

BAMA TIZERS

- Bama's Chicken Wings (5)** 5.95
Tossed in one of your favorite sauces - Buffalo, Bama's Original, Smokin' BBQ, Zingy BBQ, Huffer's Buff, Jerk, Chipotle BBQ, Garlic Parmesan, Honey Mustard, Sesame Teriyaki or served naked.
- Bama's Chicken Wings (10)** 11.75
Tossed in one of your favorite sauces - Buffalo, Bama's Original, Smokin' BBQ, Zingy BBQ, Huffer's Buff, Jerk, Chipotle BBQ, Garlic Parmesan, Honey Mustard, Sesame Teriyaki or served naked.
- Fried Catfish Bites** 6.95
Chunks of catfish deep fried to a crispy golden brown, seasoned with thyme and served with spicy brown mustard.
- Jalapeño Poppers (6)** 2.75
Jalapeño Poppers (12) 4.95
The right combination of cheese and spicy jalapeños. Served with ranch dressing.
- Mozzarella Sticks** 5.75
Get your dinner started with this classic treat! Served with marinara sauce.
- Bama's Fry Pan Sampler** 12.75
A fry pan filled with a lot of good stuff! 3 each of Catfish Bites, Chicken Wings, Mozzarella Cheese sticks, Chicken Strips, Jalapeño Poppers and with a handful of onion rings and waffle fries.
- Bama's Barbeque Nachos** 7.75
Want the best nachos this side of the international dateline? Bama's Nachos are tortilla chips piled high with your choice of slow roasted pork, beef or chicken, cheese, slice jalapeños, shredded lettuce, onions. Sweet & Sassy BBQ sauce and ranch dressing.
- Southern Cajun Boiled Peanuts** 5.75
Hungry for something that's definitely deep south, we got it! Boiled raw peanuts in their shells with extreme flavors of dill pickles, jalapeños and New Orleans crab oil dip. Served mixed in a Bama's Bucket.
- Sweet Potato Biscuit Basket (4)** 5.25
Sweet potato biscuits baked the way mom does them back home! Served with honey and yes you may share.
- Bama's Quesadilla** 7.50
Your choice of Blackened Chicken, Pulled Pork or Bama Beef.

BAMA'S PICK A PASTA

- Broccoli & Blackened Chicken Pasta** 11.25
Choose from penne, or bowtie pasta and topped with fresh broccoli and grilled chicken mixed with an Alfredo sauce.
- Broccoli & Blackened Catfish Pasta** 11.25
Choose from penne, or bowtie pasta and topped with fresh broccoli and blackened catfish mixed with an Alfredo sauce.



Broccoli & Blackened Chicken Pasta

BAMA'S BIG RIBS

Ribs are our specialty, and you're about to find out why. Our ribs are rubbed with Bama's secret seasoning and slow roasted to bring out the tender, true flavor of the meat. Keep on eatin' because if you ain't messy... you ain't done! Comes with two sides and a jalapeño corn bread muffin.

- Rib Sampler (Served with one side)** 6.45
Half Rack 13.75
Full Rack 22.75



BAMA'S SALADS

- Bama's Chopped Salad** 8.75
(Your choice of Chicken, Pork, or Beef)
Fresh, crisp lettuce, tomatoes, cucumbers, red onions, cheddar cheese and your choice of dressing.
- Grilled Shrimp Salad** 7.95
Grilled large shrimp marinated in Zesty Italian Dressing and lime juice, chopped bell peppers, chopped onions, chopped celery, chopped tomato and all mixed together and served on a bed of lettuce.
- Chicken Caesar Salad** 8.75
Blackened grilled chicken adds just the right zing to fresh romaine lettuce. Topped with Caesar dressing, grated parmesan cheese. Available in crispy.
- Bama's Mandarin Orange Chicken Salad** 8.75
Fresh, crisp lettuce, tomatoes, cucumbers, ripe olives and delicious Mandarin orange slices, topped with grilled chicken and poppy seed dressing.
- Extra Portion of Pork, Beef or Chicken** 2.95

Healthy Heart Menu

BAMA BURGERS

Charbroiled to perfection, our half pound burgers are served on your choice of a butter-grilled Kaiser roll or Texas Toast and garnished with lettuce, a slice of tomato, a dill pickle spear and a slice onion. Comes with your choice of side.

