

BREAKFAST

Served around
the clock!



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CHICKEN FRIED BEEF STEAK

Eight ounce, cubed beef steak breaded with special seasonings, fried golden brown, topped with white pepper gravy, served with two eggs, hash browns and toast. 11.95

PORK CHOP BREAKFAST

Two large meaty pork chops your choice of flame-grilled or hand breaded and fried golden brown, served with two eggs, hash browns and toast or biscuits. 12.95

HAM STEAK

One pound of flame-grilled ham steak served with two eggs, hash browns and toast. 11.95

THE BIG RIG

Three eggs with smoked sausage, served with hash browns, biscuit and sausage gravy. 9.95

MY USUAL

Two eggs with hash browns, toast and ham, bacon or sausage. 8.45

CORNERED BEEF HASH

Corned beef hash with two eggs any style and a biscuit. 7.95

GROUND CHUCK STEAK

Grilled, juicy ground chuck steak served with two eggs any style, hash browns and toast.

8 oz 10.45 | 12 oz 12.25

STEAK & EGGS

Flame-grilled sirloin steak served with three eggs, any style, crispy hash browns and toast.

8 oz 14.75 | 10 oz 17.75

CHICKEN FRIED STEAK SKILLET

Diced potatoes mixed with onions, green peppers and chicken fried steak, topped with sausage gravy, served with two eggs, any style and toast. 9.95

SOUTHWEST SKILLET

Diced potatoes mixed with onions, green peppers, spicy Chorizo sausage and cheddar cheese, topped with two eggs, served with salsa, sour cream and toast or a soft tortilla. 9.25

HUNGRYMAN

Two eggs, two pancakes, two slices of bacon, two sausage patties and two sausage links, served with hash browns 10.95

BISCUITS AND SAUSAGE GRAVY

Full 5.95 | ½ order 4.95

From The Griddle

FRENCH TOAST

Three slices of thick Texas toast butter dipped and grilled to a golden brown, served with *two eggs and your choice of ham, bacon or sausage. 9.45
French toast (no sides) 6.95
Add strawberry topping & whip cream for 1.95

PANCAKES

Three buttermilk pancakes, *two eggs and ham, bacon or sausage 9.45
One cake (no sides) 3.25
Two cakes (no sides) 5.25

WAFFLE

Fresh made golden waffle served with *two eggs and your choice of ham, bacon or sausage. 9.45
One waffle (no sides) 6.75

Omelets

All of our omelets are served with hash browns and toast

REUBEN OMELET

Stuffed with tender corned beef, sauerkraut, melted with cheese and Thousand island sauce. 9.95

HAM & CHEESE OMELET

Diced ham with lots of melted cheddar cheese. 9.25

PLAIN CHEESE OMELET 8.25

WESTERN OMELET

Loaded with diced ham, onions, green peppers and melted cheddar cheese. 9.45

COUNTRY OMELET

Sausage, green peppers, mushrooms and cheddar cheese. 9.45

SOUTHWEST OMELET

Filled with chorizo sausage, cheddar cheese, onions and green peppers, served with sour cream and salsa. 9.45



How it all started

Iowa 80 began its operation in 1964 in a small, white enamel building in the middle of Iowa cornfields just west of the Mississippi River; Interstate 80 wasn't even complete, under the guidance of Bill Moon, Standard Oil built and opened the Truckstop. At that time, Iowa 80 had two diesel pumps, one lube bay and a small restaurant operated by William Peel, Sr. and his wife Ruth.

Over the years, the restaurant has grown from a 50 seat diner in 1964 to its current capacity of 250 seats with an additional banquet facility. The third and fourth generations of the Peel Family still operate Iowa 80 Kitchen with the same motto as its founders: "Nothin' fancy, Just good food."

We thank you for dining with us today. Our goal is to make you feel welcome and comfortable in a pleasant place while providing the services and products you need. Your suggestions are always appreciated, so let us know how we are doing. Come back and visit us any time. We're always open, there are no keys to these doors. We haven't locked them since opening day in 1964.

