

# LUNCH MENU

## STARTERS & LUNCH MEALS

*gf = Can be made gluten free upon request. Please ask.*

### Breads and Spreads

Garlic whipped butter, with in-house spreads. 13.5

### Seafood Chowder

Loaded with fresh smoked local fish, prawns, mussels, capers, prawns. Finished with cream and white wine. Toasted ciabatta. 17.0 - Large 22.0

### Soup - gf

Freshly prepared, served with toasted ciabatta. 12.0

### Gourmet Pizza

Authentic Naan bread with gourmet toppings. Check out our black board for today's combination. Served with fries & salad 22.0

### Vegetarian Stack - gf

Roasted mushroom, sticky sweet potato, red pepper, tomato, Spanish onion, courgette and fetta with spinach and fresh tomato salsa. 18.0 with chicken 25.5

### Fish of the Day - gf

Freshly prepared daily. 24.0

### Pork Belly Open

#### Sandwich - gf

Slow cooked rolled belly pork over toasted focaccia, with orange, five spice and mild curry gravy, caramelised onion with baby spinach and fries. 24.0

### Rocks Ribeye - gf

Seared over Tuscan fried potatoes with spinach, grilled streaky bacon, buffalo cheese, caramelised onion, melted tomato with crisp salad. 26.0

### Chicken Ciabatta

#### Stack - gf

Tender marinated breast with pomegranate molasses and apple cider. seared and rested on toasted ciabatta with crisp salad. Topped with our apricot chutney, feta and bacon. 24.5

### Bloody Mary

#### Orecchiette

Fresh tomato, garlic and mildly spiced Spanish onion sauce, finished with cream and baby spinach. Small 17.5 Main 25.0

### Hot Smoked

#### Salmon - gf

Infused with Maple, sweet paprika and rosemary. Smoked on site and rested over coconut steamed rice, capsicum and apricot marmalade, and salad and red pepper aioli. 23.0

### Garlic Prawns - gf

Peeled King prawn tails with garlic, Pernod and butter cream sauce, over coconut steamed rice, and salad. 22.0

### Field Mushroom

#### Melt - gf

Baked portobellos with double cream brie on toasted ciabatta with wilted baby spinach and aioli. Topped with cashew crumble and tomato coriander salsa. 18.0

### Bacon & Eggs

Poached, scrambled or fried with honey cured belly bacon resting on wilted spinach with tuscan tomato & toasted ciabatta. 18.5

### Caesar Salad - gf

Garden fresh salad leaves, anchovies, bacon lardons, flaked parmesan and soft boiled eggs with caesar dressing and toasted foccacia bread. 23.0 Add chicken 30.0

### Chicken Salad- gf

Tender breast strips, crisp honey belly bacon, fresh salad, avocado, brie, cashew nuts, plum salsa and aioli. 24.5

### Popcorn Squid

#### Salad - gf

Crunchy salt and peppered squid, golden grilled manuka smoked bacon over crisp salad of lettuce & rocket leaves, toasted sesame, cucumber, tomato, mango chilli jam and wasabi mayo. 24.0

### Warm Beef Salad

Marinated beef tenderloin on a crisp salad of Rocket, iceberg, carrot, beetroot, radish & pumpkin seeds. Topped with crispy maple kumara, Spanish chorizo & horseradish mascarpone. 25.5

### Chicken &

#### Mushroom Pasta

Caramelised onions, chicken & portobello mushrooms, with port & cream reduction sauce Pennoni regate pasta, parmesan, tomato salsa & spinach. Sml 23.0 Main 31.0

### Mushroom & Apple Cider Risotto

Mixed wild mushrooms, fresh thyme and apple cider with spinach and creamy arborio rice, topped with shaved parmesan. Small 23.0 Main 31.0 Add chicken 7.5

### Rummage Board

Hot smoked salmon, our chorizo sausage, salt & pepper squid, garlic mussels, marinated olives, blue cheese, relish, house spread, roasted garlic clove butter & melted tomatoes, all served with crusty breads. 58.0

## SIDES

Mushrooms 9.0

Salad 8.5

Bacon 8.5

Vegetables 9.5

Chips ... Small 5.5

Chips ... Large 7.5

Egg 2.0

Wedges 9.5

Aioli 2.5

Blue Cheese Sauce 8.0

Garlic Butter 4.5



the ROCKS

restaurant • bar • invercargill nz

DESSERTS

**Orchard Crumble**  
Made with fresh seasonal fruit, golden rolled oat crust ice cream & cream. 14.5

**Individual Cheesecake**  
Changes regularly, served with ice cream and whipped cream. 14.5

**Triple Chocolate Berry Brownie**  
Rich chocolate, walnut and berry brownie, served with strawberry coulis and mascarpone. Vanilla ice cream and whipped cream. 14.5

**Banoffie Pie Parfait**  
Malt biscuit base, caramel fudge and banana, dusted with cinnamon, served with Vanilla ice cream & cream. 14.5

**Affogato**  
Espresso shot, vanilla ice cream and liqueur shot of your choice. 16.0

**Baked Caramel Butter Croissant**  
Caramel and butter cream custard with croissant. Served with vanilla ice cream & cream. 14.5

**Eaton Mess**  
Pureed berries with layered meringue, with ice cream and cream. 14.5

**Super Sundaes**  
Chocolate mint, bananaberry, strawberry or caramel white chocolate. With ice cream & cream. Short 10.0 Tall 13.5

**Poached Pears**  
Infused in port, cinnamon & orange liquor, served with Kikorangi Blue cheese, honey mascarpone, crystallised ginger & ginger bread. 17.5

ALCOHOL

**Tap Beer**  
Speights  
House Pour

**Bottled Beer**  
Export Gold  
Export 33  
Heineken  
DB Draught  
DB Export Citrus  
Speights  
Speights Summit  
Steinlager  
Steinlager Pure  
Corona  
Stella Artois  
Panhead Pilsner  
Panhead Pale Ale XPA  
Panhead  
Supercharger APA  
Emersons Pilsner  
Emersons 1812  
Emersons Porter  
Emersons Bookbinder

**Ciders**  
Rekorderlig  
Speights Cider  
Crimson Badger  
Ginger Beer  
Rochdale Three  
Berry Cider  
Calabash Apple &  
Passionfruit Cider 2.5%  
Calabash Crushed Peach  
Bomb Cider

**Light Beers**  
Speights Summit Ultra Low Carb  
Steinlager Light 2.5%  
Heineken Light 2.5%  
Heineken 0%  
Export Citrus 2.0%

NON-ALCOHOL

**Mixers**  
Coke  
Coke Zero  
Sprite Zero  
Lemonade  
Lemon & Paeroa  
Ginger Ale  
Soda Water  
Tonic Water

**Juice**  
Orange  
Apple  
Pineapple  
Cranberry  
Tomato  
Spiced Tomato

**Other**  
Bundaberg  
Ginger Beer  
Bundaberg Diet  
Ginger Beer  
Red Bull  
Antipodes  
Sparkling Water



Looking for the ideal function location?

Shop 5 Function Centre is next to The Rocks and is available for all your group functions. Ideal for any large or small group with self-contained bar. Big screen for entertainment. Music system compatible with phone audio jack or laptop. Shop 5 Function venue is perfect for your next function.