon, American cheese, lettuce, tomato and mayonnaise on Texas toast

Meatloaf Sandwich \$8.99
Slabs of our homemade meatloaf and cheddar jack cheese piled on a toasted bun and topped with our mushroom gravy and onion crisps

Grilled Veggie Sandwich \$9.99
A delicious medley of onion, zucchini, squash, roasted red pepper and portabella mushroom all perfectly grilled and finished with onion crisps and balsamic vinaigrette
Served on a toasted sub roll with melted Jack cheese



Rock’s chick wagon

BURGERS

All American Burger* \$8.99

This 10oz. classic is served on a toasted hamburger bun with two thick slices of cheese - Served with seasoned fries

Western* \$9.99

100% Angus beef patty on a stack of our delicious onion straws bathed in BBQ sauce shower - Served on a toasted bun with American cheese

Ulcerator* \$9.99

Our 10oz. burger dusted with Cajun spices and topped with smoked ham, mozzarella and provolone cheeses, jalapenos, fried onions strings and butt-burnin'blaze sauce

Chili Burger* \$9.99

You'll be plumb tuckered out if you can finish this 10oz. Angus beef patty covered with our homemade beef chili. Topped with melting shredded cheese and diced red onion

Turkey Burger \$9.99

10 ounces of perfectly seasoned ground turkey

Garbage Burger* \$12.99

Our 10oz. hamburger patty hidden beneath ham, baked beans, fried egg, pulled pork, onion straws, diced red onion, lettuce, tomato, and inferno sauce - If you finish it and keep it down, we'll buy you a beer

→
*House
Specialty*



Not how ya got here,
but how you might leave

★
HEY
★
★ **VEGETARIANS!**
★ **ALL YOU CAN**
★ **DRINK**
★ **WATER** ★

HOT DOGS

Quarter pound, 100% beef dogs - All dogs served with seasoned fries.

The Dog \$5.99

100% all beef hot dog perfectly char-grilled

Dirty Dog \$6.99

Diced tomato, diced onion, homemade sweet relish and banana peppers all piled high on a toasted hot dog bun

Chili Dog \$6.99

A blanket of our homemade chili, topped with cheddar and jack cheese and diced red onion

Junkyard Dog \$8.99

Our signature dog that's so packed, we had to put it on a sub roll! Stuffed with sliced ham, diced bacon and jalapenos then topped with Chef's Cheese Blend and onion crisps



weiners of them
proportions just
ain't right

→
*House
Specialty*



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SLOW-SMOKED OVER HICKORY WOOD BBQ



Take yer pick of any two of our sides:
BBQ beans, homemade corn bread, cole slaw, garlic mashed red potatoes, potato salad, mac and cheese, seasoned fries, sautéed veggies, onion straws or rice

Let yer server know which kinda **Sweet Baby Ray's BBQ sauce** we can brush over your meat



Original

Honey BBQ

Citrus Chipotle



! **BBQ Half Chicken** **\$16.99**
One half of a whole chicken marinated in our special BBQ inspired seasoning for a whole day before slow smokin' it for ya

*The manner that we be hickory smokin our chicken gives it a lil pink color
Don't fret though, we'll cook her perfectly tasty and safe for ya*

House Specialty

➔ **Beef Brisket** **\$16.99**
Hand carved beef brisket that's as tender as they come from bein' slow smoked all day long, then brushed with your choice of BBQ sauce

Tri Tip **\$18.99**
Tender Angus beef slow smoked until it absolutely melts in your mouth

! **St. Louis Ribs** **\$22.99**
A large slab of juicy St. Louis ribs

! **Rock's Double Play**..... **\$28.99**
Pick any two of the four meats above and enjoy yer little slice of smoky heaven



★ IF IT'S GOT HOOVES WINGS OR GILLS IT'S DINNER ★



what the heck are you so happy about?

they ordered the brisket!



! These items are not valid with certain Rock & Rita's promotions. Please ask your server for details

SERVED FROM 2PM-10PM

ENTRÉES

{JUST A FANCY NAME FOR DOWN-HOME DINNERS}



Brown Bullhead (Ameiurus nebulosus) aka: good eatin'

Catfish \$17.99

Fresh catfish filet dusted with southern spices and seared on the flat top. Served with jasmine rice and sautéed vegetables

House Specialty →

Cajun Chicken Penne Pasta \$16.99

Fire-spiced chicken sautéed with onions and bell peppers Tossed in Cajun alfredo sauce and topped with fresh parmesan cheese

BBQ Flank Steak* \$18.99

Tender flank steak, thinly sliced and drizzled with BBQ sauce Served with garlic mashed red potatoes and sauteed vegetables

Country Mac \$16.99

Five different cheeses mixed with cubes of smoked ham and freshly cooked bacon make for a mouth-watering twist on macaroni and cheese.

Meatloaf \$17.99

Beef, pork and vegetables are the base of our award-winning meatloaf - Slow cooked and topped with our mushroom gravy and served with garlic mashed red potatoes and sautéed vegetables

Fried BBQ Rock Shrimp \$18.99

Crispy little rock shrimp perfectly fried up and tossed in BBQ 'till they're messier than backcountry muddin' Served over rice with sautéed veggies.

