



***COLD BEER ★ BIG BURGERS ★ HOT MUSIC!***

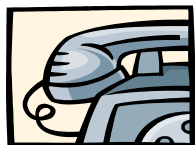
**3405 34th Street ★ Lubbock, Texas 79410**

**(34th & Indiana--Smoking allowed after 2 P.M.)**

**5217 82<sup>nd</sup> Street #109 ★ Lubbock, Texas 79424**

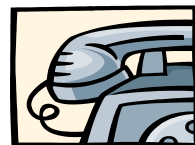
**(82<sup>nd</sup> & Slide--Rockridge Plaza—This location is Smoke Free.)**

## **CALL FOR TAKE-OUT!**



**34<sup>th</sup> St. (806) 784-0300**

**82<sup>nd</sup> St. (806) 771-CAFE (2233)**



## **HOURS OF OPERATION**

**Seven Days a Week 11 A.M.--12 Midnight**

***Full Menu Served till Midnight!***

**Join our Facebook page @ [www.caprockcafe.com](http://www.caprockcafe.com)**

**HUNGRY FOR GREAT ITALIAN FOOD?**

**CALL ORLANDO'S FOR AN ITALIAN DELIVERY!**

**24TH & AVE. Q--747-5998 ★ 70TH & INDIANA--797-8646**

(Menu Version—Number #26—April 27, 2010) French Speckletone Oatmeal 80# Cover

# APPETIZERS

We fry in Ventura Food's 100% **TRANS FAT FREE** soybean oil.  
PLEASE ALLOW 20 MINUTES FOR FRIED ITEMS AT LUNCH IF BUSY!

**PECOS QUESO & HOT SAUCE COMBO** With Tortilla Chips. 7.99  
**PECOS QUESO** With Spicy Ground Beef, Green Chilies, Chips. 6.59

## DOUBLE-CHEESE NACHOS—CHEDDAR AND JACK CHEESE

*All nachos served with jalapenos unless otherwise requested!*

Add Queso 1.29 ♣ Add Sour Cream 1.29 ♣ Add Guacamole 1.49

Double-Cheese Nachos 7.49 Spicy Beef Nachos 9.99

Grilled Chicken Nachos 9.99 "The Works" Nachos 12.99

SUPREME Nachos 13.99 ("The Works" plus beans, tomatoes, onions, and lettuce.)

## COMBINATION APPETIZER PLATTER 13.99

Fried Mozzarella Sticks, Texas Toothpicks, Hot Wings, Queso,  
Tortilla Chips, Smoked Jalapeno Salsa, and Spicy Ranch.

**BOTTLE CAPS** Beer-battered jalapeno rings. With Spicy Ranch. 5.99

**"DOWN & DIRTY" MOZZARELLA STICKS** w/Spicy Ranch. 7.49

**FRIED MOZZARELLA STICKS** With Spicy Ranch. 6.49

**BONELESS WINGS** Spicy Ranch OR Blue Cheese. Pick the heat!

"DOWN & DIRTY" GARLIC/HABANERO 9.59 ★ REGULAR 8.59

**TRADITIONAL WINGS** Spicy Ranch OR Blue Cheese. Pick the heat!

"DOWN & DIRTY" GARLIC/HABANERO 9.59 ★ REGULAR 8.59

**"DOWN & DIRTY" CHICKEN STRIPS** With Spicy Ranch. 8.49

**CHICKEN STRIPS** With Spicy Ranch. 7.49

**TEXAS TOOTHPICKS** 6.49

Deep-fried strips of Onions and Jalapenos. With Spicy Ranch.

**LOADED TWISTED TATERS** 9.99

With Cheddar-Jack Cheese, Bacon, Sour Cream, and Jalapenos.

