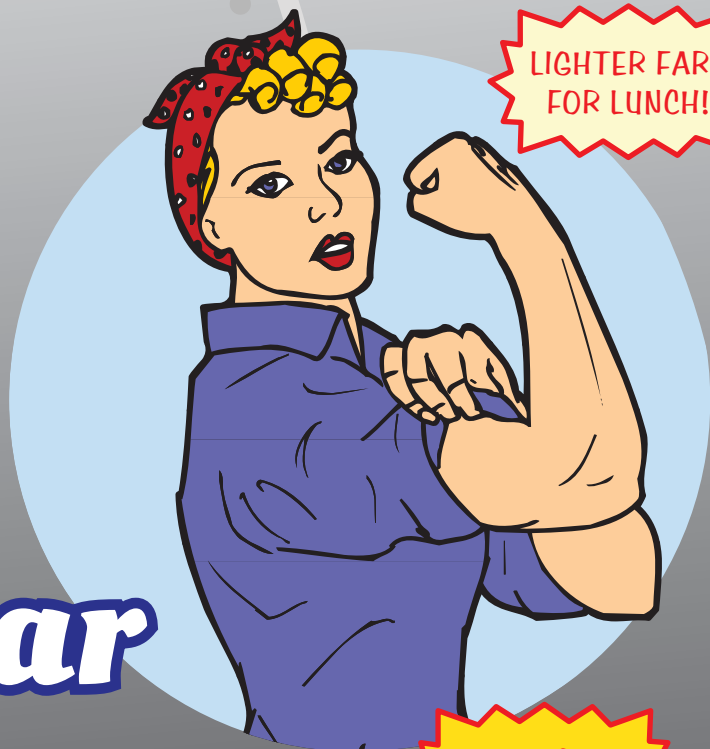


# STICKY LIPS BBQ

## Blue Collar Lunch Menu



LIGHTER FARE  
FOR LUNCH!

ADD A SIDE  
ORDER \$3

ADD A  
FOUNTAIN SODA  
\$1.99

The Blue Collar Lunch Menu honors the men and women throughout history who learned a trade and built things with their own hands.

### LIP SMACKERS

**Buffalo Chicken Wing Dip** 11.99  
Made fresh! Served hot with fried jalapeño chips.

**Baked Mac & Cheese** 11.99  
Made with FOUR CHEESES and oven-baked.

**Lunch Nachos** 9.99  
Fresh hand-cut fried tortillas with Sticky Lips Chili, melted cheddar and Monterey Jack cheese, onions, tomatoes, and hot or mild jalapeño peppers. Make it VEGETARIAN: substitute the chili with black beans. With pulled pork or pulled chicken... 12.99

**Loaded French Fries** 11.99  
Home-cut style fries loaded with chili, cheddar jack cheese, onions, pickled jalapeños, sour cream.

**Pig Wings** 9.99  
Three bones of our famous pork ribs. Lightly dusted, fried and smothered with Buffalo wing sauce. Add Thick n' Chunky Blue Cheese for 2.00.

**Deep Fried Pickles** 6.99  
Kosher dill pickle spears, battered and breaded. Served with our spicy Cajun Buttermilk Ranch Dressing.

**Ultimate Baked Mac & Cheese** 13.99  
If you like chili cheddar cheese dogs, this is for you. Smoked bologna and chili mixed into our baked mac & cheese.

### CHICKEN wings

All orders served with SEASONED POTATO CHIPS.  
Add THICK N' CHUNKY BLUE CHEESE for 2.00.

**Small 8.99 Large 15.99**

**FRIED & GRILLED BBQ** Floured, fried then char-grilled. Topped with our house-made BBQ sauce.

**BUFFALO STYLE** Floured and lightly seasoned, fried, and tossed in wing sauce. Choose: BUFFALO SAUCE (mild) or SWEET & SOUR.

**GARLIC PARMESAN** Floured and lightly seasoned, fried, and tossed in our garlic parmesan sauce.

**JAMAICAN JERK GLAZE** A blend of Caribbean spices with a hint of heat. Floured and lightly seasoned, fried, and tossed in a jerk glaze.

Bowls

Served with honey-glazed cornbread.