! **Cajun Ribeye*** \$26.99

A massive 16 ounce ribeye covered with a spicy Cajun seasoning Served with garlic mashed red potatoes and sautéed vegetables

! **NY Strip*** \$26.99

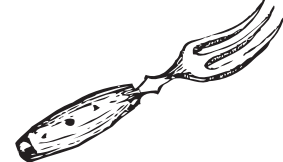
14 ounces of char-grilled heaven served with garlic mashed red potatoes and sauteed vegetables



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Big Eaters WELCOME

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DESSERTS



Deep Fried Twinkies\$5.99

Those little golden tubes of deliciousness that you know and love, flash fried then dusted with powdered sugar and drizzled with homemade strawberry sauce

Cotton Candy\$4.99

Delicious fluffy stuff, spun to order

Krispy Cream Donut Sandwich.....\$6.99

We start by cutting a fresh Krispy Cream donut in half and throwin' it on the grill. Then we use those pieces to make a deliciously unique sandwich with vanilla ice cream and chocolate sauce

Chocolate Insanity.....\$12.99

Colossal triple chocolate fudge cake served with double chocolate ice cream, whipped cream and drizzled with chocolate sauce - Serves 2



THEY AIN'T
SUPPOSED TO
MAKE YOU
SKINNY
THEY'RE
SUPPOSED TO
MAKE YOU
SMILE

SHAKES & FLOATS

Classic Shake\$5.99

Handmade milk shakes available in vanilla, strawberry and chocolate

Signature Shake\$6.99

Your choice of Oreo Cookies & Cream, Reeses' Peanut Butter Cup or Snickers

MUG Root Beer Float\$4.99

Vanilla ice cream and Mug Root Beer

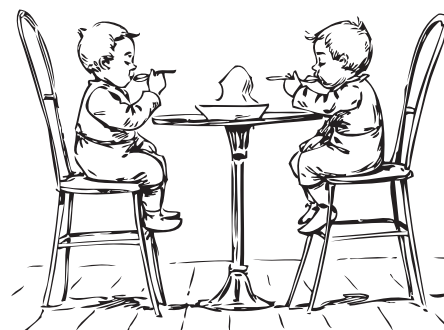
Orange Crushicle.....\$4.99

Vanilla ice cream and Orange Crush



Beverages Offered

*Pepsi, Diet Pepsi, Mountain Dew
Mug Root Beer, Sierra Mist,
Tropicana Lemonade,
Unsweetened Brisk Iced Tea
and Orange Crush*



LUNCH SPECIALS



those are special indeed!

Mini Sandwich Sampler \$9.99

Try 'em all! A sample size of our BBQ Pulled Pork, Brisket, Fried Bologna and Sloppy Joe sandwiches.
Served with seasoned fries

Sloppy Joe \$7.99

Ground beef slow cooked in our signature sloppy joe mix and sprinkled with cheddar jack cheese
Served with seasoned fries.

Pulled BBQ Pork \$8.99

A mound of our specialty BBQ pork, topped with onion strings on a toasted burger bun - Served with seasoned fries

Wedge \$7.99

A large wedge of iceberg lettuce chopped to order and chilled
Covered in our chunky bleu cheese dressing and showered with warm bacon bits and chopped tomatoes.

Fried Bologna \$7.99

Sizzling pieces of bologna, kickin' mustard and American cheese on a toasted bun - Served with seasoned fries

BBQ Chicken Wrap \$7.99

BBQ shredded chicken tossed with corn, tomatoes, onion straws, shredded cheese and fresh greens all rolled in a garlic herb tortilla

Meatloaf Sandwich \$8.99

Slabs of our homemade meatloaf and cheddar jack cheese piled on a toasted bun and topped with our mushroom gravy and onion crisps - Served with seasoned fries

Buffalo Chicken Wrap \$8.99

Spicy fried chicken tenderloins tossed with crumbled bleu cheese, tomatoes, red onions and field greens rolled in an herb garlic tortilla



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SERVED FROM 11AM-4PM





BREAKFAST

- Breakfast Burrito** \$9.99
Scrambled eggs rolled with smoked bacon, bell peppers, green onions and cheddar-jack cheese in a garlic herb tortilla
Topped with homemade salsa and guacamole, served with home fries
- Eggs Benedict*** \$8.99
Two poached eggs, served over smoked ham and English muffins
Topped with hollandaise sauce and served with home fries
- Omelette*** \$9.99
A mozzarella and provolone cheese omelette, stuffed with smoked bacon, ham, chorizo sausage, onions and peppers
Served with home fries and toast
- Eggs Any Style*** \$8.99
Three eggs any style with your choice of chorizo sausage, breakfast sausage, smoked bacon or grilled honey glazed ham
Served with your choice of toast and home fries
- Morning Shuffle*** \$9.99
Three eggs shuffled with chorizo sausage, green onions, Monterey Jack and cheddar cheeses
Served with home fries and toast
- Biscuits and Gravy** \$8.99
Two fluffy buttermilk biscuits topped with two scrambled eggs and covered with homemade sausage gravy
- Country Fried Steak** \$9.99
Hot and crisp with homemade sausage gravy and breakfast potatoes
- Steak and Eggs*** \$10.99
8 oz. NY strip steak served with eggs any style, home fries and toast
- Fruit Platter** \$11.99
A variety of fresh seasonal fruits, served with a strawberry yogurt dipping sauce
- Quick and Easy** \$6.99
Your choice of a jumbo muffin, cinnamon roll or cereal
Served with a glass of juice or a bottomless cup of coffee
- French Toast** \$8.99
Made to order and topped with fresh strawberries and powdered sugar
- Pancakes** \$8.99
Buttermilk pancakes fresh off the griddle

KIDS

For children 12 years old and under.

Silver Dollar Pancakes
\$4.99

**One egg any style*
Bacon or Sausage and Home Fries**
\$4.99

Hot or Cold Cereal with juice or milk
\$4.99



Li'l Rita 1987

**REMEMBER KIDS
BREAKFAST
IS THE MOST
IMPORTANT MEAL
OF THE DAY
RIGHT BEFORE LUNCH AND DINNER**



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