



MONTROSE

2201 HONOLULU BOULEVARD
MONTROSE, CALIFORNIA 91020
818.249.CAFE

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 ^{OR} 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

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

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

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

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

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

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 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, 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*