IOWA80TRUCKSTOP.COM

Sorry, no checks... MasterCard, Visa, American Express, Discover & Diners Club Accepted
Children's Menu available for children 10 years of age & under

APPETIZERS

CHICKEN STRIPS

Tender strips of crispy breaded chicken breast served with ranch, BBQ or honey mustard. 7.95

CAULIFLOWER

Cauliflower florets coated with a cheddar cheese breading. 4.75

ONION RINGS

A great starter or add to your sandwich sweet slices of breaded onions fried golden brown. 4.25

MUSHROOMS

Breaded whole button mushrooms fried 'til crispy on the outside and juicy on the inside. 4.75

MOZZARELLA STICKS

Sticks of mozzarella cheese, breaded and fried to a golden brown. 5.45

COMBO PLATTER

Mix or match 4 of the following....Cauliflower, mushrooms, jalapeño cheddar potato bites, onion rings, 2 chicken strips, 3 mozzarella sticks. 12.95

BREADED JALAPEÑO CHEDDAR POTATO BITES

Spicy chopped jalapeño peppers, diced potato and cheese breaded in a crisp coating. 5.25

BEVERAGES



Pepsi, Diet Pepsi, Mountain Dew, Diet Mountain Dew, Sierra Mist, Root Beer, Dr. Pepper

Coffee (Reg or decaf... free refills)

Iced Tea (free refills)

Hot Cocoa (free refills)

Lemonade (free refills)

White or Chocolate Milk

(small & large no refills)

JUICES

(small & large no refills)

Orange, V-8

Tomato, Grapefruit

Apple, Cranberry

SEAFOOD

CATFISH

Moist and flaky catfish fillets, hand breaded and fried golden brown, served with a lemon wedge and tartar sauce. 12.95

JUMBO BREADED SHRIMP PLATTER

Six pieces of breaded fantail shrimp fried golden brown served with cocktail sauce. 12.95

PORK

TENDERLOIN

Six ounces, fresh pork cutlet your choice of grilled or hand breaded and fried golden brown. 10.25

PORK CHOPS

Two large, lean pork chops, your choice of flame-grilled or hand breaded and fried to a golden brown. 13.45

HAM STEAK

"The best flavor ever!" One pound of flame-grilled ham steak served with a grilled pineapple ring. 11.95



PORK CHOPS

PASTA

All pasta entrees are served with a dinner salad and garlic toast.

SPAGHETTI

A mound of tender spaghetti pasta, smothered with our homemade meat sauce with mushrooms. 10.25

CHICKEN ALFREDO

Penne pasta tossed with a creamy, rich Alfredo sauce, grilled chicken, broccoli and mushrooms. 10.95

CHICKEN PARMESAN

A bed of penne pasta covered with marinara sauce, topped with a breaded chicken breast fillet and melted Parmesan cheese. 10.95

BEEF STROGANOFF

Tender Beef tips and buttered noodles covered with a rich brown sauce with mushrooms & pearl onions. 10.45

CREAMY CHICKEN & NOODLES

Homestyle egg noodles simmered in thick gravy with tender chicken. 10.99

ENTREES

All entrees are served with a dinner roll and your choice of two sides. Add soup, salad and bread bar with entrée for only \$2.95
All stated weights are pre-cooked

BEEF

*HOUSE RIBEYE

14 oz of hand-cut U.S.D.A choice beef ribeye, grilled to perfection. 24.95
Add sautéed onions or mushrooms for 1.75



HOUSE RIBEYE

*GROUND CHUCK STEAK

Grilled ground chuck steak smothered with sautéed onions.
8 oz 10.45 12 oz 12.25

CHICKEN FRIED BEEF STEAK

An eight ounce, tenderized, cubed beef steak breaded with special seasonings, fried golden brown and topped with creamy pepper gravy. 11.95

*SIRLOIN

For our friends who appreciate a fine tender and juicy steak! Flame-grilled to perfection. Eight oz 14.75 Ten oz 17.75

ROAST BEEF

Roast beef, freshly roasted 'til tender and juicy, served over homemade dressing and smothered with homemade gravy. 11.75

MEATLOAF

Homemade meatloaf, just like mom used to make, topped with homemade gravy. 11.45

CHICKEN

FRIED CHICKEN

"Lip Smakin' Good" four pieces of plump, juicy chicken hand breaded and fried to a golden crisp. 11.25

GRILLED CHICKEN

Two, 6 ounce chicken breast fillets, grilled 'til tender and moist a very heart smart choice. 11.75

CHICKEN STRIPS

Tender strips of breaded chicken breast fried to a crisp golden brown. 11.75

SIDES

Dinner salad, french fries, baked potato, mashed potatoes, hashbrowns, potato salad, cottage cheese, cole slaw, wild rice, bake beans, buttered corn, green beans.