**Rice Bowl** 12.99  
Rice, black beans, corn, sauteed onions and green peppers, salsa, shredded cheese, cilantro, choice of meat (chopped chicken or pork). Drizzled with garlic dill dressing and sriracha.

**Potato Bowl** 12.99  
Mashed potatoes and gravy, BBQ beans, corn, sauteed onions and green peppers, shredded cheese, cilantro, meat sauce, choice of meat (chopped chicken or pork). Drizzled with garlic dill dressing and sriracha.

**Veggie Bowl** 12.99  
Rice, black beans, corn, sauteed onions and green peppers, salsa, shredded cheese, cilantro, grilled and chopped black bean patty. Drizzled with garlic dill dressing and sriracha.

**Jerk Shrimp Bowl** 12.99  
Rice, black beans, corn, sauteed onions and green peppers, salsa, shredded cheese, cilantro, Jamaican jerk shrimp. Drizzled with garlic dill dressing and sriracha.

**Sticky Icky Bowl** 12.99  
A “gourmet plate” in a bowl! Includes three “sides” mixed in: French Fries, Mac Salad, and BBQ Beans. Topped with red onion, cilantro, and spicy meat sauce. Cornbread on the side. Choose one: Hot Dog, Hamburger, Cheeseburger, Pulled Chicken, Pulled Pork.  
Beef Brisket for additional 1.00

Wraps

Served with house-cut seasoned potato chips, dill pickle, and one side.

**Southwest Wrap** 12.99  
Chicken, black beans, corn, diced tomatoes, lettuce, mozzarella cheese on a jalapeño wrap with Cajun ranch dressing.

**Turkey BLT Wrap** 12.99  
Smoked turkey, bacon, lettuce, diced tomatoes, and monterey jack cheese on a wheat wrap with garlic dill dressing.

**Buffalo Chicken Wrap** 12.99  
Breaded fried chicken tossed in Buffalo wing sauce, crumbly bleu cheese, diced tomatoes, and shredded lettuce on a jalepeño wrap.

**Chicken Pesto Wrap** 12.99  
Diced chicken breast, pesto sauce, part-skim mozzarella, diced tomatoes, and shredded lettuce on a whole wheat wrap.

16 Famous  
Homemade Sides

\$3 per side

- Sticky Lips Chili
- Home-Cut Fries
- BBQ Beans
- Macaroni Salad
- Sweet Potato Fries
- Black Beans and Rice
- Mashed Potatoes with Gravy
- Ratatouille
- Collard Greens
- Chorizo Cheddar Grits
- Tomato & Cucumber (seasonal)
- Cajun Corn
- Mayo Based Coleslaw
- Mustard Based Coleslaw
- Cottage Cheese
- Mac & Cheese

Lunch Salads

Served with honey-glazed cornbread.

**Lunch Salad** 12.99  
Fresh cut greens tossed with tomatoes, jack cheese, cucumbers, red onions, and croutons.

- CHOOSE YOUR PROTEIN:**
- Grilled Chicken
  - Blackened Chicken
  - Jamaican Jerk Chicken
  - Jamaican Jerk Shrimp
  - Buffalo Chicken Bites
  - Smoked Pulled Pork
  - All Natural Beef Brisket (add \$2)

**Soup & Salad** 12.99  
Bowl of soup (ask about today’s soup choices). Side salad contains fresh cut greens tossed with tomatoes, jack cheese, cucumbers, red onions, croutons, and dressing.

- SALAD DRESSINGS:**
- Balsamic Vinaigrette, Italian,
  - Blue Cheese, Cajun Ranch,
  - Buttermilk Ranch, Honey Dijon,
  - Thousand Island, Salsa



French Bread Pizza

(Please, no substitutions)  
12.99

**The Basics**  
Crushed red tomato sauce, part-skim mozzarella. Choose just cheese or pepperoni.

**Three Meat**  
Crushed red tomato sauce, part-skim mozzarella, pepperoni, bacon, and sausage.

**Mr. Veggie Head**  
Crushed red tomato sauce, part-skim mozzarella, sauteed peppers, onions, and mushrooms.

**BBQ Chicken**  
Pulled chicken, sauteed onions, bacon, part-skim mozzarella, with Cherry Bomb BBQ Sauce.

SOUPS  
Ask about our Soup of the Day!

