

# 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

### SANDWICHES

**Oak Grilled Angus Burger Sandwich** 14.95  
lettuce - tomato - red onion dill pickle - choice of blue cheese, cheddar 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  
Chef's choice of fresh fish

**Salmon** 22.95 lunch / 24.95 dinner  
herb butter - grilled asparagus - jasmine rice

**Prime Flatiron** 29.95  
garlic butter - grilled asparagus - garlic mashed potatoes

**Filet Mignon** 44.95  
blue cheese & chive butter - grilled asparagus - garlic mashed potatoes

## AMERICAN REGIONAL SPECIALTIES

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

**Memphis Style Oak Grilled BBQ Pork Ribs** 19.95 half / 29.95 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 - jasmine rice

**Twin Maine Petite Lobster Tails** 42.95  
drawn butter - lemon - two Rock'N Sides

**ROCK'N Surf & Turf** 39.95  
Prime Flatiron - petite Maine lobster tail - garlic mashed potatoes - grilled asparagus - drawn butter - lemon (*filet mignon upgrade \$15.00*)

## GLUTEN FREE SIDES

garlic mashed potatoes - jasmine rice - natural fries - grilled asparagus

## 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 & mushrooms - balsamic vinaigrette reduction - oven roasted tomato - Swiss cheese - arugula - garlic aioli - one ROCK'N side

**Roasted Mushroom, Kale and Pine Nut Pasta** 15.95  
baby kale - parmesan cream - truffle oil - parmesan cheese - linguini

**Fajita Tacos** 15.95  
white corn tortillas - sautéed onions, peppers & mushrooms - avocado - sweet chili aioli - pico de gallo

## ROCK'N SIDES

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

*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.  
Reservations (213) 748.4020 • [www.rocknfishlive.com](http://www.rocknfishlive.com)*