

BREAKFAST

IMPORTANT NOTE FOR VEGANS: ⊗ = Vegan, or can be made vegan.

If you have any questions, special concerns, or major issues, please ask your server before ordering... They know more than you think. Seriously. They kind of scare us a bit they're so good.



BREAKFAST SPECIALTIES

[Good morning... or afternoon, we know last night might have been rough, we're here to help]

- The Mother Trucker – home fries + veggies + cheddar +2 eggs + toast** **\$9.50**
So you've got a great big convoy. You're ridin' cross the land. Sit your mudflaps down and dig in. We got the platter with what you need to keep all 18 wheels running. Get it with bacon, sausage, or veggie sausage for \$2.50 more.
- The Mother Biker ⊗ - home fries + veggies + vegan nacho “cheese” sauce + tofu scrambler + toast** **\$9.50**
My life fades. The vision dims. All that remain are memories. I remember a time of chaos. Ruined Dreams. The wasted land. But most of all I remember the Road Warrior... The man we called Max...To understand who he was you have to go back to another time...
- Rock Star Egg-In-A-Hole - toast + egg** **\$7.50**
If you are unfamiliar with egg-in-a-hole you are definitely not a rock star. Through a complicated scientific process, we meld egg and toast together, creating a hybrid to kick breakfast ass. We'll serve you up two egg-in-a-hole and home fries.
Want the whole experience? Get it with cheese for \$1.00 more.
- Beth's Big-Ass Breakfast Burrito ⊗ - flour tortilla, scrambled egg, Spanish rice, our fresh salsa, cheese** **\$8.50**
We had our best people work this one out for us. It uses the same powerful technology as the burrito, but this one will cure all your morning afflictions.
Warms your wheels for the long ride home. We'll let you up the ante with Pulled Pork, or Veggie Sausage for \$2.50.
- Northern Biscuits and Gravy – eggs, biscuits, white gravy, home fries, your choice of veggie or meat sausage** **\$8.50**
"Sticks to your ribs" Where did that phrase come from? Why would you want something to do that? Sounds terrible. Kinda painful. Southern folk must know what it means. Why would they insinuate it about their food if they didn't know what it meant? Seems like a bad marketing ploy to me. They're not giving it up though. Nope. Not a hush. Southern lips are sealed. They have the info... Though, they have kudzu too. Deep South? How about High North!!
- Fried Egg Sandwich – eggs, cheese, toast, home fries** **\$7.50**
Things don't get better than this. We'll add bacon, sausage, or veggie sausage for \$2.50 more, if you think you can handle it.
- Tofu Scrambler ⊗ - Tofu, veggies, home fries, toast** **\$8.50**
Perfect way to start a guilt-free day. Resistance is futile. Comes with home fries and toast.
Get it with cheese or soy cheese for \$1.00 more.

OMELETTES

[So Egg-celent, they're served with home fries and toast, just to balance the Universe]

- Great American Pork-off - bacon + sausage + cheddar** **\$8.50**
This porkalicious concoction is full of every part of the pig from the rooter to the tooter. Suuuuieeee!
- Veggie Non-Porkorama – veggie sausage + cheddar + onion** **\$8.50**
If there's one thing we like around here, it's fake meat!
- MidWestern Omelette – onions + green peppers + tomatoes + mushrooms + spinach + cheddar cheese + chili** **\$8.50**
The West was won, right? Well... first they had to go through Us. That's right. The Mid. Midwest. We kicked em so hard they didn't come back- they stayed out there on the side of the country most likely to drop into the ocean. Had they stayed here, they would learn our secret- they would have eaten this omelette to gain the strength to make it through.
- Opa! Omelette – spinach + onions + green peppers + tomatoes + mushrooms + feta cheese** **\$8.50**
I am BEGGING you. DON'Tchuck your plate across the room when you eat this. I know you'll feel like it, I get it. I mean, it's so insanely tempting. But you don't need too. Really.
- Farmer ted – onions + green peppers + tomatoes + mushrooms + spinach** **\$8.50**
Farmer's been workin' overtime to give it to you garden style. Add cheese for \$1.00 more.
- Plain Omelette – eggs + eggs** **\$5.50**
It's like Haute Couture for your morning eggs, exclusive and custom fit. We'll add cheese or veggies to your omelette for \$1.00 each. We'll add choice of bacon, sausage, or veggie sausage for only \$2.50



