

Best restaurants in the Shoals for families with young kids

Not cooking tonight? No problem, these five restaurants in the Shoals area will be a hit with even the smallest members of your clan.

Superhero Chef's

Tuscumbia

Owned by celebrity chef and Food Network darling Darnell Ferguson, this [family restaurant](#) will make you feel like you have stepped inside an episode of *Chopped*. From the giant pancake stacks to the delectable burgers, each of the menu's offerings is picture-perfect, and do not worry - the food tastes just as good as it looks. But do not let the restaurant's notoriety steer you away. With brightly colored decor, superhero logos plastered on the walls, and comic strip menus, Superhero Chef's creates a fun atmosphere the whole family will enjoy.

Trowbridge's

Florence

Stepping inside this [historical diner](#) in downtown Florence is like taking a step back in time. From the vintage ice cream counter with swivel bar stools to the coca-cola served in glass bottles, the family-owned restaurant has changed little since it opened in 1918. Enjoy a hotdog or their famous pimento cheese sandwich, and finish off with a banana split for dessert. Kids will love choosing from the multitude of ice cream flavors, and parents will appreciate that all menu items are under \$5.

Cheesy Bob Grilled Cheese

Florence

Who doesn't love grilled cheese? This [gourmet grilled cheese shop](#) has something for everyone (everyone that likes grilled cheese, that is). You cannot go wrong with the classic grilled cheese paired with their homemade tomato soup, however, those with a more adventurous palette will love the sweet apricot or jalapeno popper grilled cheeses. Cheesy Bob's also makes it simple with just one item on the kid's menu - a classic grilled cheese made the perfect size for smaller hands. Call-in or order online and enjoy your meal in the comfort of your home, or eat on their shaded patio during warmer months.

Champy's World Famous Fried Chicken

Muscle Shoals

This campy, [chicken joint](#) has become a staple in the Shoals area. If the gutter lined with old license plates or the bright yellow taxicab parked out front is any indication, Champy's has a fun and festive atmosphere that makes it the perfect pick for a Friday night dinner. Chow down on mouth-watering

fried chicken underneath the glow of year-round Christmas lights while listening to live music. For a cost-effective menu option that even your littles will love, order one of the family meals that include between eight and 20 pieces of chicken and up to five large sides, all under \$50.

Rosie's Mexican Cantina

Florence

This [family-owned restaurant](#) will satisfy any family craving cuisine from south of the border. Its large, open dining room and upbeat Mariachi music allow for your family to dine comfortably without worrying about your toddler's squeals disturbing a nearby table. Start your meal off with complimentary fresh salsa and homemade tortilla chips, then order one of the menu's authentic Mexican dishes, like Mahi Mahi fish tacos, or tamales. Still have room for dessert? Finish off with some of their free, yes free, soft-serve vanilla ice cream.