**CHEDDAR FRIES** Cheddar, Monterey Jack, and Spicy Ranch. 5.99

Add Bacon 1.29 Add Green Chilies .59 Add Jalapenos .59

**QUESO FRIES** 5.29

**GUACAMOLE DIP** Served with Tortilla Chips. 5.49

**TORTILLA CHIPS AND SMOKED JALAPENO SALSA** 3.49

Chip Refills .99 each★Salsa Refills★1.49 each

**WHAT DOES "DOWN & DIRTY" MEAN?** This spicy sauce originated at Orlando's Italian Restaurants on their infamous "Down and Dirty" Tortellini appetizer. Made from Orlando's garlic spread and lots of Habanero Hot Sauce, we use this savory sauce to turn up the heat and flavor!

# SALADS & SOUP

Ranch★SPICY Ranch★Basil Vinaigrette★Honey Mustard  
Blue Cheese★Sun-Dried Tomato Fat-Free★Salsa

**CHOLULA SPICY CHICKEN SALAD** 8.29

**GRILLED CHICKEN SALAD** 7.99

**TURKEY-BACON SALAD** 7.99

**FRIED CHICKEN SALAD** 7.99

**"DOWN & DIRTY" CHICKEN STRIP SALAD** 8.99

**TACO SALAD** W/Beef 8.49 W/Buffalo 9.49 W/Chicken 9.49

**CHICKEN SALAD SALAD** 7.99

**DINNER SALAD** LARGE 5.49 SMALL 2.29

**GREEN CHILE POTATO-CHEESE SOUP BOWL** 3.59 **CUP** 2.59

**BOWL OF SOUP AND SMALL DINNER SALAD COMBO** 5.88

# SANDWICHES

Served with your choice of a Small Dinner Salad, Jalapeno-Bacon Beans, Tortilla Chips and Salsa, Twisted Taters, or French Fries.

Substitute Green Chile Potato Cheese Soup .50 extra.

Substitute Onion Rings, Texas Toothpicks, OR Bottle Caps 2.29 extra EACH item.

Sandwiches served with Mayo, Lettuce, & Tomatoes except Texas Philly.

<b>FLAT IRON STEAK (6 Oz.)</b> Red Onion, Pepper-Jack Cheese, Green Chilies	12.99
<b>4-ALARM TEXAS PHILLY STEAK</b> Queso, Onions, Jalapenos.	8.49
<b>"TEXAS-SIZE" CHICKEN-FRIED STEAK SANDWICH</b>	8.99

<b>TURKEY &amp; BACON SANDWICH</b> With Cheddar-Jack Cheese.	7.49
<b>CHICKEN-FRIED CHICKEN SANDWICH</b>	8.99
<b>"DOWN &amp; DIRTY" FRIED CHICKEN SANDWICH</b>	9.29
<b>CHOLULA SPICY GRILLED CHICKEN SANDWICH</b>	7.79
<b>"WORKS" CHOLULA CHICKEN SANDWICH</b>	9.99
<b>GRILLED CHICKEN SANDWICH</b>	7.29
<b>"WORKS" GRILLED CHICKEN SANDWICH</b>	9.29
<b>BACON, LETTUCE, AND TOMATO (BLT)</b>	5.99
<b>CHICKEN SALAD SANDWICH</b> Served on Wheat Bread.	6.29

Add Salsa, BBQ Sauce, Cheddar-Jack Cheese, American Cheese, Pepper-Jack Cheese, Green Chilies, Enchilada Sauce, Jalapenos--\$.59 each.  
Add Sour Cream, Queso, or Smoked Bacon--1.29 each. 🌮 Add Guacamole--1.49



## BUFFALO BURGERS!



ADD 1.49 TO ANY BURGER BELOW.

Our 100% American Buffalo Burgers are lower in calories, lower in fat, and lower in cholesterol than beef. Experience part of the Wild West today!

## CHAR-GRILLED BURGERS

Served with your choice of a Small Dinner Salad, Jalapeno-Bacon Beans, Tortilla Chips and Salsa, Twisted Taters, or French Fries.

Substitute Green Chile Potato Cheese Soup .50 extra.

Substitute Onion Rings, Texas Toothpicks, OR Bottle Caps 2.29 extra EACH item.

Half Pound 100% Beef Patty on a Buttered Bun.

Burgers served with Lettuce, Tomatoes, Onions, and Pickles except Hickory.