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FROM OUR GRIDDLE TO YOUR GIRDLE

[3 fantastic cakes per order. Pack it in, Pack it on]

Plain Pancakes ⊗	\$7.00
The classic. Three of em, syrup, butter, and you! Heavenly!	
Kahluha Pancakes ⊗	\$7.50
Liquor and pancakes first thing in the morning? Why not? It's like a luau every time. You might even get lei'd.	
Blueberry Pancakes ⊗	\$8.00
I found my thrills on Blueberry Hill.	
Vegan Pigs In A Blanket ⊗	\$8.50
I want to say this is exactly like the original... I want to say it's a perfect replica. But that would not be true, because it's not a clone... Although they can do that now, did ya know that? All crazy scary scifi stuff. They can actually clone a living being. Although I'm pretty sure that was a sheep, because I wondered if the wool would still make good yarn. Would it be harder to knit? Anyhow.... This is different. It's Vegan, and delicious.	
French Toast	\$7.00
Ooh La La. (Come with me Mon Chere and we will fly together to the Casbah of Love, and I will make you the most spectacular of French Toasts. I will select the finest bread imported from the farthest region of the Midwest. Hand sliced by Angels supervised by creepy Cupids flying around a perfumed castle. I will climb the tallest cinnamon tree, and rip its bark off with my teeth, just for you, Baby. I will slowly soak the bread in the fanciest eggs money will buy, and cook it on a griddle made of solid gold given to me by the King of Spain. And Baby, just when you think you can't take it anymore, I will douse it with the sexiest syrup. It's all for you Sugar, all for you.)	
Vegan French Toast ⊗	\$7.00
It's Toast. And it's French. Don't let that stop you though, because this is an International taste sensation you wont want to miss.	

MUNCHKINLAND

[you must be this tall to enter]

The Mother Triker ⊗	\$6.00
We love having your little Critters around, so we built them their very own choose-your-own-adventure breakfast. But since we know they may have some... Ahem... "opinions" about said adventure's contents- You can choose three of the following components:	
1 pancake... We don't do funny shapes. Unless round is funny. ⊗	2 eggs
1 piece of french toast ⊗	1 piece of toast
2 pieces of bacon	1 Veggie Sausage
Sausage	1 small side of home fries (a very small handful) ⊗
Just to keep 'em quiet, each Triker comes with a small milk, soy milk ⊗, or juice.	

THE BASICS

[What? Our breakfasts aren't good enough for you? Fine. Add on what you want.]

2 Eggs	\$2.50	Toastmmmm toast.	\$1.50
3 Eggs	\$3.00	Biscuit	\$2.00
Side of Home Fries ⊗	\$4.00	Side of pancakes (2) ⊗	\$5.00
+ with Veggies ⊗	\$1.50	Flavored side of pancakes (2)	\$5.50
+ with Cheese	\$2.00	Bacon, Sausage, or Veggie Sausage ⊗	\$3.00

DRINKS

[Liquor at 10am? Sure. After all... Everybody's working for the weekend]

Coffee/Tea	\$2.00	Triple Rock Bloody Mary ⊗	16 ounce \$6.50
Orange, Pineapple, Cranberry, Grapefruit, or Tomato Juice		This is special... Really special. Each one is made by hand from our secret recipe. It's delicious, and spicy- made from the hair of the dog that bit you in the ass last night. Get back on that horse and ride!	
12 ounce	\$3.00	Mug-O-mosa © ⊗	One mug \$5.00
16 ounce (that there's a pint, Big Gulp)	\$4.00	They're always tiny, Mimosas. This is bigger... MUG style bigger. Since its not dainty any more, raised pinky is totally optional, evaluate and decide for yourself.	
Milk/Soy Milk			
12 ounce	\$3.00		
16 ounce	\$4.00		



DINNER MENU

IMPORTANT NOTE FOR VEGANS: ⊗ = Vegan, or can be made vegan. (GF) = Gluten free
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APPETIZERS