MEATLOAF

FRESH MADE SALADS

CHEF'S SALAD

A bed of fresh, crisp lettuce topped with ham, turkey, cherry tomatoes, carrot sticks, hardboiled egg and shredded cheddar cheese, served with your choice of dressing. 9.25

CHICKEN SALAD

A bed of fresh greens topped with your choice, grilled or breaded chicken, hard boiled egg, red onion, cherry tomatoes and shredded cheddar cheese, served with your choice of dressing. 9.45

CHICKEN CAESAR SALAD

Grilled chicken, chopped romaine, croutons and shredded Parmesan cheese tossed with a creamy Caesar dressing. 9.95

TACO SALAD

A bed of fresh lettuce topped with seasoned beef, tomatoes, onions, black olives and shredded cheddar cheese, served over fresh tortilla chips with sour cream and salsa. 9.75



CHICKEN CAESAR SALAD

HOMEMADE SOUPS

SOUP OF THE DAY

Available all year... please ask your server about our featured homemade soup.
Cup 2.95 | Bowl 3.45

SANDWICHES

All sandwiches are served with French fries, substitute onion rings, breaded mushrooms, or cauliflower instead of French fries for 1.95 extra. Add soup, salad and bread bar for only 2.95

STEAK SANDWICH

Tender and juicy, flame-grilled sirloin steak served open-faced on grilled Texas toast with lettuce, tomato and onion. 13.45

FISH SANDWICH

Breaded cod fillet fried golden brown, served on a grilled bun with lettuce and a side of our homemade tartar sauce. 9.45



CHICKEN WRAP

CHICKEN WRAP

Choose grilled or crispy chicken wrapped in a flour or spinach tortilla with lettuce, tomato, cheddar cheese and honey mustard. 9.95

CHICKEN FILLET

Chicken breast fillet ~ choice of grilled or hand breaded and fried, served with lettuce, tomato and pickle on a grilled bun. 8.95

BLT

Crisp Bacon served on toasted bread with lettuce and tomato. Traditional or our green onion ranch mayo available upon request. 8.95



BLT

TENDERLOIN

"Our specialty" pork cutlet your choice of grilled or hand breaded and fried, served on a grilled bun. 8.95



GRILLED PORK CUTLET

PATTY MELT

Beef patty or a pork cutlet with sautéed onions, mushrooms and melted Swiss cheese on grilled rye bread. 9.45

DELUXE GRILLED CHEESE

Crisp bacon, tomatoes and two slices of melted American cheese on grilled bread. 8.95

REUBEN

Tender sliced corned beef, sauerkraut and Swiss cheese on grilled dark marble rye bread. 9.45

PULLED PORK

You're going to love our delicious BBQ pulled pork piled high on a fresh grilled bun. 9.95

CLUB

Tender, sliced ham, turkey, bacon, lettuce, tomato and Swiss cheese layered on toasted bread. 9.95

HOT SANDWICHES

Take your pick served on white bread with mashed potatoes, smothered with gravy. Beef, Meatloaf or Ham. 9.25

BURGERS

All burgers are served with French fries, substitute onion rings, breaded mushrooms, or cauliflower instead of French fries for 1.95 extra. Add soup, salad and bread bar for only 2.95

CHEESEBURGER

½ lb burger topped with cheese, lettuce, tomato and pickle, served on a grilled bun. 8.95

SOUTHWEST BURGER

This half lb burger is topped with jalapeno, sautéed onions, peppers, pepper jack cheese, lettuce and tomato, served on a grilled bun. 9.95

BIG MAMA

½ lb burger with sautéed mushrooms, melted Swiss cheese, lettuce, tomatoes, pickles and onion on a grilled bun. 9.45

BACON MUSHROOM BURGER

½ lb burger topped with bacon, sautéed mushrooms and Swiss cheese, served with lettuce, tomato and onion on a grilled bun. 10.25



BACON MUSHROOM BURGER

BLACK & BLEU BURGER

½ lb burger blackened with Cajun seasonings then topped with bleu cheese crumbles, lettuce, tomato and onion, served on a grilled bun. 9.45

TEXAS BURGER

½ lb burger with bacon, melted cheddar cheese, sautéed onions, BBQ sauce, lettuce and tomatoes on Texas toast. 10.25

C.B. BURGER

½ lb burger topped with melted American cheese, crisp bacon, lettuce, tomato and pickles, served on a grilled bun. 9.95

BIG PAPA BURGER

Two ½ pound burgers, loaded with sautéed onions and mushrooms, Swiss and cheddar cheese, Bacon & a over easy egg. Served on a toasted bun topped with two breaded onion rings. 15.25



BIG PAPA BURGER

* Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, pork, poultry or shellfish reduces the risk of foodborne illness. Individuals with certain health conditions may be at higher risk if these foods are consumed raw or undercooked. Consult your physician or public health official for further information.