

ROCK'N FISH

GLUTEN FREE MENU

Please specify GLUTEN FREE when ordering from this menu. Please be aware that ROCK'N FISH restaurant is not a gluten free establishment and therefore, cross contamination may occur. IMPORTANT: our oak-grilled items are grilled on the same grill as items containing gluten. To reduce the chances of cross contamination please specify PAN FRIED.

APPETIZERS

Oak Grilled Artichoke 13.95

roasted garlic aioli

Jumbo Prawns on Ice 14.95

signature cocktail sauce - horseradish - lemon

FRESHLY PREPARED SALADS

Dressings: Blue Cheese - Ranch - Caesar - Balsamic Vinaigrette.

grilled chicken 5.95 - grilled salmon 7.95 - seared ahi 8.95 - chilled prawns 9.95 (please specify grilled or sauteed)

Caesar Salad 10.95 lunch / 12.95 dinner

baby heirloom tomatoes - shaved Parmesan *(please specify no croutons)*

Rock'N House 10.95

radish - almonds - manchego - castelvetro olives - citrus vinaigrette

Kale & Beets 14.95

roasted red beets - pickled red onion - candied pepitas - cranberry vinaigrette - pistachio crusted goat cheese

SANDWICHES

Oak Grilled Angus Burger Sandwich 14.95

lettuce - tomato - red onion dill pickle - choice of blue cheese, cheddar, pepperjack or swiss - gluten free brioche bun - one ROCK'N side

OAK GRILLED SEAFOOD & STEAKS

Fresh Catch of the Day 24.95 lunch / 26.95 dinner

citrus caper beurre blanc - grilled asparagus - cherry tomato - sticky rice

Salmon 22.95 lunch / 24.95 dinner

herb butter - grilled asparagus - sticky rice

Wild Swordfish 23.95 lunch / 26.95 dinner

honey chipotle glaze - grilled asparagus - sticky rice

Culotte Sirloin 27.95

grilled asparagus - garlic mashed potatoes

Filet Mignon 39.95

blue cheese & chive butter - grilled asparagus - garlic mashed potatoes

Our food is prepared daily. Water will be served upon request only.

Parties of 6 or more will be subject to an 18% service charge. The service charge is a taxable item..

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AMERICAN REGIONAL SPECIALTIES

Blackened Rockfish 18.95 lunch / 24.95 dinner
avocado aioli - grilled asparagus - sticky rice

Memphis Style Oak Grilled BBQ Pork Ribs 19.95 half / 27.95 full
bbq sauce - coleslaw - one ROCK'N Side

New Orleans BBQ Shrimp "Very Hot & Sweet" 19.95 lunch / 25.95 dinner
bell peppers, onions, tomatoes, mushrooms, lemon, sticky rice

Twin Maine Petite Lobster Tails 39.95
drawn butter - lemon - two Rock'N Sides

ROCK'N Surf & Turf 39.95
culotte sirloin - petite Maine lobster tail - garlic mashed potatoes - grilled asparagus - drawn butter - lemon
(filet mignon upgrade \$10.00)

DESSERTS

Crème Brûlée 9.95
caramelized sugar topping

BEER

Redbridge 6.5
O'Mission Pale Ale 6.5

VEGETARIAN MENU

Sandwich includes one ROCK'N side.

Oak Grilled Mediterranean Sandwich 13.95
grilled sourdough roll - grilled peppers, onions & portobello mushrooms - balsamic vinaigrette reduction
oven roasted tomato - Swiss cheese - arugula - garlic aioli - one ROCK'N side

Pasta Marinara 17.95
broccolini - portobello mushrooms - spinach - pinenuts - penne pasta - parmesan cheese

Fajita Tacos 17.95
white corn tortillas - sauted onions, peppers & mushrooms - avocado - sweet chili aioli - pico de gallo

ROCK'N SIDES

garlic mashed potatoes - sticky rice - Szechuan green beans - natural fries - sweet potato fries -
spicy mac'n cheese - grilled asparagus - seasonal vegetable

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