

THE ROCK 310

Coffee and Bistro



BUILD YOUR OWN BREAKFAST

Choose Your Base: Bagel,
Crossiant, English Muffin, or
Scramble Bowl \$ 7.00

Add Your Protein: Sausage,
Bacon, Ham, Turkey, Chicken
Add Toppings

THE LQ

Turkey, Bacon, & Avocado
Panini with Smokey Sauce \$ 10.00

THE FREE BIRD

Grilled Chicken, Bacon, &
Ranch Panini \$ 10.00

PASTOR'S BRUNCH

Homemade Chicken Salad on a
Croissant \$ 9.00

THE HOVATER

Homemade Pimento Cheese on
Wheat \$ 8.00

DREAMWEAVER'S BLT

Bacon, Lettuce, & Tomato on
Wheat \$ 8.00

THE BARNE-YARD

Ham & Swiss Panini \$ 10.00

YORK BLUFF EXPRESS

Grilled Chicken, Tomato, &
Basil Panini \$ 10.00

ZOEY BELLE'S SPECIAL

Cuban Panini with Roast Beef,
Bread and Butter Pickles, &
Honey Mustard \$ 10.00

FOOD

	16 OZ
AMERICANO	\$ 3.50
CAPPUCCINO	\$ 4.50
LATTE	\$ 4.50
CARAMEL MACCHIATO	\$ 5.00
MOCHA	\$ 5.00
CORTADO (8 OZ ONLY)	\$ 3.50
DRIP COFFEE	\$ 3.00
POUR OVER	\$ 3.50
COLD BREW	\$ 3.50
FRAPPUCCINO	\$ 5.50
AFFOGATO	\$ 6.00

COFFEE

PASTRIES

ORANGE ROLL	\$ 1.00
CHOCOLATE CHIP COOKIE	\$ 1.00
BANANA NUT MUFFIN	\$ 3.00
LEMON BLUEBERRY COOKIE	\$ 3.00
SCONES	\$ 2.50

ASK US ABOUT BOOKING THE MONASTERY TODAY!

310 N MONTGOMERY AVE
SHEFFIELD, AL 35660
(256) 320-7653

MONDAY - FRIDAY: 8 A.M. TO 6 P.M.
SATURDAY: 9 A.M. - 5 P.M.
CLOSED SUNDAY