



## APPETIZERS

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

## SOUPS & SALADS

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

## ENTRÉES

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



### 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  
A5 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** 72  
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** 75  
17oz 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