

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*)

Napa Sonoma 10.95 lunch / 14.95 dinner
baby lettuces - sun-dried tomatoes - cucumbers - fresh mozzarella - toasted - pine nuts - red onion - balsamic vinaigrette

SANDWICHES

Oak Grilled Angus Burger Sandwich 14.95
lettuce - tomato - red onion dill pickle - choice of blue cheese, cheddar, pepperjack or swiss - brioche bun - one ROCK'N side

OAK GRILLED SEAFOOD & STEAKS

Each entrée is lightly seasoned and includes two ROCK'N sides.

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 34.95
blue cheese & chive butter - grilled asparagus - garlic mashed potatoes

GLUTEN FREE SIDES

garlic mashed potatoes - sticky rice - Szechuan green beans - natural fries - grilled asparagus

*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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LOBSTER & CRAB LEGS

Each entrée is lightly seasoned and includes two ROCK'N sides.

Twin Maine Petite Lobster Tails 39.95

drawn butter - lemon

ROCK'N Surf & Turf 36.95

culotte sirloin - petite Maine lobster tail - garlic mashed potatoes - grilled asparagus - drawn butter - lemon
(filet mignon upgrade \$10.00)

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" 18.95 lunch / 25.95 dinner

bell peppers, onions, tomatoes, mushrooms, lemon, sticky rice

DESSERTS

Creme 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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