



APPETIZERS

TABLE BREAD <i>Baked Fresh & Served with Whipped Butter (Serves 2)</i>	7
ROCK CHEESE TOAST <i>Creamy Garlic Cheese Toast on Artisan Bread</i>	13
LOCAL OYSTERS 1/2 DOZ <i>Served "Raw on the Half Shell" with Red Wine Mignonette & House Hot Sauce or "Rockefeller" Broiled with Creamy Spinach, Bacon, Parmesan, Panko</i>	28/34
CHEF'S MUSSELS <i>Ask Your Server for Today's Chef Inspired Flavour</i>	24
STEAK TARTARE <i>Freshly Chopped AAA+ Blue Dot Reserve Steak Cured With Citrus, Egg Yolk, Dijon Mustard, Cracked Peppercorn, Crostini, Parm, Crispy Capers</i>	25
TUNA TARTARE <i>Freshly Chopped Bluefin Tuna Loin, Lime, Avocado Purée, Soy, Ginger, Cucumber, Black & White Sesame Seeds, Wonton Crisps</i>	26
ROCK SLIDERS <i>2 Sliders, House Ground AAA+ Blue Dot Reserve, Crispy Onions, Mustard, Smoked Gouda, Onion Mayo</i> Add Bacon: 3	24
DUCK DRUMETTES <i>4 Crispy Drums, Sweet Sesame & Ginger Glaze</i>	19
JUMBO SHRIMP & SCALLOPS <i>Seared Scallops & Jumbo Shrimp, White Wine Garlic Cream Sauce, Basil Pesto</i>	24
CALAMARI <i>Squid Tubes & Tentacles, House Dredge, Crispy Jalapeño Peppers, Pickled Red Onion, Sweet Chili Soy Sauce</i>	19
SPINACH & GOAT CHEESE DIP <i>Spinach, Bacon, Goat Cheese, Fried Pita Chips</i>	20
CHICKEN WINGS <i>Wings Tossed in Rock Spice, Citrus Brined & Fried, Served with Dill Buttermilk Ranch</i>	20
WAGYU TASTER <i>Slices of BMS 9 Australian Wagyu Striploin (4oz), Crispy Shallots</i>	95



ROCK REWARDS CLUB

Collect Points & Receive Exclusive Benefits & Special Offers

SOUPS & SALADS

FRENCH ONION SOUP <i>Caramelized Onions, Sherry, Thyme, Swiss Cheese, Crostini</i>	16
FISH SOUP <i>Scallop, Shrimp, Cod, Mussels, Locally Smoked Salmon, Julienne Vegetable, Light Fish Stock</i>	28
GARDEN SALAD <i>Goat Cheese, Red Onion, Tomato, Cucumber, Maple Balsamic Vinaigrette</i>	17
THE ROCK CAESAR <i>Shaved Parmesan, Bacon, House Made Croutons, Caesar Dressing, Crispy Capers, Romaine, Lemon</i>	18

ENTRÉES

DOUBLE SMASH BURGER <i>Double Patty of AAA+ Blue Dot Reserve Beef, Cheddar, House Burger Sauce, Bacon, Frizzled Onion, Pickles, Iceberg Lettuce, Choice of Side</i>	32
COD FISH <i>Pan Seared Newfoundland Cod Fish, Roasted Vegetables, Choice of Side, Citrus Cream</i>	32
SMOKED SALMON <i>Locally Smoked Salmon, Soy Glazed, Mango Sauce, Sesame Seeds, Crispy Wontons</i>	45
FISH & CHIPS <i>Crispy Battered NL Cod, Mustard Pickle Aioli, Fries</i>	26
ROCK BURGER <i>House Ground from Premium Cuts Of AAA+ Blue Dot Reserve Beef, Smoked Gouda, Crispy Onions, Lettuce, Tomato, Pickle, Bacon, Onion Mayo, Choice of Side</i>	28
STEAK SALAD <i>8oz AAA+ Blue Dot Reserve Sirloin, Arugula, Mixed Greens, Corn, Cherry Tomatoes, Red Onion, Aged Cheddar, Avocado Ranch, Crispy Fried Wontons</i>	52
TUSCAN CHICKEN <i>Grilled Chicken, Sundried Tomato, Spinach Parmesan Cream, Cavatappi Pasta</i>	40
SEAFOOD TAGLIATELLE <i>Scallops, Mussels, Shrimp, Peppers, Spicy Parmesan Cream Sauce</i>	45
VEGETABLE STIR-FRY <i>Stir-Fry Peppers, Onion, Mushroom, Broccoli, Shredded Carrots, Rice Noodle, Teriyaki Sauce or Sweet Chili Soy Glaze</i> Add Protein: Chicken 10, Steak 12 Or Shrimp 14	24

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

CLASSIC STEAKS

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

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

TOP YOUR STEAK

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

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