

LUNCH MENU

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



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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