



the ROCKS

restaurant • bar • invercargill nz

BREADS AND SPREADS GFR

Fresh and lightly toasted Rocks breads, garlic butter and in-house spreads. 14.5

SOUP OF THE DAY GFR

Freshly prepared and served with toasted ciabatta. 14.0

SEAFOOD CHOWDER

Rich and creamy, loaded with smoked fish, mussels, prawns, capers, and chives, served with toasted ciabatta. 22.0

GOURMET PIZZA

Chef creation, served with fries and salad. 24.0

VEGETARIAN STACK GF

Roasted mushroom, sticky sweet potato, red pepper, tomato, spanish onion, courgette and feta with spinach and fresh tomato salsa. 22.0 Add chicken 28.0

FISH OF THE DAY GFR

Freshly prepared daily POA

PORK BELLY OPEN SANDWICH GFR

Slow cooked rolled belly pork over toasted focaccia, with orange, five spice and mild curry gravy, caramelised onion with baby spinach and fries. 26.0

ROCKS RIBEYE GF

Seared to your liking with tuscan potatoes, baby spinach, streaky bacon, smoked buffalo cheese, caramelised onion and melted tomato with crisp salad. 28.0

CHICKEN STACK GFR

Tender butterflied breast marinated with pomegranate molasses and apple cider, seared and rested on toasted ciabatta with crisp salad, topped with our apricot chutney, feta and bacon. 26.5

HOT SMOKED SALMON GF

Infused with maple, paprika and rosemary. Smoked on site and rested over coconut steamed rice, capsicum and apricot relish, salad and red pepper aioli. 26.0

GARLIC PRAWNS GF

Skewered prawn cutlets with garlic, pernod and butter cream sauce, over coconut steamed rice, and salad. 24.0

FIELD MUSHROOM MELT GFR

Baked portobellos with double cream brie on toasted ciabatta with fresh baby spinach, topped with cashew crumble and tomato coriander salsa. 22.0

EGGS BENEDICT

Poached eggs on honey cured belly bacon, toasted ciabatta and fresh baby spinach drizzled with hollandaise. 24.5

GFR GLUTEN FREE ON REQUEST

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V VEGAN ON REQUEST



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CHICKEN SALAD GFR

Tender chicken breast strips, on salad greens with avocado, brie, cashews, bacon and fresh plum salsa, drizzled with garlic aioli. 26.0

ROCKS CAESAR GFR

Garden salad, shaved parmesan, bacon and anchovies, soft boiled eggs, toasted focaccia and crispy chicken. 25.0

POPCORN SQUID SALAD GFR

Crispy coated salt and peppered squid, on fresh salad greens, bacon, cucumber, tomato, lemon and fresh mango salsa drizzled with wasabi aioli. 26.0

WARM BEEF GF

Marinated beef tenderloin on a crisp rocket salad, pumpkin seeds, spanish chorizo, crispy kumara sticks and horseradish mascarpone. 26.0

CHICKEN & PORTOBELLO FETTUCINE

Chicken, portobello mushroom and onion with a creamy garlic and red wine reduction tossed through fresh tricolour fettuccine and baby spinach topped with shaved parmesan and fresh tomato salsa. 26.5

SMOKED SALMON AND PRAWN RISOTTO GF

House smoked salmon, prawn cutlets, capers, fennel, and roasted red pepper in rich creamy white wine and citrus arborio rice, parmesan and lemon. 26.0

WILD MUSHROOM RISOTTO V

Medley of shiitake, king oyster, black fungus and portobello mushrooms in creamy garlic and white wine arborio rice topped with shaved parmesan. 22.0
w/ chicken 26.0

MUSSELS GFR

Generous amounts of green lip mussels steamed with a creamy garlic and sauvignon blanc sauce, cracked pepper, fresh lemon and dipping bread. 24.0

RUMMAGE BOARD

Hot smoked salmon, spanish chorizo, salt and pepper squid, battered onion rings, half shell mussels, marinated olives, blue cheese, brie, salad, crackers and crusty breads with house spreads. 69.0

SIDES

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|--------------------------------|-----------------------|
| Mushrooms 8.0 | Vegetables 9.5 |
| Bacon 8.5 | Mushroom sauce 7.0 |
| Potato mash 6.0 | Blue cheese sauce 8.0 |
| Egg 3.0 | Garlic sauce 6.0 |
| Fries 8.0 | Garlic butter 4.5 |
| Salad 8.5 | Aioli 3.0 |
| Wedges chilli and s/cream 12.0 | |

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