[let's get this party started right]

Onion Stacks ⊗ - basket of hand breaded onion slices	\$8.00
Your very own huge pile of onion slices hand breaded, perfectly seasoned crispy perfection. Stack it up, pack it in.	
HouseMade Pickles ⊗(GF) – rotating variety of pickled items	\$5.50
Every culture has some version. Pickles helped mankind through the winter, and we are so very thankful. So thankful we present a selection of house made pickles, ask your server for details and bring on the brine.	
Jumbo Chicken Wings 2 Ways (GF) – dry rubbed or sambal sauce	\$9.50
These are BIG chicken wings, Monsters. The dry rub is sweet and spicy with a hint of cinnamon, The sauce is a delicious concoction of spicy Sambal.	
Vegetarian Buffalo Wings – veggie wings + housemade blue cheese dressing + hot sauce	\$8.50
You don't have to believe to know it, these wings are a bonafied miracle. When the heavens part and the manna falls from the sky, it's gonna taste like this. Put your faith in us, the choice is not difficult. Bless you... now sit your ass down and enjoy.	
Quesadilla – flour tortilla + pepper jack cheese + tomato + green pepper + jalapeno + onion, salsa	\$7.50
Round food is enough. Think about it. Some of the best food? ...round. But we strive for greatness. So instead of depending on the shape of our food, instead of leaning back and letting the sides of the sphere support us, instead of trusting only in π... We went for rotund. Have you read Flatlands? Yeah, I tried too...	
Nachos (GF) - cheddar and pepper jack cheese + onion + tomato + lettuce + housemade salsa + jalapenos	\$8.00
Our cooks played with Legos when they were mere tots. They had erector sets, tinker toys building blocks, they yearned to be architects, wanted to build to the sky. Wanna know how I can tell? Just look at this- chips piled high with everything but the damn kitchen sink (don't think they didn't try). Want to test their skyscraping skills? Add sour cream for \$0.50. Add chicken, beef, or veggie sausage for \$3.00 It takes a very steady hand...	
Vegan Nachos ⊗ - tortilla chips + lettuce + tomato + onion + jalapeno + vegan nacho 'cheese' + salsa	\$8.00
You think regular nachos are a feat? You know nothing. NOTHING! So much joy... so much... I must shed a tear (sob). With veggie sausage it'll run you \$3.00 extra. Vegan sour cream- \$0.50	
French Fries ⊗ (GF)	\$5.00
On 1846 blight wiped out the potato crops in Ireland. Not a spud in sight. So count your blessings because we have all you want. Traditional or tater totted.	
Poutine - french fries + fresh cheese curds + gravy - choose meat or veggie (veggie is GF)	\$8.00
Ah the Poutine, she is delicious! Only a nation with free health care could come up with a dish so diabolical, because something has to soak up all that beer and hockey. Tens of Canadians can't be wrong! Sacrebleu!	
<i>Eh, la poutine, elle est délicieuse ! Seulement un pays où on peut visiter le médecin gratuitement pourrait créer ce repas diabolique, parce que quelques choses doit absorber toutes les bières et le hockey. Elle est constituer de pommes frites et de fromage en grains avec une sauce brune. Prenez ce plat végétarien ou avec la viande. Dix des Canadiens n'ont pas tort ! Sacré bleu !</i>	
Chicago Style Hot Dog ⊗	\$5.00(one dog)/\$7.00(two dogs)
Nature's most perfect food, served in its ideal form, Chicago style. Served with mustard, pickle, tomato, onion, celery salt and sport peppers. Choose between an all beef or vegan meatless dog.	
Chicken Tenders - tenders + bbq, ranch, or buffalo sauce	\$7.50
Are chickens really tender? Do they nuzzle beaks, give each other foot rubs? Do they cuddle in the dark? We're not sure, but while we figure it out you have your own decision to make: bbq, ranch or hot buffalo sauce... Let us know.	