BOWL

- Chicken Cheddar Jalapeño 5.99
- Award Winning Chili 6.49
- Sticky Stomp Stew 6.49

\*Prices do not include sales tax.



# COMBOS AND PLATES

## BBQ Lunch Combos

Served with honey glazed cornbread and one side.

**Chicken and Ribs** 13.99  
Two piece bone-in leg quarter chicken, two individually cut rib bones (choose All-American or Cherry Bomb).

**Chicken and Pork** 13.99  
Two piece bone-in leg quarter chicken and hickory smoked pulled pork. Choose your own sauce.

**Chicken and Brisket** 13.99  
Two piece bone-in leg quarter chicken and all-natural BBQ beef brisket. Choose your own sauce.

**Chicken & Sliced Turkey** 13.99  
Two piece bone-in leg quarter chicken and spice rubbed smoked sliced turkey breast drizzled in our liquid gold.

**Chicken and Pork Belly Burnt Ends** 13.99  
Two piece bone-in leg quarter chicken and rubbed, smoked, and cubed pork belly, soaked in our Cherry Bomb BBQ sauce.



## BBQ Lunch Specials

Served with honey glazed cornbread and one side.

**Lunch Ribs** 12.99  
Three BBQ ribs: These individually cut meaty ribs are marinated in a bath of our flavorful sauces. Choose All-American BBQ Sauce or Cherry Bomb BBQ Sauce. Big juicy flavor! Add three additional rib bones for 6.00.

**Double Bone Dry Rub**  
For those who love our Memphis Dry Rub Ribs with no sauce, this is for you!  
Two bones... 7.50      Four bones... 12.50

**Half Rack / Full Rack**  
If you like our traditional style of rib, then this is the rib for you. Rubbed and smoked, add your own sauce or ask for dry rub. With cornbread.  
HALF RACK (5 to 6 bones)... 17.99  
FULL RACK (10 to 12 bones)... 36.00

**The Cornell Recipe Chicken** 12.99  
Three piece (bone-in leg quarter and whole wing) Cornell recipe charcoal-grilled Uncle Frank's style chicken. Choose any style: Cornell Baste, Jerk Glaze, or Sticky Sweet Glaze.

## Lunch Plates

Served with house-cut seasoned potato chips, dill pickle, and one side.

**Chicken Bites** 8 piece ... 12.49  
Hand-cut boneless chicken wings, battered. Get them crispy with sauce on the side, or smothered. Choose mild Buffalo style or Sweet n' Sour. Served with chips. Add Thick n' Chunky Blue Cheese for 2.00.

**Portabella Mushroom** 12.99  
One grilled portabella, marinated in Italian dressing, topped with sauteed onions, peppers, melted provolone, and whole grain mustard. Served over rice.

**Wallace's Fried Chicken** 13.99  
Our chef's secret recipe. Three pieces, crispy golden brown. Choose "Traditional Crispy" or "Birdland" style (smothered in sweet & sour sauce). Comes with cornbread. Add a side... 3.00

**Sides Plate** 12.99  
Choose any four of our famous sides. Served with honey-glazed cornbread.

## CHOOSE YOUR BBQ SAUCE

FAMOUS FLAVORS

- All-American BBQ
- Carolina Clipper Mustard
- Cherry Bomb
- Sticky Sweet BBQ
- Betty's Burning Lips
- Spicy Vinegar
- Memphis Dry Rub
- Jamaican Jerk Glaze



# SMOKIN' GOOD SANDWICHES

## Ground Steak Burgers

Our 1/3 pound diner-style custom blend steak burgers are always fresh, never frozen. Grilled medium unless otherwise requested. Served with house-cut seasoned potato chips, dill pickle, and one side.

**Lunch Burger** 11.99  
With lettuce, tomato, red onion, and American cheese on a hard roll.

**Awesome Burger** 12.99  
Blackened spiced and topped with jalapeño peppers (hot or mild) and crumbly blue cheese. Dressed with garlic dill, lettuce, tomato, onion on a hard roll.

**BBQ Bacon Cheddar Burger** 11.99  
Topped with double smoked bacon, BBQ sauce, and melted cheddar cheese. Dressed, on a hard roll.

