



## MONTROSE

2201 HONOLULU BOULEVARD  
MONTROSE, CALIFORNIA 91020  
818.249.CAFE

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## APPETIZERS

### MOZZARELLA CHEESE STICKS 5.99

served with marinara sauce and garlic toast

### CHEESE QUESADILLA 6.59

a flour tortilla filled with mushroom and cheddar cheese, served with sour cream and salsa

### ADD STEAK <sup>OR</sup> CHICKEN 8.99

### "THE ONLY" WINGS & THINGS 9.49

combination of 'red-hot' buffalo wings, chicken strips, mozzarella cheese sticks and fried zucchini, served with celery, carrot sticks and dipping sauces

### GARLIC FRIES 4.99

### HOMEMADE ONION RINGS 4.99

### HOMEMADE ZUCCHINI STICKS 4.99

### ONION STRAWS 4.99

### POTATO WEDGES 4.99

### BUFFALO WINGS 7.99

ten "red-hot" buffalo wings, served with celery, carrot sticks and bleu cheese dressing

### HALF ORDER (5) 5.99

### BAKED POTATO SKINS 6.49

potato skins covered in melted cheddar cheese, topped with bacon and chives, served with salsa and sour cream

### SWEET POTATO FRIES 4.99

### CHILI-CHEESE FRIES 5.49

### GARLIC TOAST 1.99

### MASHED POTATOES & GRAVY 2.99

### FRENCH FRIES 3.99

### BAKED POTATO 2.99

# SALADS

*SERVED WITH GARLIC TOAST! DRESSING CHOICES INCLUDE OUR HOMEMADE RANCH, HONEY MUSTARD, OR BLUE CHEESE. OTHER CHOICES INCLUDE THOUSAND ISLAND, ITALIAN, SESAME, GINGER, BALSAMIC VINAIGRETTE, AND OIL & VINEGAR!*

**BLACKENED AHI TUNA** 11.49  
sushi grade ahi tuna with spring mix salad, tomato, cucumber, red bell pepper and olives, topped with balsamic vinaigrette

**CHICKEN SESAME** 10.99  
sliced chicken breast with chopped lettuce, roasted cashews, tomato wedges and sprouts, topped with savory sesame dressing

**COBB** 10.99  
chicken chunks, chopped lettuce, bacon, crumbled bleu cheese, diced egg, black olives, avocado and tomato

**CHICKEN CAESAR** 10.99  
sliced chicken breast with romaine lettuce, seasoned croutons, parmesan cheese and caesar dressing

**DINNER** 5.99      **SIDE** 2.99

**ORIENTAL CHOPPED CHICKEN** 10.99  
sliced chicken breast with chopped lettuce, bell pepper, mandarin orange and wanton noodles, topped with tangy oriental dressing

**CHICKEN TOSTADA** 10.99  
sliced chicken breast with shredded lettuce, refried beans, pinto beans, tomato and olives, topped with cheddar cheese, served in a crisp tortilla shell with sour cream and salsa

**AVOCADO STUFFED WITH TUNA** 10.99  
half an avocado stuffed with albacore tuna salad, with spring mix salad, tomato wedges, sprouts and olives. try it with chicken salad!

**SEASONED STEAK** 11.99  
tender grilled steak with chopped lettuce, bleu cheese crumbles, tomato, red onion, olives and avocado

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## SOUPS & CHILI

*SERVED WITH GARLIC TOAST, AND ONIONS WITH THE CHILI!*

**GRANDMA'S HOMEMADE CHICKEN NOODLE SOUP**

BOWL 4.99      CUP 3.99

**SOUP OF THE DAY**

BOWL 4.99      CUP 3.99

**SOUP & HALF SANDWICH** 7.69

**SOUP & SALAD** 7.69

**WALLY'S OKLAHOMA CHILI, BEANS, CHEESE & ONIONS**

BOWL 5.69      CUP 4.69

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## HOT DOGS

**ALMOST A FOOT LONG!**

*SERVED WITH YOUR CHOICE OF FRENCH FRIES, SWEET POTATO FRIES, GARLIC FRIES, ONION RINGS, ONION STRAWS, FRIED ZUCCHINI, SALAD OR COLE SLAW!*

