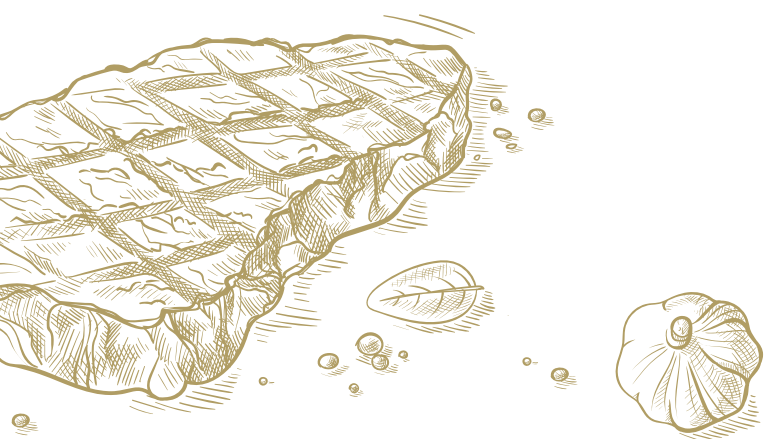




APPETIZERS

TABLE BREAD <i>Baked fresh & served with whipped butter (serves 2).</i>	4
ROCK CHEESE TOAST <i>Creamy garlic cheese toast on artisan bread.</i>	10
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, and 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, parmesan, crispy capers.</i>	25
TUNA TARTARE <i>Freshly chopped bluefin tuna loin, lime, avocado purée, soy, ginger, cucumber, black & white sesame seeds, and wonton crisps.</i>	21
DUCK DRUMETTES <i>4 crispy drums, sweet sesame & ginger glaze.</i>	19
SHRIMP, SCALLOPS & FRITES <i>Chimichurri, spicy caesar cocktail sauce, crispy frites.</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
WAGYU TASTER <i>Slices of BMS 9 Australian wagyu striploin (4oz), crispy shallots.</i>	95



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>Gem romaine, tomatoes, cucumber, red onion, feta, red wine vinaigrette.</i>	17
THE ROCK CAESAR <i>Shaved parmesan, bacon, croutons, caesar dressing, crispy capers, romaine, lemon.</i>	18

ENTRÉES

STEAK SALAD <i>8oz AAA+ Blue Dot Reserve sirloin, corn, cherry tomatoes, crispy onion, aged cheddar, buttermilk ranch, red onion, bell peppers.</i>	52
HERB-ROASTED HALF CHICKEN <i>Choice of fries, baked potato or garlic mash, bacon, garlic & thyme jus, and seasonal vegetables.</i>	44
SEAFOOD TAGLIATELLE <i>Scallops, mussels, shrimp, peppers, basil pesto cream sauce.</i>	45
ROCK BURGER <i>AAA+ Blue Dot Reserve beef, smoked gouda, crispy onions, lettuce, tomato, pickle, bacon, onion mayo, choice of fries, baked potato or garlic mash.</i>	28
SMOKED SALMON <i>Soy glazed, mango sauce, choice of fries, baked potato or garlic mash, seasonal vegetables.</i>	45
DOUBLE SMASH BURGER <i>AAA+ Blue Dot Reserve beef, cheddar, house burger sauce, bacon, frizzled onion, pickles, iceberg lettuce, choice of fries, baked potato or garlic mash.</i>	32
COD FISH <i>Pan seared, roasted vegetables, choice of fries, baked potato or garlic mash, citrus cream.</i>	32
FISH & CHIPS <i>Crispy battered, mustard pickle aioli, fries.</i>	26
VEGETABLE STIR-FRY <i>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

SIGNATURE 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. 🍁

Signature Steaks served with your choice of premium side & seasonal vegetables.

TENDERLOIN (8OZ)	85
STRIPLOIN (12OZ)	85
RIBEYE (16OZ)	100
FLAT IRON (10OZ)	65
SIRLOIN (8OZ)	65

ARTISAN STEAKS

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.	75
DELMONICO Canada Prime Grade Beef, Albany, PEI.	61
DENVER Canada Prime Grade Beef, Albany, PEI.	46

CLASSIC STEAKS

AAA+ Blue Dot Reserve Grade, Albany, PEI

NEW YORK STRIPLOIN (12OZ)	61
RIBEYE (17OZ)	77
TENDERLOIN (7OZ/10OZ)	60/71
SIRLOIN (8OZ)	45

Artisan Steaks & Classic 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

TOP YOUR STEAK

SCALLOPS Fresh sea scallops, roasted garlic herb butter.	24
PRAWNS Large shrimp, roasted garlic herb butter	22
COMPOUND BUTTER Chef-inspired compound butter, ask your server for today's flavours	4

PREMIUM SIDES

PARMESAN TRUFFLE FRIES Parmesan, white truffle oil, Rock spice, garlic & truffle aioli.	SUB 10	ADD 13
ROMANOFF POTATOES Twice baked shredded potato, green onion, white cheddar, sour cream	SUB 10	ADD 13
MAC & CHEESE Creamy three cheese sauce, white cheddar, boursin, parmesan, herb panko crust.	SUB 10	ADD 13
ROMAN BRUSSELS Fried with bacon, garlic, capers, parmesan.	SUB 8	ADD 11
SWEET BEET SALAD Sweet beets with maple balsamic, mixed greens, pickled onion & topped with goat cheese.	SUB 10	ADD 13
GARDEN SALAD Gem romaine, tomato, cucumber, red onion, feta, red wine vinaigrette.	SUB 8	ADD 11
CAESAR SALAD Shaved parmesan, bacon, croutons, caesar Dressing, crispy capers, romaine, lemon.	SUB 9	ADD 12
LOADED BAKED POTATO Sour cream, bacon, green onion, cheesy butter.	SUB 6	ADD 11

ADDITIONS

Fries	10
Baked Potato & Butter	9
Mushrooms & Onions	9

STEAK SAUCES

Demi-glaze	4
Brandy Peppercorn Cream Sauce	5
Bearnaise Sauce	4
Rock Steak Sauce	NC

Please inform your server of any food allergies as we cannot guarantee the absence of certain ingredients.