

THE ROCK

STEAKHOUSE • BAR • GRILL



APPETIZERS

TABLE BREAD

Baked Fresh & Served with Whipped Butter (Serves 2)

7

ROCK CHEESE TOAST

Creamy Garlic Cheese Toast on Artisan Bread

13

LOCAL OYSTERS 1/2 DOZ

Served "Raw on the Half Shell" with Red Wine
Mignonette & House Hot Sauce or "Rockefeller"
Broiled with Creamy Spinach, Bacon, Parmesan, Panko

28/34

CHEF'S MUSSELS

Ask Your Server for Today's Chef Inspired Flavour

24

STEAK TARTARE

Freshly Chopped AAA+ Blue Dot Reserve Steak
Cured With Citrus, Egg Yolk, Dijon Mustard, Cracked
Peppercorn, Crostini, Parm, Crispy Capers

25

TUNA TARTARE

Freshly Chopped Bluefin Tuna Loin, Lime, Avocado
Purée, Soy, Ginger, Cucumber, Black & White Sesame
Seeds, Wonton Crisps

26

ROCK SLIDERS

2 Sliders, House Ground AAA+ Blue Dot Reserve,
Crispy Onions, Mustard, Smoked Gouda, Onion Mayo
Add Bacon: 3

24

DUCK DRUMETTES

4 Crispy Drums, Sweet Sesame & Ginger Glaze

19

JUMBO SHRIMP & SCALLOPS

Seared Scallops & Jumbo Shrimp, White Wine Garlic
Cream Sauce, Basil Pesto

24

CALAMARI

Squid Tubes & Tentacles, House Dredge, Crispy Jalapeño
Peppers, Pickled Red Onion, Sweet Chili Soy Sauce

19

SPINACH & GOAT CHEESE DIP

Spinach, Bacon, Goat Cheese, Fried Pita Chips

20

CHICKEN WINGS

Wings Tossed in Rock Spice, Citrus Brined & Fried,
Served with Dill Buttermilk Ranch

20

WAGYU TASTER

Slices of BMS 9 Australian Wagyu Striploin (4oz),
Crispy Shallots

95

SOUPS & SALADS

FRENCH ONION SOUP

Caramelized Onions, Sherry, Thyme, Swiss Cheese, Crostini

16

FISH SOUP

Scallop, Shrimp, Cod, Mussels, Locally Smoked Salmon,
Julienne Vegetable, Light Fish Stock

28

GARDEN SALAD

Goat Cheese, Red Onion, Tomato, Cucumber,
Maple Balsamic Vinaigrette

17

THE ROCK CAESAR

Shaved Parmesan, Bacon, House Made Croutons,
Caesar Dressing, Crispy Capers, Romaine, Lemon

18

ENTRÉES

DOUBLE SMASH BURGER

Double Patty of AAA+ Blue Dot Reserve Beef,
Cheddar, House Burger Sauce, Bacon, Frizzled Onion,
Pickles, Iceberg Lettuce, Choice of Side

32

COD FISH

Pan Seared Newfoundland Cod Fish, Roasted
Vegetables, Choice of Side, Citrus Cream

32

SMOKED SALMON

Locally Smoked Salmon, Soy Glazed, Mango Sauce,
Sesame Seeds, Crispy Wontons

45

FISH & CHIPS

Crispy Battered NL Cod, Mustard Pickle Aioli, Fries

26

ROCK BURGER

House Ground from Premium Cuts Of AAA+ Blue Dot
Reserve Beef, Smoked Gouda, Crispy Onions, Lettuce,
Tomato, Pickle, Bacon, Onion Mayo, Choice of Side

28

STEAK SALAD

8oz AAA+ Blue Dot Reserve Sirloin, Arugula, Mixed
Greens, Corn, Cherry Tomatoes, Red Onion, Aged
Cheddar, Avocado Ranch, Crispy Fried Wontons

52

TUSCAN CHICKEN

Grilled Chicken, Sundried Tomato, Spinach
Parmesan Cream, Cavatappi Pasta

40

SEAFOOD TAGLIATELLE

Scallops, Mussels, Shrimp, Peppers,
Spicy Parmesan Cream Sauce

45

VEGETABLE STIR-FRY

Stir-Fry Peppers, Onion, Mushroom, Broccoli, Shredded
Carrots, Rice Noodle, Teriyaki Sauce
or Sweet Chili Soy Glaze

