



## PRIX FIXE LUNCH 49

### SOUP OR SALAD

Choice of appetizer caesar or soup of the day.

### STRIPLOIN STEAK

The Rock's exclusive Blue Dot Reserve AAA+ 8oz Manhattan cut striploin steak, served with garlic mash or fries accompanied by demi-glace.

### DESSERT OPTION

Add a dessert of your choice (\$9).

## SUSHI LUNCH COMBO 21

### URAMAKI

Choice of California, spicy salmon, vegetables, tempura shrimp or smoked salmon.

### LUNCH POKE BOWL

Choice of tuna, salmon or bulgogi.

## SOUP & SANDWICH 23

### CHEF'S SANDWICH & SOUP OF THE DAY

Today's kitchen creation.

## SOUPS & SALADS

### FRENCH ONION SOUP 16

Caramelized onions, sherry, thyme, swiss cheese, crostini.

### FISH SOUP 28

Scallop, shrimp, cod, mussels, locally smoked salmon, julienne vegetables, light fish stock.

### GARDEN SALAD 17

Gem romaine, tomatoes, cucumber, red onion, feta, red wine vinaigrette.

### THE ROCK CAESAR 18

Shaved parmesan, bacon, croutons, caesar dressing, crispy capers, romaine, lemon.

## APPETIZERS

### TABLE BREAD 4

Baked fresh & served with whipped butter (serves 2).

### ROCK CHEESE TOAST 10

Creamy garlic cheese toast on artisan bread.

### LOCAL OYSTERS 1/2 DOZ 28/34

Served "raw on the half shell" with red wine mignonette & house hot sauce or "Rockefeller" broiled with creamy spinach, bacon, parmesan, and panko.

### CHEF'S MUSSELS 24

Ask your server for today's chef-inspired flavour.

### TUNA TARTARE 21

Freshly chopped bluefin tuna loin, lime, avocado purée, soy, ginger, cucumber, black & white sesame seeds, and wonton crisps.

### DUCK DRUMETTES 19

4 crispy drums, sweet sesame, and ginger glaze.

### JUMBO SHRIMP & SCALLOPS 24

Chimichurri, spicy caesar cocktail sauce, frites.

### CALAMARI 19

Squid tubes & tentacles, house dredge, crispy jalapeño peppers, pickled red onion, sweet chili soy sauce.

## ENTRÉES

### ROCK BURGER 28

AAA+ Blue Dot Reserve beef, smoked gouda, crispy onions, lettuce, tomato, pickle, bacon, onion mayo, choice of side.

### DOUBLE SMASH BURGER 32

AAA+ Blue Dot Reserve beef, cheddar, house burger sauce, bacon, frizzled onion, pickles, Iceberg lettuce, choice of fries or mash.

### STEAK SALAD 52

8oz AAA+ Blue Dot Reserve sirloin, corn, cherry tomatoes, crispy onions, red onion, aged cheddar, buttermilk ranch.

### HERB-ROASTED HALF CHICKEN 44

Choice of fries or mash, bacon, garlic, & thyme jus, seasonal vegetables.

### SEAFOOD TAGLIATELLE 45

Scallops, mussels, shrimp, peppers, basil pesto cream sauce.

### SMOKED SALMON 45

Soy glazed, mango sauce, vegetables, choice of fries or mash.

### FISH & CHIPS 26

Crispy battered, mustard pickle aioli, fries.



### ROCK REWARDS CLUB

Collect Points & Receive Exclusive Benefits & Special Offers

# 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

<b>AUSTRALIAN WAGYU STRIPLOIN</b>	<b>185</b>
<i>8oz perfectly marbled, 4 grades higher than prime, BMS 9.</i>	
<b>TOMAHAWK RIBEYE</b>	<b>159/169</b>
<i>40oz long-bone ribeye, AAA+ Blue Dot Reserve with 1 or 2 sides, Albany, PEI.</i>	
<b>BISON RIBEYE</b>	<b>75</b>
<i>12oz Canadian, grass-fed, red meat super food, raised without hormones or antibiotics.</i>	

# CLASSIC STEAKS

AAA+ Blue Dot Reserve Grade, Albany, PEI

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

**Entrees, Artisan Steaks & Classic Steaks** served with seasonal vegetables & your choice of fries, 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.*

**MAC & CHEESE** SUB 10 ADD 13  
*Creamy three cheese sauce, white cheddar, boursin, parmesan, herb panko crust.*

**SWEET BEET SALAD** SUB 10 ADD 13  
*Sweet beets with maple balsamic, mixed greens, pickled onion & topped with goat cheese.*

**CAESAR SALAD** SUB 9 ADD 12  
*Shaved parmesan, bacon, croutons, caesar dressing, crispy capers, romaine, lemon.*

# STEAK SAUCES

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

# ADDITIONS

Fries . . . . .	10
Mushrooms & Onions . . . . .	9