Mustard and Ketchup on Table. Mayo served on request on side.

<b>CAPROCK BURGER</b>	7.39
<b>HICKORY BURGER</b> With BBQ Sauce, Pickles, Onions.	7.39
<b>CHEESEBURGER IN PARADISE</b>	7.89
<b>BACON CHEESEBURGER</b>	8.69
<b>BLUE CHEESE BACON BURGER</b>	8.99
<b>QUESO BURGER</b>	8.49
<b>QUESO BACON BURGER</b>	8.99
<b>GREEN CHILE CHEESEBURGER</b>	8.49
<b>GUACAMOLE CHEESEBURGER</b>	8.99
<b>"THE WORKS"</b> With Guacamole, Bacon, Green Chilies, Cheese.	9.49

Add Salsa, BBQ Sauce, Cheddar-Jack Cheese, American Cheese, Pepper-Jack Cheese, Green Chilies, Enchilada Sauce, Jalapenos--\$.59 each.  
Add Sour Cream, Queso, or Smoked Bacon--1.29 each. 🌮 Add Guacamole--1.49

# TEX-MEX DISHES

Served with Jalapeno-Bacon Beans, Rice, Tortilla Chips, Salsa, and Sour Cream.  
Add Guacamole—1.49. ☉ Substitute Queso for Enchilada Sauce 1.25

<b>GREEN CHILE CHICKEN ENCHILADAS</b> Green or Red Chile Sauce. 8.99
<b>CHEESE ENCHILADAS</b> Green or Red Chile Sauce. 7.49

**QUESADILLA** Cheese 7.99, Steak, Taco Beef, or Chicken. 8.99

**QUESO TACO BEEF BURRITO** Lower Carb Wheat Tortilla. 8.49

<b>ONE POUND STUFFED BURRITO</b> <b>Steak or Chicken</b> 8.99
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Stuffed with Rice, Beans, Lettuce, Cheese, Grilled Onions & Green Chillies.

Served with your choice of a Small Dinner Salad, Jalapeno-Bacon Beans, Tortilla Chips, and Salsa, Twisted Taters, or French Fries.

Substitute Green Chile Potato Soup .50 extra.

## STEAKS & CHICKEN

Served with Texas Toast and your choice of TWO of the following—  
Small Dinner Salad, Jalapeno-Bacon Beans, Tortilla Chips and Salsa,  
Twisted Taters, or French Fries.

Substitute Green Chile Potato Cheese Soup .50 extra.

Substitute Onion Rings, Texas Toothpicks, OR Bottle Caps 2.29 extra EACH item.

<b>FLAT IRON STEAK (6 OZ.)</b> slightly spicy, grilled like you want. 12.99
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<b>GREEN CHILE CHICKEN-FRIED STEAK</b> 10.99
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<b>GREEN CHILE CHICKEN-FRIED CHICKEN</b> 9.99
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**CHICKEN-FRIED STEAK** 9.99

**CHICKEN-FRIED CHICKEN** 8.99

**FRIED CHICKEN STRIPS** 9.79

**“DOWN & DIRTY” CHICKEN STRIPS** 10.79

*PLEASE ALLOW 20 MINUTES FOR STEAK AND CHICKEN AT LUNCH IF BUSY!*

## TORTILLA WRAPS

Wrapped in a Flour Tortilla, and served with your choice of a Small Dinner Salad,  
Jalapeno-Bacon Beans, Tortilla Chips and Salsa,  
Twisted Taters, or French Fries.

Substitute Green Chile Potato Cheese Soup .50 extra.

Substitute Onion Rings, Texas Toothpicks, OR Bottle Caps 2.29 extra EACH item.

Served with Lettuce, Tomatoes, and Spicy Ranch  
except Texas Philly, Veggie, and Chicken Salad.