- Bubba Bite's** 7.95
A set of 4 handfuls of Bama's yummy Samwiches. Your choice of pan of 4 the same! Bacon Cheeseburgers, Alabama Pulled Pork, Shredded "Bama Beef", Blackened Chicken.
- Bama Burger** 6.75
- Bama Cheese Burger** 7.75
Thick, juicy and just the way you like it.
- Bacon Cheese Burger** 7.95
Premium burger topped with cheese and bacon.
- Mushroom n' Swiss Burger** 7.95
Smothered in sautéed mushrooms and Swiss cheese.
- Guacamole Bacon Cheese Burger** 8.45
Our delicious Bacon Cheese Burger topped with Pepper Jack Cheese and Guacamole.
- BBQ Pork Burger** 8.50
Our delicious Bama Cheese Burger topped with pulled pork, Sweet & Sassy BBQ Sauce, shredded Cheddar cheese, lettuce, a slice of tomato, a slice of onion and dill pickle chips.
- Bama's Chili Burger** 8.50
Our delicious Bama Burger topped with Chili, Onion, Jalapeños and Shredded Cheddar cheese.
- Bama's Hopping Spicy Burger** 8.50
Our delicious Bama Burger topped with Buffalo Sauce, Pepper Jack Cheese, grilled onions and jalapeños.
- 1 lb. Da' Big Bubba Seabee Burger** 9.45
We take on even the heartiest of appetites with this full pounder. It includes Swiss and American cheese, Bacon and Covered with sautéed mushrooms, yummy!
- 1.5 lb. Bet You Can't Burger** 14.45
This colossal burger starts with the Bama Bacon Cheese Burger on the bottom, next is Mushroom Swiss Burger and finally topped with our Bama's Chili Burger. Bet you can't finish it in 10 minutes. If you do, then you will receive a coupon for a free dessert on your next visit to Bama's.



050-5865-3084

966-7294

BAMA'S

BBQ & GRILLE

★ @ THE NEST ★

COUNTRY BOY SANDWICHES

Served with your choice of Kaiser roll or Texas Toast and a regular side.

- Alabama Pulled Pork** 7.95
The sandwich that made us famous! Hand pulled pork served on a butter-grilled Kaiser roll.
- Blackened Chicken** 7.95
Blackened chicken done just like mom's, with Molasses, Jerk or Buffalo sauce. This favorite is served on a butter-grilled Kaiser roll.
- Montgomery Fried Chicken** 7.95
Bama's crispy chicken fillet is served on a butter-grilled Kaiser roll.
- Shredded "Bama Beef"** 7.95
Premium slow roasted beef, piled high on a butter-grilled Kaiser roll.
- Chicken Caesar Sandwich** 7.95
Either way you order it, grilled or crispy, it's just plain good!
- Guacamole Chicken Sandwich** 8.45
Our blackened chicken sandwich topped with Pepper Jack cheese, bacon, and guacamole!
- Tuna Melt Sandwich** 5.25
Light water-packed tuna, chopped celery and onions, sweet pickle relish, mixed in low fat mayo, lettuce, a slice of tomato and melted Swiss cheese on golden brown, butter-rye bread.
- Add American, Swiss or Pepper Jack Cheese for just** 0.50
- Grilled Cheese Sandwich** 3.95
An American favorite. Served with one side. Add Ham for: 1.00

SOUTHERN STYLE PLATTERS

All platters served with two sides and a jalapeño corn bread muffin

- Alabama Pulled Pork** 11.75
- "Bama" Beef** 11.75
- Chicken** 11.75
Your choice of Blackened, Montgomery style, or any one of our great wing flavors.
- Blackened Catfish** 11.75
- Extra Portion of Pork, Beef or Chicken** 2.95

Alabama Pulled Pork



BAMA'S BASKETS

Basket served with your choice of one side.

Chicken Strip Basket

No one can resist a basket of these strips! No one!

8.45

Chicken Basket

Deep fried to a golden brown and down right delicious. Served with dinner rolls.

8.95

Shrimp Basket

A whole heapin' of breaded shrimp deep fried to perfection. Served with dinner rolls.

7.95

Chicken Strip Basket

RICE BOWLS

Bama's Hoppin' John

A true Southern Staple of Black Eyed Peas, Chopped Ham Hock, onion, celery, diced tomatoes served over a bed of rice.

6.50

Pork Bowl

Bama's Pulled Pork with sautéed onions & green peppers served over a bed of rice.

6.50

Beef Bowl

Bama's Shredded Beef with sautéed onions & green peppers served over a bed of rice.

6.50

Chicken Bowl

Chicken with sautéed onions & green peppers served over a bed of rice.

6.50

DESSERTS

Bama's Brownie Sundae

Two warm, rich chocolate brownies topped with your choice of ice cream, whipped cream and a cherry. Drizzled with caramel and chocolate topping.

3.50

Pecan Pie

A southern tradition.

3.50

Ala Mode

Another southern tradition, warm peach cobbler served with a scoop of vanilla ice cream.

1.25

Bama's Big Cookie with Ice Cream

Baked & served warm in a 5 1/2 inch skillet. Drizzled with caramel & chocolate topping.