**1/4 POUND ALL-BEEF DOG** 8.49  
choose your side,  
sauerkraut available upon request!

**CHILI CHEESE DOG** 9.49  
topped with our homemade chili, and cheddar cheese! onions and extra napkins on the side!

# SANDWICHES

*SERVED WITH YOUR CHOICE OF FRENCH FRIES, SWEET POTATO FRIES,  
GARLIC FRIES, ONION RINGS, ONION STRAWS, FRIED ZUCCHINI, SALAD OR COLE SLAW!*

## **CROISSANT 9.99**

choice of turkey, ham, chicken salad and sprouts or albacore tuna salad and sprouts, with swiss cheese, lettuce, tomato, mayonnaise and avocado

## **CHICKEN BREAST CLUB 9.99**

charbroiled chicken breast with bacon, lettuce, tomato and mayonnaise, served on toasted wheat bread. try it with avocado for \$1.50!

## **FRENCH DIP 9.49**

tender roast beef with swiss cheese, served on a french roll with a cup of au jus. try it with turkey!

## **GRILLED CHEESE & TOMATO 8.49**

served on sourdough, with an onion ring garnish. try it with bacon or avocado for \$1.50!

## **ROAST BEEF MELT 9.49**

tender roast beef with Ortega chilies, jack cheese, 1000 island dressing, served on grilled sourdough

## **ITALIAN STEAK 9.49**

breaded cube steak topped with meat sauce, served on garlic toast, with spaghetti on the side

## **EL PASO GRILL 10.49**

grilled chicken breast with bacon, cheddar cheese, barbeque sauce and two onion rings, served on a wheat bun

## **CLASSIC BLTA 9.99**

bacon, lettuce, tomato, avocado and mayonnaise, served on wheat toast

## **AHI TUNA STEAK 11.49**

broiled sushi grade ahi tuna, served on a wheat bun with lettuce, tomato and tartar sauce on the side. try it blackened!

## **CA CHICKEN BREAST SANDWICH 10.49**

charbroiled and topped with avocado, lettuce, tomato and mayonnaise on a wheat bun. try it blackened!

## **PHILLY CHEESE STEAK 10.49**

grilled beef or sliced chicken breast, topped with bell pepper, mushroom, onion and jack cheese, served on a french roll

## **TUNA MELT 9.99**

albacore tuna salad with cheddar cheese, served on grilled sourdough. try it with chicken salad!

## **TJ HAM MELT 9.49**

ham and turkey with jack cheese, served on sourdough

## **REUBEN 9.49**

corned beef, sauerkraut, 1000 island dressing and jack cheese, served on grilled rye

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# BEVERAGES

|              |      |
|--------------|------|
| COKE         | 2.19 |
| DIET COKE    | 2.19 |
| VANILLA COKE | 2.19 |
| CHERRY COKE  | 2.19 |
| SPRITE       | 2.19 |
| ROOT BEER    | 2.19 |
| HOT TEA      | 1.99 |

|                 |      |
|-----------------|------|
| CREAM SODA      | 2.29 |
| LEMONADE        | 2.29 |
| ORANGE JUICE    | 2.59 |
| APPLE JUICE     | 2.59 |
| CRANBERRY JUICE | 2.59 |
| ICED TEA        | 1.99 |
| TOMATO JUICE    | 2.59 |

|                      |      |
|----------------------|------|
| MILK                 | 1.69 |
| HOT CHOCOLATE        | 1.89 |
| COFFEE               | 2.09 |
| <i>domestic beer</i> | 2.50 |
| <i>imported beer</i> | 3.00 |
| <i>wine</i>          | 4.25 |