<b>4-ALARM TEXAS PHILLY STEAK WRAP</b> Queso, Onions, Jalapenos. 8.49
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<b>CHOLULA SPICY GRILLED CHICKEN WRAP</b> 7.99
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**TURKEY & BACON WRAP** With Cheddar-Jack Cheese. 7.99

**FRIED CHICKEN STRIP WRAP** 7.79

**“DOWN & DIRTY” FRIED CHICKEN STRIP WRAP** 7.79

**GRILLED CHICKEN WRAP** 7.49

**BACON, LETTUCE, AND TOMATO (BLT) WRAP** 6.29

**CHICKEN SALAD WRAP** 6.49

**VEGGIE** Lettuce, Tomatoes, Guacamole, Red Onions, Green Chillies, Salsa. 6.99

**VEGGIE CHICKEN WRAP** Same as Veggie Wrap but with Chicken. 8.99

**Our kitchen cannot split orders,  
but there is no charge for extra plates.**

<b>15% Gratuity added to tables of 8 or more.</b>
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# LOWER CARB TORTILLA WRAPS

(The Lower Carb Wheat Tortilla used in the following contains 7 grams Net Carbs, 11 grams Fiber, 13 grams Protein, and 6 grams Fat)

Served with your choice of a Small Dinner Salad, Jalapeno-Bacon Beans, Tortilla Chips and Salsa, Twisted Taters, or French Fries.

Substitute Green Chile Potato Cheese Soup .50 extra.

Substitute Onion Rings, Texas Toothpicks, OR Bottle Caps 2.29 extra EACH item.

Served with Lettuce, Tomatoes, and Spicy Ranch except Texas Philly, Veggie, and Chicken Salad.

<b>4-ALARM TEXAS PHILLY STEAK WRAP</b> Queso, Onions, Jalapenos. 8.69
<b>CHOLULA SPICY GRILLED CHICKEN WRAP</b> 8.19

**TURKEY & BACON WRAP** With Cheddar-Jack Cheese. 8.19

**GRILLED CHICKEN WRAP** 7.69

**BACON, LETTUCE, AND TOMATO (BLT) WRAP** 6.49

**CHICKEN SALAD WRAP** Lettuce, Tomatoes. 6.49

**VEGGIE** Lettuce, Tomatoes, Guacamole, Red Onions, Green Chilies, Salsa. 7.19

**VEGGIE CHICKEN WRAP** Same as Veggie Wrap but with Chicken. 9.19

# LOWER CARB BUN-LESS BURGERS

Served with your choice of a Small Dinner Salad, Jalapeno-Bacon Beans, Tortilla Chips and Salsa, Twisted Taters, or French Fries.

Substitute Green Chile Potato Cheese Soup .50 extra.

Substitute Onion Rings, Texas Toothpicks, OR Bottle Caps 2.29 extra EACH item.

*Substitute a Buffalo Patty for Ground Beef Patty—add 1.49 to the prices below.*

**CAPROCK BURGER** 7.39

**HICKORY BURGER** 7.39

**CHEESEBURGER IN PARADISE** 7.89

**BACON CHEESE BURGER** 8.69

**BLUE CHEESE BACON BURGER** 8.99

**QUESO BURGER** 8.49

**QUESO BACON BURGER** 8.99

**GREEN CHILE CHEESEBURGER** 8.49

**GUACAMOLE CHEESEBURGER** 8.99

**"THE WORKS"** With Guacamole, Bacon, Green Chilies, Cheese. 9.49

Add Salsa, BBQ Sauce, Cheddar-Jack Cheese, American Cheese, Pepper-Jack Cheese, Green Chilies, Enchilada Sauce, Jalapenos--.59 each.  
Add Sour Cream, Queso, or Smoked Bacon—1.29 each. 🍌 Add Guacamole--1.49