SPECIALTIES

[the main event, let's get ready to rummmble]

Add French fries or tater tots to your sandwich for \$1.50

Soup is Good Food ... Really Good Food

\$4.50 cup / \$5.50 bowl

Your server has the inside scoop on today's soup

Minneapolis Po'Boy – fried potatoes + onions + Cajun seasoning + garlic mayonnaise + choice of cheese (cheddar, swiss, mozz, pepper jack or soy) + choice of meat (veggie sausage, mock duck, pulled pork, beef, or chicken) \$9.75

A hot huge sandwich big enough to fit the ego of the side of the river that thinks it's the best.

BBQ Po' Boy – fried potatoes + onion + BBQ sauce + Cajun seasoning + choice of cheese (cheddar, swiss, mozz, pepper jack or vegan nacho cheese sauce + choice of meat (veggie sausage, mock duck, pulled pork, beef, or chicken) \$9.75

Can't leave well enough alone... had to come up with another po'boy. Enjoy the new world.

BBQ Pulled Pork Sandwich – slow roasted pork + cabbage slaw + bun \$9.00

Super slow roasted for 6 hours with a spicy rub, right here in our place by our people.

MinneBeef Sandwich – 7oz roast beef, hoagie bun, chipotle cream cheese, spicy house made giardiniera \$9.00

We like big sandwiches and we can not lie.

Tacos Tacos Tacos - \$9.00

Pick a number, any number...

#1 - slow roasted pork, black beans, cabbage slaw, chipotle sour cream (GF)

#2 - fried fish, house made salsa, guacamole, , onion, lime,

#3 - grilled veggies, black beans, cabbage slaw, housemade salsa ⊗(GF)

Fish And Chips – fried fish + French fries + peas + tartar sauce + lemon \$9.50

Sick of chicken, tired of beef? Turn to the sea. Because it's tradition, and it's freakin' fishtastic!

Spinach mock duck salad ⊗ spinach + grilled mock duck + red onions + cucumber + tomato + carrot + miso ginger dressing \$8.75

Speaks for itself. I'm gonna find whoever invented mock duck, and kiss them. I am.... I'm gonna hold 'em down and kiss 'em.

Macaroni and Cheese – House made mac and cheese \$4.50 cup / \$5.50 bowl

Our made from scratch home-style mac and cheese is so delicious it overcomes any controversy. But we are starting one anyhow... Add bacon or a cut up hot dog for \$1.00, or peas for \$0.50

Vegan Macaroni and Cheese ⊗ \$4.50 cup / \$5.50 bowl

That's right. We made it just for you...

B.L.T. - 3 layers + toast + bacon + lettuce + tomato + mayo \$7.50

I don't have to talk about this one right? It's bacon... sells itself.

Gigantor Grilled Cheese - 3 layers + toast + cheese \$7.50

Big bread, lots of cheese. Two kinds, you pick 'em: swiss, cheddar, mozzarella or american.

Mock Duck Sandwich ⊗ - mock duck + red onions + lime + cilantro + whole wheat hoagie bun + salsa \$9.00

James Beard once said "too few people understand a really good sandwich". It's nice when you find kindred sandwich spirits.

- We really do like breakfast. So much so we go crazy with it on the weekends, Breakfast 10am-3pm Sat and Sun -

The Mother Trucker – home fries + veggies + cheddar + 2 fried eggs + toast \$9.50

[yup, breakfast for dinner, our schedules are messed up and we really don't see why we shouldn't mess up yours **Breakfast 10am-3pm Sat and Sun**]

So you've got a great big convoy, you're ridin' cross the land. Sit your mudflaps down and dig in. we got the platter with what you need to keep all 18 wheels running. Bacon, sausage, or veggie sausage only \$3.00 extra

The Mother Biker ⊗ - home fries, veggies + vegan nacho 'cheese' sauce + tofu scrambler + wheat toast \$9.50

My life fades. The vision dims. All that remains are memories. I remember a time of chaos. Ruined dreams. The wasted land. But most of all I remember the road warrior. The man we called Max... To understand who he was, you have to go back to another time...