4.50

Gold in a Mold

A delicious twist to a bowl of ice cream. You can choose a Chocolate Chip or Snicker Doodle Cookie bowl with your choice of ice cream inside. Drizzled with caramel & chocolate topping and gold sprinkles.

3.50

Ice Cream

Small (1 scoop) 2.00
Large (2 scoops) 2.50
Add Strawberry, Chocolate or Caramel topping for 0.50

1.25

2.00

0.50

BAMA'S FAVORITES

Served with your choice of one regular side.

Pork "Slow Down" Wrap

Enjoy our pulled pork all wrapped up with our homemade slaw.

7.95

BBQ Pork "Bayou" Wrap

Pulled pork, cheddar cheese, crisp greens & Sweet & Sassy BBQ sauce.

7.95

Tuscaloosa Beef Wrap

Indulge in succulent "Bama Beef" wrapped up to perfection!

7.95

Chicken Strip Wrap

All your favorites with our chicken strips for this delicious wrap.

7.95

Blackened Chicken Wrap

Blackened chicken, cheddar cheese and crisp greens.

7.95

Mandarin Orange Chicken Wrap

We took our Mandarin Orange Chicken Salad and made it a wrap. Try it!

7.95

Tuna Melt Wrap

Light water-packed tuna, chopped celery and onions, sweet pickle relish, mixed in low fat mayo, lettuce, tomato and melted Swiss cheese wrapped in a grilled tortilla shell.

5.25

Summer Turkey and Bacon Wrap

Roasted turkey breast, lean bacon strips, sliced red onions, cucumbers, shredded lettuce, tomatoes and low fat mayo, wrapped in a grilled tortilla shell.

6.95

Club Wrap

A combination of Roast Beef, Turkey and Ham. Served with shredded lettuce, tomatoes, American or Swiss Cheese and low fat mayo, wrapped in a grilled tortilla shell.

5.75

Healthy Heart Menu

DOWN HOME SIDES

Waffle Cut Fries

1.75

Bama Baked Beans

1.75

Steak Fries

1.75

Shredded Coleslaw

1.75

Side Salad

2.95

Onion Rings

2.95

Fried Okra

1.75

Mashed Potatoes

1.75

Soup of the Day:

Cup

1.50

Bowl

2.00

Bread Bowl

3.00

Chili:

Cup

2.95

Bowl

5.25

Bread Bowl

6.25

Sweet Potato Waffle Cut Fries

1.75

Jalapeno Poppers

2.75

Picnic Potato Salad

1.75

Texas Toast

1.75

Steamed Rice

1.75

Corn on the Cob

1.75

Macaroni & Cheese

2.95

CROW'S NEST FAVORITES

Soba Soup

An Okinawan favorite. Noodles, select pieces of pork and other Okinawan treats.

6.75

Fried Rice

Steamed rice sautéed with vegetables, eggs and your choice of beef, ham, chicken or shrimp.

5.25

Okazu

Stir-fried vegetables and pork topped with fried eggs. Served with steamed rice.

5.25

Yakisoba

Stir-fried noodles, cooked with strips of pork, cabbage, carrots, green peppers and onions.

5.75

Katsudon

Tender fried pork cutlet, sautéed onions, carrots, green peppers and egg served over rice with a semi-sweet sauce.

6.25

Stir-Fry (choice of Chicken, Beef, Pork or Shrimp)

Your choice of tender, succulent meat with sliced broccoli, carrots, celery, cauliflower, onions, green peppers and mushrooms. All stir-fried together and served over a bed of rice.

5.25

Healthy Heart Menu

WET YOUR WHISTLE

Bottled Water

Small 1.25 Large 1.75

Orange Juice, Apple Juice, Cranberry and Diet Cranberry

1.75

Fountain Drinks

Coca Cola, Coke Zero, Sprite, Dr. Pepper, Root Beer

1.75

Lemonade

1.75

Iced Tea (Sweet/Unsweet)

1.25

Coffee

1.25

Free refills on Fountain Drinks, Lemonade, Iced Tea and Coffee

Smoothies (Strawberry Slider, Frenched Chocolate Banana, Strawberry Banana, Mango Orange and Peach.)

3.75

Wet your whistle with something cool and sweet. Our frozen drinks are non-alcoholic.

Bama's Flavored Teas (Raspberry, Peach, or Blackberry)

2.25

Extra shot of flavor

1.00

No Refills

Domestic Bottle Beer (Budweiser, Bud Light, Michelob Ultra Light, Coors Light, & Miller Lite)

2.75

O'Doul's non-alcoholic beer

2.25

<Imported Bottle Beer>

3.25

Corona or Heineken

4.00

Guinness Draught

5.50

Orion Draft 15 oz.

2.25

Leinenkugel Draft

Smoothies (Strawberry Slider)