# BURGERS

*CHARBROILED 1/2 POUND FRESH GROUND BEEF, SERVED ON A SESAME BUN WITH TOMATO, PICKLE, RED ONION, LETTUCE AND MAYONNAISE. YOUR CHOICE OF FRENCH FRIES, SWEET POTATO FRIES, GARLIC FRIES, ONION RINGS, ONION STRAWS, FRIED ZUCCHINI, SALAD OR COLE SLAW!*

*ADD MUSHROOM OR AVOCADO TO ANY BURGER FOR AN ADDITIONAL \$1.50! EXTRA DRESSING IS ONLY 55¢!*

**ROCKY'S BURGER** 10.49  
a beef patty topped with sautéed mushroom, diced tomato, green onion and melted cheddar cheese

**TURKEY BURGER** 9.49  
all white meat turkey patty, with grey poupon mustard, tomato and sprouts on a wheat bun

**BUFFALO BURGER** 10.99  
1/3 pound buffalo patty with pickle, barbeque sauce and an onion ring garnish

**HAMBURGER** 9.49  
**CHEESEBURGER** 9.99  
**DOUBLE CHEESEBURGER** 12.49

**GARDEN BURGER** 8.99  
a meatless veggie patty with tomato slices, pickle, onion, lettuce and mayonnaise on a wheat bun

**CHILI SIZE** 9.49  
a bowl of our homemade chili, topped with a beef patty and cheddar cheese, served with a sesame bun and onions on the side

**PATTY MELT** 9.49  
with grilled red onion and swiss cheese, served on grilled sourdough

**BACON CHEESEBURGER** 10.99  
**CHILI CHEESEBURGER** 10.99

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## WRAPS & BASKETS

*SERVED WITH YOUR CHOICE OF FRENCH FRIES, SWEET POTATO FRIES, GARLIC FRIES, ONION RINGS, ONION STRAWS, FRIED ZUCCHINI, SALAD OR COLE SLAW!*

**CHICKEN WRAP** 9.49  
a flour tortilla filled with charbroiled chicken, tomato, avocado, olives, shredded lettuce and refried beans, served with salsa and sour cream

**SPICY CHICKEN WRAP** 9.49  
a large flour tortilla filled with charbroiled chicken, ranch dressing, tomato, avocado, shredded lettuce and buffalo wing sauce

**CHICKEN BASKET** 8.99  
boneless crispy chicken strips, served with honey mustard and garlic toast

**FISH & CHIPS** 9.99  
classic fish and chips, breaded and fried, served with french fries, tartar sauce and garlic toast

**CHICKEN CAESAR WRAP** 9.49  
a flour tortilla filled with charbroiled chicken, romaine lettuce, red onion, tomato and avocado, all tossed in caesar dressing

**STEAK WRAP** 9.99  
a large flour tortilla filled with steak, tomato, avocado, olives, shredded lettuce and refried beans, served with salsa and sour cream

**SEAFOOD BASKET** 10.49  
fried cod, clams, and shrimp, served with cocktail sauce, tartar sauce and garlic toast

**SHRIMP BASKET** 9.99  
large breaded shrimp, served with cocktail sauce and garlic toast

# ROCKY ENTREES

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## **T-BONE STEAK 15.49**

served with a baked potato, broccoli, garlic toast and soup or salad.  
add \$2.99 for a half order of shrimp, fried cod or buffalo wings!

## **NEW YORK STEAK 12.49**

served with a baked potato, broccoli, garlic toast and soup or salad.  
add \$2.99 for a half order of shrimp, fried cod or buffalo wings!

## **CHICKEN FETTUCINI ALFREDO 10.49**

egg fettuccini noodles, topped with tender chicken breast slices and rich alfredo sauce.  
your choice of soup or salad. add broccoli & carrots for \$1.00!