DINNER MENU



BURGERS

All our burgers are made with delicious never frozen fresh Angus beef... Comes with a pickle, onion, tomato, and lettuce
Add French fries or tater tots for \$1.50

Headlight Burger - fresh angus beef + egg + american cheese

\$9.50

Inspiration? It's a lightning bolt. It sure is. And through methods only understood in the secret lab under our kitchen, our mad scientist Andy was inspired to create the Headlight burger. Half burger, half fried egg sandwich, melded together through means that could be natural... or unnatural. The frail and young should look away, because this freak is only for the strong! (no seriously, this is so delicious we cannot STAND it!) The egg is INSIDE the burger. IT IS! And there is cheese- american cheese- because when you are hit by that bolt... you just. can't. help it.

Slugger Burger - fresh angus beef + blue cheese + cracked black pepper

\$9.00

Getting beat up really hurts, it hurts like crazy. It's something they don't tell us in the movies- that most times bones are broken on both sides of a fight, jaw or fist. Not to mention the worst casualties, the deepest bruises, the hardest hits... your feelings. Those scars will last for a long time, Sunshine. Fights are the worst. This? This won't hurt a bit, even though it's black and blue. A fresh burger with cracked black pepper and blue cheese. Delicious enough to make the biggest brute stop swinging. Spare the rod and sit down and eat.

Fungusamongus Burger - fresh angus beef + sauteed rosemary/garlic mushrooms + swiss cheese

\$9.00

Mmmushrooms are delicious. And weird. Some make cheese, others beer, Some are scrumptious, some deadly. Some of them even glow in the dark! No, really- there's one in Nova Scotia, look it up. This one exists for you though, just to make your mouth happy... mushrooms blanketed by creamy swiss cheese. This one's a fungus you'll be happy to catch.

West-Banker Burger - fresh angus beef + bacon + cheddar + grilled + onion + and + bbq

\$9.50

Did you know this one time a guy drove into the bar? I mean actually INTO the bar. I was upstairs at my desk, and I heard a huge bang and shake downstairs, and came running - and this car had actually driven into the bar. This neighborhood.... what can you say? We say- it's ours. And we love it. And this burger is dedicated to it because it may seem like a normal burger, but underneath? Underneath it is a hotbed of not normal... yet delicious, and perfect in its own way. Ding-ding-ding-ding.

Son of Hot Damn - fresh angus beef + pickled jalapenos + pepper jack cheese + buffalo sauce

\$9.00

It always starts with an insane father, usually Basil Rathbone, or Boris Karloff, if your lucky Bella Lugosi is involved. The father has some plan, raising the dead, or having superpowers, or splitting his personality... almost every time it involves mans triumph over nature, yeah... that'll work. Plan goes wrong, someone gets hurt, sidekick tries to bury the evidence and cover the tracks so it will never, ever, ever happen again... until years later the son comes along. Of course, the son. That little twerp screws it up each time. And the sidekick slowly starts to realize that it was his fault all along, that he should have been straight with the son, that the truth is always better than a lie, that had he not been so afraid to tell the son he could have saved his, and possibly others lives... But it's too late... and the son has followed in his Dad's footsteps. His footsteps to tragedy... His footsteps to pickled jalapenos, pepper jack, and buffalo sauce. Wow, actually that sounds really good.. okay now I'm hungry.

The Triple Rock Spectacular Burger™ - fresh angus beef + cheese

\$8.50

It's a cheeseburger. (sorry)

Alaska and Hawaii not included. Void where prohibited. The Triple Rock reserves the right to audit any claims, request additional information regarding this claim and to nullify any claims which cannot be substantiated. The Triple Rock reserves the right to amend the rules, alter the rebate amount or cancel this promotion without prior notice. Allow 6-8 weeks for delivery. By reading this you have consented to our terms.

Burger

\$7.75

I'm not even gonna bother explaining. The old stand-by can come with just about everything you can imagine (let's keep our sensible hats on kids).

Veggie Burger

\$8.25

Cruelty-free like you and me... we're nice.

Fiesta Veggie Burger - vegan burger + onions + mushrooms + green peppers + tomatoes + nacho "cheese" sauce

\$9.00

Sloppy AND saucy. Not something you get to see in the description of vegan food often. In fact, both those words are double entendres in this case, sloppy and saucy... yeeesh, and in this bar too. Here's the deal- we wanted a delicious spicy sloppy saucy burger for vegans, and here it is. Take it whichever way you want.