**Mushroom Burger** 11.99  
With sauteed mushrooms and Swiss cheese on a hard roll.

## Chicken Breast Sandwiches

Our 6 oz. boneless chicken breasts are brined and marinated with Uncle Frank's secret family recipe and then grilled. Served with house-cut seasoned potato chips, dill pickle, and one side.

**Grilled Chicken Breast** 11.99  
Dressed with garlic dill dressing lettuce, tomato, and red onion on a hard roll.

**BBQ Bacon Cheddar Chicken** 12.99  
Chicken breast with double smoked bacon, melted cheddar cheese, and BBQ sauce. Dressed, on a hard roll.

**Awesome Chicken** 12.99  
Blackened spiced chicken breast with jalapeños (hot or mild) and crumbly blue cheese. Dressed with garlic dill, lettuce, tomato, onion on a hard roll.

**Pulled Chicken** 12.99  
Charcoal grilled chicken, hand pulled and topped with sauteed onions, provolone, and All-American BBQ Sauce on a hard roll.

## Pulled Pork Sandwiches

Pulled hand rubbed pork shouders, slow hickory smoked. Served with house-cut seasoned potato chips, dill pickle, and one side.

**Original BBQ Pork Sandwich** 11.99  
Pulled pork, your choice of sauce on a hard roll. Add mustard coleslaw for 50¢.

**Buffalo BBQ Pork Sandwich** 12.99  
Pulled pork, Buffalo wing sauce, and crumbly blue cheese on a hard roll.

**Philly Pork Sandwich** 12.99  
Pork topped with onions, peppers, mushrooms, and melted provolone on a hard roll.

**Photo City Pork Sandwich** 12.99  
Pulled pork, topped with hickory smoked ham and melted provolone on a hard roll.

## Beef Brisket Sandwiches

All natural, hormone and antibiotic free. Hickory smoked. Served with house-cut seasoned potato chips, dill pickle, and one side.

**Lone Star Sandwich** 12.99  
BBQ beef brisket sandwich with pickle and onion.

**Brisket Dip** 13.99  
BBQ beef, sauteed onions, melted American, Au jus.

**Brisket Bleu** 13.99  
BBQ beef with caramelized onions and crumbly blue cheese, drizzled with Cherry Bomb Sauce.

**Brisket Bomber** 13.99  
BBQ beef topped with double smoked bacon, mushrooms, BBQ sauce, and melted cheddar.

## Specialty Sandwiches

Served with house-cut seasoned potato chips, dill pickle, and one side.

**Grilled Cheese Sandwich** 11.99  
American and Swiss cheeses, with sliced tomato on sliced sourdough bread.

**Smoked Turkey Breast** 12.99  
Spice rubbed smoked sliced turkey breast drizzled in our liquid gold. With lettuce, tomato, onion, and garlic dill dressing on a hard roll.

**Fish Tacos** 13.99  
Two corn tortillas with blackened haddock or jerk shrimp, cabbage, red onion, cilantro, guacamole, drizzled with Sriracha. Salsa on the side.

**Rochester Cubano** 13.99  
Hickory smoked ham, marinated pork loin, and seasoned "el Spam", combined with mustard-mayo, pickles, melted swiss cheese. Brick pressed between two slices of Cubano bread. A Latino favorite!

**Crabcake Sandwich** 12.99  
Lightly pan seared, with lettuce, tomato, and Cajun tartar sauce on a hard roll.

**Fried Catfish Sandwich** 13.99  
Battered and breaded in our special blend of flour, and southern style spices. Served with Cajun tartar sauce on a hard roll. Add American cheese for 50¢.

**Smoked Bologna** 11.99  
Bathed in Carolina Clipper Mustard Sauce and spiced rubbed. Topped with sauteed onions and American Cheese on a hard roll.

**Pittsburgh Sandwich** 13.99  
A whole meal between two slices of sourdough: home-cut style fries, tomato, and mustard coleslaw are piled over your choice of protein. Add melted provolone for 1.00

Pulled Pork  
Hamburger  
Chicken Breast  
Portabella Mushroom  
Black Bean Burger  
Texas Beef Brisket (add 1.00)