

# LUNCH MENU

Courtville Place, 101 Dee St, Invercargill – Phone (03) 218 7597



[www.shop5rocks.com](http://www.shop5rocks.com)



## STARTERS AND 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

### Fish of the Day - gf

Freshly prepared daily. 24.0

### 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

### 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

### Hot Smoked Salmon - gf

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

### 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.

Small 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

## 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

## 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



the ROCKS

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