## **CHICKEN FRIED STEAK 10.49**

smothered in country gravy, served with mashed potatoes and garlic toast, garnished  
with two onion rings. your choice of soup or salad

## **CALIFORNIA CHICKEN BREAST PLATTER 10.49**

a tender chicken breast, grilled and topped with jack cheese and avocado slices, served with a  
baked potato, garlic toast, and an onion ring garnish. your choice of soup or salad

## *fitness* **FETTUCINE PRIMAVERA 9.49**

egg fettuccini noodles, topped with julienned zucchini, carrots, broccoli and mushrooms,  
topped with fat-free basil marinara. try it with a sliced chicken breast for \$2.49!

## *fitness* **"JUST PASTA" 7.49**

egg fettuccine noodles, topped with fat-free basil marinara.  
try it with a sliced chicken breast for \$2.49!

## *fitness* **BURRITO 11.99**

a large flour tortilla, filled with charbroiled buffalo steak or chicken, mushrooms, brown rice,  
black beans, onions and bell peppers, topped with melted jack,  
served with red potatoes and one vegetable kebab

## *fitness* **AHI TUNA TACOS 11.99**

two soft tacos filled with sushi-grade ahi tuna and pico de gallo,  
served with brown rice, black beans and salsa. try them with chicken!

## *fitness* **STEAMED VEGETABLE PLATTER 8.49**

broccoli, carrots, zucchini and mushrooms over brown rice, topped with teriyaki sauce,  
served with a squaw roll. try it with a sliced chicken breast for \$2.49!

# BREAKFAST

## 2 EGG BREAKFAST 6.49

two ranch fresh eggs, potatoes or fruit, and toast.  
add sausage, bacon, ham, turkey sausage patties or pork  
sausage patties for \$3.00!

## FAMOUS 2x2x2x2 7.99

two ranch fresh eggs, two hotcakes, two sausage links  
and two pieces of bacon

## WITH FRENCH TOAST (2) OR A WAFFLE 8.98

## ULTIMATE FRENCH TOAST 7.99

thick cut toast, coated with egg, sprinkled with  
cinnamon, topped with powdered sugar. try it  
*fitness* style with whole wheat bread and six egg  
whites, or "french style", deep fried!

## HUEVOS RANCHEROS 9.49

two corn tortillas, two over medium eggs and refried  
beans topped with homemade ranchero sauce, cheddar  
cheese and sliced avocado, served with home fries

## *fitness* TURKEY SCRAMBLE 9.49

six egg whites, ground turkey, cilantro and tomato,  
served with brown rice and toast. try it with buffalo!

## *fitness* COD & EGGS 11.99

two Icelandic fish filets, six egg whites, served with a  
grilled vegetable kebab, brown rice, and toast

## STEAK & EGGS

two ranch fresh eggs, potatoes or fruit, and toast

T-BONE 14.99 NEW YORK 12.99

## HOME FRY SCRAMBLE 8.99

diced ham, scrambled eggs, bell pepper, onion and home  
fries mixed in a bowl, topped with melted cheddar cheese,  
served with fruit

## ROCKY'S BREAKFAST BURRITO 10.49

a large flour tortilla stuffed with three scrambled eggs,  
diced sausage and bacon, cheddar cheese and hash  
browns, served with fruit

## COUNTRY FRIED STEAK 9.49

with two ranch fresh eggs, smothered in country gravy,  
served with potatoes and toast

## *fitness* BREAKFAST BURRITO 11.99

a large flour tortilla stuffed with charbroiled buffalo steak  
or chicken, four egg whites, tomato, mushrooms, cilantro,  
jack cheese and brown rice, served with fruit, and boiled  
red potatoes

## *fitness* BULK-UP SPECIAL 6.69

oatmeal mixed with five egg whites, cinnamon,  
and honey

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# OMELETTES

*SERVED WITH POTATOES OR FRUIT, AND TOAST! PANCAKES CAN BE SUBSTITUTED FOR POTATOES & TOAST!  
SPECIALTY PANCAKES CAN BE SUBSTITUTED FOR 79¢. fitness CHOICES ARE SERVED WITH BROWN RICE AND TOAST!*

