



2018 Edition

8180 Valley Blvd.
right off US. Highway 321
(828) – 295 -7262

VISIT US ON THE WEB

www.foggy-rock.com

For large parties, please call ahead for availability.

We are a small restaurant, during peak season and busy hours (12-1:30, 6:30-8 PM) we may be unable to take to-go orders.

15 cent box charge on all to-go orders

STARTERS

***Foggy Rock Wings 8.99**

8 wings served with ranch or bleu cheese. Flavors: naked, buffalo, Carolina reaper, blackberry habanero, or bourbon

Loaded Brick Cheese 8.50

homemade pimento cheese topped with bacon and onion jam, with pita points

Avocado Egg Rolls 7.99

three eggrolls stuffed with guacamole, black bean and corn salsa, and jack cheese

Jalapeno Bottlecaps 6.50

Beer battered

Fried Green Tomatoes 8.50

panko encrusted, topped with pimento cheese and southern pepper jam

Edamame 4.99

steamed and tossed with your choice of: sea salt, sriracha sea salt, or lime frost sea salt

Loaded Baked Potato Fries 9.50

topped with chopped bacon, green onion, and cheese sauce

Aegean Fries 9.50

topped with feta, balsamic reduction, rosemary infused EVOO drizzle

Dragon Fries 9.50

topped with cheese sauce, sriracha, and a fortune cookie

Notorious PIG Fries 9.50

topped with bacon, pulled pork, bbq sauce, and cheese sauce

Cup of Soup 3.99

Bowl of Soup 5.50

HEALTHY BOWLS

Add grilled or blackened chicken \$4 portabellas \$3, salmon* \$6, fried chicken* \$5, bang bang shrimp* \$6, pulled turkey \$2, chicken salad \$4, applewood bacon \$1*

dressings: blackberry walnut, balsamic vinaigrette, sesame orange vinaigrette, buttermilk ranch, cajun ranch, guacamole ranch, creamy greek, bleu cheese, 1000 island, stone ground honey mustard

Country Chicken Cobb 13.50

mixed greens, fried chicken tenders, bleu cheese, sliced hardboiled egg, bacon, red onion, diced tomatoes

Earth Bowl 13.50

bourbon grilled Brussels sprouts over spinach with edamame, carrots, beets, chickpeas, pumpkin seeds

Pecan Spinach sm 6.75 lg 10.50 baby spinach, candied pecans, chopped bacon, bleu cheese, and roma tomatoes

Fried Chickpea sm 6.75 lg 10.75 mixed greens, red onion, diced tomatoes, chopped beets, goat cheese crumbles, flash fried chickpeas, and cucumbers

The Big Salad 12.50

mixed greens, mozzarella, diced tomatoes, cucumbers, carrots, sliced apples, edamame, almonds, pumpkin seeds, raisins, pecans, pita points

Healthy Hibachi 12.50

grilled hibachi chicken, mixed greens, shredded carrots, edamame, green onion, pickled ginger, and crispy Japanese ramen

***Salmon Taqueria 14.50**

blackened salmon, chopped romaine, black bean and corn salsa, red onion, roma tomatoes, mozzarella, tortilla crisps and a cheese quesadilla

Bang Bang Salad 13.75

bang bang shrimp, mixed greens, tangy red cabbage, carrots, black bean and corn salsa, mozzarella cheese, tomatoes, and green onion

Texican 12.50

fried jalapeno bottlecaps over , chopped romaine, black bean and corn salsa, red onion, roma tomatoes, mozzarella cheese, tortilla crisps

Beet Walnut sm 5.75 lg 10.25

mixed greens, chopped beets, walnuts, and goat cheese crumbles

House Salad sm 3.99 lg 8.25

mixed greens, diced tomatoes, raisins, mozzarella, and cucumbers

***Caesar Salad sm 3.99 lg 8.50**

romaine, parmesan cheese, and garlic croutons tossed with Caesar dressing.

Fetaterranean sm 7.25 lg 11.00

chopped romaine, feta, chickpeas, tomatoes, red onion, cucumbers, pita points

Big A Little A sm 6.75 lg 10.50

apples, avocado, almonds over mixed greens and healthy kale salad

SANDWICHES

all sandwiches and phillys are served with choice of pub chips, potato salad, apples, or coleslaw. *Substitute:*

fries 1.50 soup 2.00

house salad 2.99 Caesar salad 2.99

Fried Green Tomato Sliders

with our pimento cheese **8.50**

with chopped bacon **9.50**

Honey Croissant Club 9.99

sliced ham, turkey, Swiss, cheddar, lettuce, tomato, applewood bacon, and creamy stone ground honey mustard on a fluffy croissant

Turkey Cranberry 8.50

oven roasted pulled turkey, spinach, cranberry sauce, and creamy Brie on grilled Texas Toast

Catalina Chicken Melt 10.99

blackened chicken breast, fresh avocado, pepper jack, lettuce, tomato, cilantro garlic sauce on a bun

FAMOUS PHILLYS

***Foggy Rock Philly 8.99**

traditional Philly with roast beef, grilled onions, jalapenos, white American cheese

Reuben Philly 8.99

shredded corned beef, sauerkraut, melted swiss cheese, side of thousand island

Shroomin Philly 9.50

grilled portabellas, sweet onions, red cabbage slaw, swiss cheese

Chicken Philly 8.99

shredded chicken, sweet onions, green peppers, creamy white American

Cuban Philly 8.99

pulled pork, pickles, stone ground honey mustard, Swiss cheese

***BURGERS**

fresh, hand pattied ground beef - never frozen burgers cooked medium to medium well served on a bun with French fries

***The Rock 9.50**

cheddar, lettuce, tomato, and pickles

***Blackberry 11.50**

tangy red cabbage, blackberry habanero sauce, pepper jack, and bang bang sauce

***Cricket 11.50**

homemade pimento cheese, bacon onion jam, lettuce, and pickles

***Royale with Cheese 11.50**

"animal style" - grilled onions, secret sauce, double Wisconsin American cheese, lettuce, tomato, and pickles

***Green Bay Packer 12.50**

pulled pork, chopped bacon, double Wisconsin American cheese, Cheerwine barbecue sauce, and pickles

Big Vegan 10.50

Gardein meatless patty maned with brown rice, roasted vegetables, and soybeans. Topped with lettuce, tomato, avocado, and pickles

NAAN

Cheesy Naan 7.50

grilled with mozzarella and Parmesan, served with marinara for dipping

High Country Naan 8.99

chopped bacon, feta, green onion, sweet balsamic drizzle

Tao Chicken Salad Naan 9.99

mixed greens, chicken salad. carrots, Japanese ramen crackers, sesame orange drizzle

ENTREES

Trout Trout Trout 16.50

three filets of trout - one blackened, one Parmesan encrusted, and one fried - served over creamy rosemary potatoes with steamed asparagus

Ultimate Mac and Cheese 16.50

choice of hand breaded fried chicken or blackened chicken, mac and cheese, chopped bacon, green onion, grated parmesan cheese

***Bourbon Pork Chop 18.50**

blackened, center cut bone in pork chop, grilled then baked with bacon bourbon glaze. Served over creamy rosemary potatoes with steamed asparagus

***Healthy Salmon 16.50**

North Atlantic salmon filet grilled or blackened and served over warm sautéed kale salad

Eggplant Florentine 15.50

panko encrusted eggplant grilled with mozzarella, marinara, and spinach. Served over warm sautéed kale salad

Bang Bang Shrimp Tacos 14.50

flash fried shrimp, homemade bang bang sauce, romaine, tangy red cabbage, and cilantro garlic sauce