



the **ROCKS**

restaurant • bar • invercargill nz

Entree

BREADS AND SPREADS GFR V

Lightly toasted rocks bread served with garlic butter and balsamic olive oil dressing.

Serves 1 14.0 Serves 2 24.0

FIELD MUSHROOM MELT GFR V

Lightly baked mushroom melts served with lightly toasted ciabatta bread, baby spinach, crumbed camembert, nut crumble and drizzled in tomato and basil sauce. 18.0

ROCKS SEAFOOD DELIGHT

Crumbed prawn cutlets, popcorn squid and fish goujons served with rustic tartare, capsicum mayo and lemon mayo dressing. 18.0

CHEESE BITES 2 WAYS V

Crumbed camembert and broccoli cheese bites, served with a tomato dipping relish. 16.0

SEAFOOD CHOWDER

Rich and creamy, loaded with fish, mussels, prawns, capers, and chives, served with toasted ciabatta. 26.5

MUSSELS GFR

Green lip mussels steamed with a creamy garlic and sauvignon blanc sauce, cracked pepper fresh lemon and dipping bread. 26.9

WARM OLIVES GFR

Marinated with wild rosemary and trio of sicilian green, queen green and kalamata toasted garlic and chorizo, lightly toasted ciabatta and garlic butter. 28.0

FRESH GREEN AND VEGETABLE CHANGES SEASONALLY



the **ROCKS**
restaurant • bar • invercargill nz

Salads

CHICKEN SALAD GFR

Tender chicken breast strips, on salad greens with camembert, roasted cashews, bacon bits drizzled with garlic aioli and vinaigrette. 29.9

ROCKS CAESAR GFR

Garden salad layered with shaved parmesan, bacon bits and anchovies, boiled eggs and toasted focaccia.

Chicken with garlic aioli. 32.0

Salmon with red pepper aioli. 39.9

SQUID SALAD GFR

Crispy coated salt and peppered squid, on fresh salad greens, bacon bits, cucumber, cherry tomato, lemon, drizzled with wasabi aioli. 27.9

Pasta & Risotto

CHICKEN & PORTOBELLO FETTUCINE

Chicken, portobello mushroom and onion with a creamy garlic and red wine reduction tossed through fresh fettucine and baby spinach topped with shaved parmesan. 32

SALMON AND PRAWN RISOTTO GF

Salmon, prawn cutlets, capers, fennel, and roasted red pepper in rich creamy white wine and citrus arborio rice, topped with shaved parmesan. 39.5

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. 33.9

Add chicken 39.9

FRESH GREEN AND VEGETABLE CHANGES SEASONALLY

GFR GLUTEN FREE ON REQUEST

GF GLUTEN FREE

V VEGETARIAN

X OUR FRIERS ARE NOT GLUTEN FREE



the **ROCKS**
restaurant • bar • invercargill nz

Mains

FISH OF THE DAY GFR

Freshly prepared market fish, our friendly wait staff will inform you of today's Chefs creation. POA

GARLIC PRAWNS GF

King prawn tails with a creamy garlic and pernod sauce over coconut steamed rice and a crisp salad. 43.9

SICILIAN FISH BOWL GFR

Poached king prawn tails, gourmet mussels and market fish in a fresh herb tomato, sweet paprika, chorizo, ginger and garlic broth finished with lemon wedge , citrus mascarpone and toasted focaccia. 44.0

SMOKED SALMON GF

Panfried Salmon infused with maple and paprika resting on warm coconut rice, with roasted red pepper aioli and a crisp salad. 45.0

DIJON CHICKEN GF

Tender chicken breast poached in a creamy sweet dijon mustard, garlic and rosemary white wine sauce, resting on baby spinach and potato mash with a crisp salad. 40.0

PORK LOIN GF

Rolled pork middle, served with kentucky bourbon and mango sauce with mashed potato, seasonal vegetables and crackling. 43.9

FILLET MIGNON GF

A classic eye fillet steak served with manuka smoked belly bacon, rich mushroom sauce or jus and potato of the day with seasonal vegetables. 44.5

FRESH GREEN AND VEGETABLE CHANGES SEASONALLY

GFR GLUTEN FREE ON REQUEST

GF GLUTEN FREE

V VEGETARIAN

X OUR FRIERS ARE NOT GLUTEN FREE

Mains cont.

RIB EYE BLUE CHEESE GFR

Seared and oven roasted to your liking with caramelised onion and a kikorangi blue cheese sauce filled puff pastry vol au vent, potato of the day and seasonal vegetables. 46.9

ROCKS RIB EYE GFR

Seared and oven baked to your liking, with onion rings and fries, served with crisp salad and jus or mushroom sauce. 44.9

SURF AND TURF GFR

(Surf changes regularly PAS)

Eye fillet steak seared to your liking served with red wine jus, mash and crisp seasonal salad. 49.9

LAMB GF

Lightly marinated whole rump in rosemary, cumin and garlic, served on potato of the day with seasonal vegetables, red wine jus and beetroot relish. 43.9

BLUEBERRY AND PORT VENISON GF

Tender sliced denver leg, seared medium rare rested on maple kumara, baby spinach, bacon, red wine jus, port blueberry glaze seasoned with roasted cashew crumb. 44.5

FRESH GREEN AND VEGETABLE CHANGES SEASONALLY



the **ROCKS**
restaurant • bar • invercargill nz

To share

RUMMAGE BOARD

Smoked salmon, spanish chorizo, salt and pepper squid, battered onion rings, half shell mussels, marinated olives, blue cheese, camembert, salad, crackers and crusty breads with house spreads. 85.0

ANTIPASTO BOARD

Selection of cold deli meats and cheeses, pickled baby cucumbers, olives, cherry tomatoes, roasted garlic, crackers, breads and house made spreads. 99.0

Sides

Onion rings.....	10.0
Mushrooms.....	8.0
Bacon.....	9.5
Potato mash	7.0
Eggs	3.0
Fries.....	10.0
Wedges w sweet chilli & sour cream ...	13.5
Salad.....	10.0
Seasonal vegetables.....	10.0
Gravy	6.0
Mushroom sauce	7.0
Garlic sauce	7.0
Peppercon	7.0
Blue cheese sauce	9.0
Aioli	3.0
Garlic butter	4.5
Extra meat or seafood and gf.....	POA

FRESH GREEN AND VEGETABLE CHANGES SEASONALLY

GFR GLUTEN FREE ON REQUEST

GF GLUTEN FREE

V VEGETARIAN

X OUR FRIERS ARE NOT GLUTEN FREE