



the **ROCKS**

restaurant • bar • invercargill nz

Lunch Menu

BREADS AND SPREADS

Freshly toasted rocks breads served with in house garlic butter and vinaigrette. \$15.50

SEAFOOD CHOWDER

Rich and creamy, loaded with fish, mussels, prawns, capers served with a toasted ciabatta. \$24.00

GOURMET PIZZA AND FRIES

Check out pizza of the week created by our kitchen team. \$25.00

VEGETARIAN STACK GF

Roasted mushrooms, capsicum, spanish onion, kumara, courgettes, potato patty and feta with spinach on a tomato and basil sauce. \$23.50
with chicken \$30.00

ROCKS FISH OF THE DAY

Tempura battered fish served with salad and fries
1 piece \$26.00. 2 piece \$32.00

BOURBON GLAZED PORK BURGER

Homemade bourbon glazed pork served with rustic texas slaw between a toasted brioche bun and fries. \$25.00

ROCKS LUNCH RIBEYE

Seared to your liking served with chunky golden fries, streaky bacon, smoked buffalo cheese sauce, caramelised onion, melted tomato with crisp salad. \$32.00

CHICKEN STACK GFO

Tendered butterflied breast marinated with pomegranate molasses and apple cider, seared and rested on a toasted ciabatta with crisp seasonal salad, manuka smoked bacon, feta and garlic aioli. \$27.50

PAN-FRIED SALMON GF

Infused with maple and paprika, resting on warm coconut rice with roasted red pepper aioli and crisp salad. \$35.00

GARLIC BUTTER PRAWNS GF

King prawn tails with a creamy garlic and pernod sauce over coconut steamed rice and a crisp salad. \$25.00

FIELD MUSHROOM MELT GFO

Baked portobello with camembert on toasted ciabatta with baby spinach, cashew crumble topped in a tomato and basil dressing. \$23.50

EGGS BENEDICT GFO

Poached eggs on honey cured belly bacon, toasted ciabatta and fresh baby spinach drizzled with hollandaise sauce. \$24.50

CHICKEN SALAD GFO

Tender chicken breasts strips, on salad greens with camembert, roasted cashews, crispy bacon bits, drizzled with vinaigrette and garlic aioli. \$26.50

SQUID SALAD

Crispy coated salt and pepper squid on fresh salad greens, crispy bacon bits, cucumber, cherry tomato, lemon drizzled with wasabi aioli. \$26.50

ROCKS CAESAR SALAD

Garden salad layered with shaved parmesan, crispy bacon bits and anchovies, boiled eggs with toasted focaccia. Chicken with garlic aioli \$30.00

CHICKEN & PORTOBELLO FETTUCCINE

Chicken, portobello mushroom and onion with a creamy garlic and red wine reduction tossed through fresh fettuccine and baby spinach topped with shaved parmesan. \$32.00

SALMON AND PRAWN CUTLET RISOTTO GF

Salmon, prawn cutlets, capers, fennel and roasted peppers in a rich and creamy white wine citrus arborio rice topped with shaved parmesan. \$30.00

MUSSELS GFO

Green lipped mussels steamed with creamy garlic and sauvignon blanc sauce, cracked pepper, fresh lemon and dipping bread. \$26.00

SIDES

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

ROCKS DEEP FRYERS ARE NOT GLUTEN FREE. PLEASE NOTIFY YOUR SERVER OF ANY ALLERGIES.