# BEVERAGES

**ICED TEA, COFFEE, ROOT BEER, COKE, DIET COKE, DR. PEPPER, DIET DR. PEPPER, SPRITE, LEMONADE** 2.25

**STRAWBERRY SMOOTHIE** 2.99

**RED BULL ENERGY DRINK** 3.29

**CHILD'S DRINK (12 OZ.) (12 & UNDER)** .99

# DESSERTS

**ANCHO RANCHO CHOCOLATE PIE** with vanilla ice cream. 5.99

**"TEXAS-SIZE" CHEESECAKE** 6.49

**CHOCOLATE BROWNIE SUNDAE** 5.49

**VANILLA ICE CREAM** 2.49

# MARGARITAS!

<b>BLUE ZUNI MARGARITA (Rocks or Frozen)</b>	6.99
Two shots of Jose Cuervo Gold make this a wild drink!	
<b>PRICKLY PEAR MARGARITA (Rocks or Frozen)</b>	6.99
A Southwest favorite. Sauza Blanco, Gran Gala, and Prickly Pear puree.	
<b>X-RATED 'RITA (Rocks or Frozen)</b>	6.99
X-Rated Fusion liqueur makes this an "adults only" margarita.	
<b>TARANTULA MARGARITA (Rocks or Frozen)</b>	5.50
<b>GREEN IGUANA MARGARITA (Rocks or Frozen)</b>	5.99
<b>STRAWBERRY MARGARITA (Frozen)</b>	4.99
<b>SCHOONER MARGARITAS (Rocks or Frozen)</b>	4.99



# CAPROCK CONCOCTIONS!



<b>ROCKIN' RITA</b> Coronita bottle upside down in a Margarita!	7.49
<b>ROCKIN' XX-RITA</b> Dos Equis Amber upside down in a Margarita!	7.99
<b>BULL RUSH</b> Shot glass of Jägermeister in a glass of RED BULL.	6.29
<b>COWBOY</b> Shot glass of Tarantula Tequila in a glass of RED BULL.	5.99
<b>TOO TALL BLOODY MARY</b> Served in a Frosty Schooner. 1 ½ shots Vodka, Extra Spicy TABASCO Bloody Mary Mix.	6.29
<b>CHOCOLATE MARTINI</b> Vanilla vodka with Godiva Chocolate Liqueur.	6.99
<b>X ON THE PEACH</b> X-Rated Fusion, peach schnapps, and pineapple.	4.99
<b>XR CHERRY BOMB</b> X-Rated Fusion with Red Bull and grenadine.	5.99
<b>XR FLIRTINI</b> X-Rated Fusion, vodka, and cranberry juice.	5.99
<b>TITO'S CHILTON</b> Tito's Handmade Texas vodka and fresh lemon juice.	4.79
<b>TEXAS TUMBLEWEED (Frozen)</b> Kahlua, vodka, and ice cream.	5.99

# WRANGLER MENU

<b>CHICKEN STRIP SNACK</b> With Gravy, Fries, and Texas Toast.	5.99
<b>"DOWN &amp; DIRTY" STRIP SNACK</b> With Gravy, Fries, Texas Toast.	6.49
<b>GRILLED CHEESE SANDWICH</b> With French Fries.	3.79
<b>1/4# ALL BEEF HOT DOG</b> Served on a Philly Bun with choice of Jalapeno-Bacon Beans, Twisted Taters, or French Fries.	4.49
<b>PECOS QUESO ALL BEEF HOT DOG</b> Served on a Philly Bun with Queso, with choice of Jalapeno-Bacon Beans, Twisted Taters, or French Fries.	5.49
<b>KRAFT MACARONI &amp; CHEESE</b>	2.99

# SIDE ORDERS

Add Salsa, BBQ Sauce, Cheddar-Jack Cheese, American Cheese, Pepper-Jack Cheese, Green Chilies, Enchilada Sauce, Jalapenos--.59 each.  
Add Sour Cream, Queso, or Smoked Bacon—1.29 each. ♣ Add Guacamole--1.49

<b>PECOS QUESO Ala Carte</b>	<b>LARGE</b> 4.29	<b>SMALL</b> 2.79
<b>SMOKED JALAPENO SALSA</b>	<b>LARGE</b> 1.49	<b>SMALL</b> .99
<b>TWISTED TATERS</b> Deep-fried fresh Potato Chips.		3.99
<b>FRENCH FRIES</b> (zero trans fats)	3.99	<b>ONION RINGS</b> 3.29
<b>JALAPENO-BACON BEANS</b>		1.29