24

Add Protein: Chicken 10, Steak 12 Or Shrimp 14



ROCK REWARDS CLUB

Collect Points & Receive Exclusive
Benefits & Special Offers

ARTISAN STEAKS

THE ROCK'S SIGNATURE STEAKS

Canada Prime Grade, Highest Canadian Grade, Only 2% of All Canadian Beef is Prime, Extremely Limited Supply & Prized for its Marbling, Ask Your Server for Today's Selection 

JAPANESE A5 WAGYU	299
5 Grade BMS 10+	
AUSTRALIAN WAGYU STRIPLOIN	185
8oz Perfectly Marbled, 4 Grades Higher Than Prime BMS 9	
TOMAHAWK RIBEYE	159/169
40oz Long Bone Ribeye, AAA+ Blue Dot Reserve with 1 or 2 Sides, Albany, PEI	
BISON RIBEYE	70
12oz Canadian, Grass Fed, Red Meat Super Food, Raised Without Hormones or Antibiotics	
DELMONICO	59
AAA+ Blue Dot Reserve, Albany, PEI	
DENVER	44
AAA+ Blue Dot Reserve, Albany, PEI	

CLASSIC STEAKS

NEW YORK STRIPLOIN	59
12oz AAA+ Blue Dot Reserve, Albany, PEI	
RIBEYE	74
16oz AAA+ Blue Dot Reserve, Albany, PEI	
TENDERLOIN	56/66
7oz or 10oz AAA+ Blue Dot Reserve, Albany, PEI	
SIRLOIN	45
8oz AAA+ Blue Dot Reserve, Albany PEI Served Sliced	

The Highest Levels of Quality, Service & Honesty is our Promise. An Exceptional Experience for our Guests is our Commitment.

All Steaks Served with Seasonal Vegetables & Your Choice of Fries, Baked Potato, or Roasted Garlic Mash

Blue - Seared Outside, Raw Throughout
Rare - Narrow Sear Line, Red Inside
Medium Rare - Deeper Sear Line 75% Red Inside
Medium - Deep Sear Pink Throughout
Medium Well - 90% Done with Thin Line of Pink
Well Done - Done Throughout

PREMIUM SIDES

PARMESAN TRUFFLE FRIES	SUB 10 ADD 13
Parmesan, White Truffle Oil, Rock Spice, Garlic & Truffle Aioli	
ROMANOFF POTATOES	SUB 10 ADD 13
Twice Baked Shredded Potato, Green Onion, White Cheddar, Sour Cream	
MAC & CHEESE	SUB 10 ADD 13
Creamy Three Cheese Sauce, White Cheddar, Boursin, Parmesan, Herb Panko Crust	
ICEBERG WEDGE	SUB 10 ADD 13
Bacon, Tomato, Dill Buttermilk Ranch, Blue Cheese or Parm	
SWEET BEET SALAD	SUB 10 ADD 13
Sweet Beets with Maple Balsamic, Mixed Greens, Pickled Onion & Topped with Goat Cheese	
GARDEN SALAD	SUB 10 ADD 13
Goat Cheese, Red Onion, Tomato, Cucumber, Maple Balsamic Vinaigrette	
CAESAR SALAD	SUB 10 ADD 13
Shaved Parmesan, Bacon, House Made Croutons, Caesar Dressing, Crispy Capers, Romaine, Lemon	
LOADED BAKED POTATO	SUB 6 ADD 11
Sour Cream, Bacon, Green Onion, Cheesy Butter	

TOP YOUR STEAK

SCALLOPS	24
Fresh Sea Scallops, Parmesan Cream Sauce	
PRAWNS	22
Large Shrimp, Parmesan Cream Sauce	
COMPOUND BUTTER	6
Chef Inspired Compound Butter, Ask Your Server for Today's Flavours	

ADDITIONS

Fries.....	10
Baked Potato & Butter.....	9
Mushrooms & Onions	9

STEAK SAUCES

Demi Glace	4
Brandy Peppercorn Cream Sauce	5
Bearnaise Sauce	4
Rock Steak Sauce	2