## FAMOUS KITCHEN SINK 9.49

bacon, mushroom, onion, cheddar cheese, avocado  
and sour cream

## RAZORBACK 9.49

smoked ham, swiss cheese and avocado

## OLE 8.99

homemade chili, cheddar cheese and onion

## *fitness* VEGGIE 8.99

six egg whites, Ortega chilies, mushroom  
and tomato

## DENVER 8.99

diced ham, bell pepper and onion

## SOUTH OF THE BORDER 8.99

Ortega chilies, jack cheese and mushroom

## BUILD YOUR OWN 7.49

plus 49¢ for each item

## *fitness* CHICKEN VEGGIE 9.49

six egg whites, charbroiled chicken,  
mushroom and spinach

# PANCAKES & WAFFLES

SERVED WITH BUTTER & SYRUP! SUGAR-FREE SYRUP AVAILABLE!  
ADD STRAWBERRY OR BLUEBERRY SAUCE FOR 79¢!

|                    |      |                              |      |
|--------------------|------|------------------------------|------|
| BELGIAN WAFFLE     | 6.49 | BLUEBERRY<br>BUCKWHEAT CAKES | 6.49 |
| BUTTERMILK CAKES   | 6.49 | SHORT STACK                  | 5.49 |
| SHORT STACK        | 5.49 | MULTIGRAIN CAKES             | 6.49 |
| BUCKWHEAT CAKES    | 6.49 | SHORT STACK                  | 5.49 |
| SHORT STACK        | 5.49 | SILVER DOLLAR CAKES          | 6.49 |
| HONEY BANANA CAKES | 6.49 |                              |      |
| SHORT STACK        | 5.49 |                              |      |

## SIDES

|                      |      |                             |      |
|----------------------|------|-----------------------------|------|
| CEREAL WITH MILK     | 3.29 | BUFFALO PATTY               | 4.19 |
| HOT OATMEAL          | 3.49 | TURKEY PATTY                | 3.99 |
| HASH BROWNS          | 2.99 | AHI TUNA STEAK              | 7.99 |
| HOME FRIES           | 2.99 | ICELANDIC COD FILETS (2)    | 7.99 |
| COTTAGE CHEESE       | 2.69 | CHICKEN BREAST              | 5.99 |
| 1 EGG                | 1.69 | BROWN RICE                  | 2.79 |
| BACON                | 4.99 | RED POTATOES                | 2.99 |
| SAUSAGE LINKS (4)    | 4.99 | STEAMED BROCCOLI            | 3.69 |
| SAUSAGE PATTIES (3)  | 4.99 | VEGETABLE KEBAB             | 3.69 |
| COLE SLAW            | 2.69 | BLACK BEANS                 | 2.69 |
| TOMATO SLICES (3)    | .99  | EGG WHITES (1)              | 1.79 |
| BISCUITS & GRAVY (2) | 1.99 | RAISIN BAGEL                | 2.99 |
| PLAIN BAGEL          | 2.99 | STRAWBERRY YOGURT & GRANOLA | 4.49 |
| STRAWBERRY YOGURT    | 3.49 | BLUEBERRY MUFFIN            | 2.99 |
| CINNAMON ROLL        | 2.99 | MIXED FRUIT                 | 3.49 |

THANK YOU FOR DINING AT THE ROCKY COLA CAFÉ!

WE ACCEPT:  
VISA, MASTERCARD, AMERICAN EXPRESS *and* DISCOVER

Sales tax will be added to the retail price on all taxable items. We are not responsible for lost or stolen articles.  
We reserve the right to refuse service to anyone.



VISIT OUR WEBSITE AT: [WWW.ROCKYCOLACAFEMONTROSE.COM](http://WWW.ROCKYCOLACAFEMONTROSE.COM), OR SCAN THE BARCODE IN THE LEFT CORNER OF OUR MENU.

18% GRATUITY WILL BE ADDED TO PARTIES OF SIX OR MORE

MENU DESIGN BY: *LIAM McCONVILLE* COVER ARTWORK BY: *JULIE LOIACANO STILES*