# DRAFT BEERS

**BUD, BUD LIGHT, COORS LIGHT,  
MICHELOB ULTRA, & MILLER LITE**

Schooners 3.25 (Happy Hours 1.99)

**SHINER BOCK**

Schooners 3.50 (Happy Hours 2.50)

*Ask your server about the Featured Draft Beer.*

**SANGRIA** A refreshing blend of sweet red wine and fruit. **\$4.49** a glass

## WINES--GLASS/BOTTLE

YELLOWTAIL CHARDONNAY (Dry, Australia) 5.50/19.95

YELLOWTAIL MERLOT (Dry, Australia) 5.50/19.95

LLANO ESTACADO BLUSH (Semi-Sweet, Texas) 4.95/18.95

BERINGER WHITE-ZINFANDEL (Semi-Sweet, California) 4.95/18.95

## SLIDE STORE ONLY--WINES--GLASS/BOTTLE

14 HANDS CABERNET SAUVIGNON (Dry, Washington State) 7.50/26.95

KENDALL-JACKSON CHARDONNAY (Dry, California) 8.95/31.95

## COLD BOTTLE BEERS

Bud Light	2.99	Guinness Stout	4.29
Bud Light Lime	2.99	Heineken Lager	3.79
Budweiser	2.99	Land Shark Lager	3.50
Coors Light	2.99	MGD 64	2.99
Coors Original	2.99	Michelob Ultra	2.99
Corona	3.99	Miller Lite	2.99
Dos Equis Amber	3.50	Smirnoff Ice	3.75
Fat Tire Ale	3.50	ZiegenBock	3.29

## CAPROCK'S PREMIUM WELL

Tequila--Sauza

Bourbon--Jim Beam

Vodka--Sobieski

Scotch--Ushers

Rum--Bacardi

Gin--Gordon's

**TEQUILAS!** Sauza, Republic Reposado, 1800, Patron Silver, Jose Cuervo Gold, Tarantula.

# HAPPY HOURS!

**EVERY DAY 3 PM-7 PM**

*FREE SPICY AND SALTED PEANUTS IN THE SHELL!*

**BUD, BUD LIGHT, COORS LIGHT, MICHELOB ULTRA,  
& MILLER LITE—Frozen Schooners 1.99**

Shiner Bock Schooners 2.50

50¢ Off ALL Bottle Beers

House Margaritas 2.99

Sangria \$3.49

Strawberry Daiquiris 3.50

Prickly Pear Margaritas 5.99

Chocolate Martinis 4.99

Tito's Texas Vodka Chiltons 3.79

YellowTail Chardonnay & Merlot, Llano Blush 4.50 glass

Premium Well Hi-Balls 2.85

Tequila--Sauza

Scotch--Ushers

Bourbon--Jim Beam

Rum--Bacardi

Vodka--Sobieski

Gin--Gordon's

**Call Hi-Balls 3.00 Crown & Coke 4.50**

## DAILY DRINK SPECIALS!

<b>SUNDAY</b>	"Too Tall" Bloody Marys 5.29, Rockin' Ritas 6.49
<b>MONDAY</b>	X-Rated Cherry Bombs 4.99, Strawberry Margaritas 3.99
<b>TUESDAY</b>	Tarantula Margaritas 4.50, Tito's Vodka Chiltons 3.79
<b>WEDNESDAY</b>	Rockin' XX-Ritas 6.99, Premium Wells 2.85
<b>THURSDAY</b>	Prickly Pear Margaritas 5.99, Bull Rush 5.29
<b>FRIDAY</b>	Crown & Cokes 4.50, Cowboys 4.99, X-Rated 'Ritas 5.99
<b>SATURDAY</b>	Blue Zunis 5.99, "Too Tall" Bloody Marys 5.29, Crown & Cokes 4.50

If we ask for your I.D., please take it as a compliment—  
you look young for your age! Please drink responsibly.

Alcoholic beverages cannot be removed from premises due to Texas State laws.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs  
may increase your risk of food borne illness, especially if you have certain  
medical conditions. Fish may contain bones.