

## **SOUPS & SALADS**

<b>Chef's Daily Soup</b>	<b>6</b>
<b>French Onion Soup</b> <i>croustini, padano</i>	<b>8</b>
<b>Mixed Greens</b> <i>tomato, onion, carrot, cucumber, snow peas, basil vinaigrette</i>	<b>8</b>
<b>Caesar Salad</b> <i>romaine lettuce, croutons, bacon, fresh shaved padano, house made dressing</i>	<b>9</b>
<b>Spinach Salad</b> <i>candied bacon, carrot, egg, onion, mandarin oranges, almonds, goat cheese, balsamic reduction</i>	<b>10</b>
add chicken, prawns or mahi mahi	<b>7</b>

## **APPETIZERS**

<b>Brushchetta</b> <i>artisan flat bread, balsamic reduction, padano</i>	<b>12</b>
<b>Calamari</b> <i>tzatzki, lemon</i>	<b>13</b>
<b>Garlic Prawns</b> <i>garlic aioli, micro greens</i>	<b>14</b>
<b>Chicken Wings</b> <i>BBQ, hot, honey garlic, teriyaki, sea salt &amp; pepper, caribbean jerk, crudite</i>	<b>13</b>
<b>Dry Ribs</b> <i>cracked pepper &amp; sea salt</i>	<b>13</b>
<b>Spinach &amp; Artichoke Dip</b> <i>three cheese blend, artisan flat bread, tortilla chips</i>	<b>13</b>
<b>Nachos</b> <i>three cheese blend, green onions, olives, tomatoes, jalapeños, salsa, sour cream</i>	<b>16</b>
<b>add chicken or beef</b>	<b>4</b>
<b>add guacamole</b>	<b>2</b>

*Please inform your server  
of any allergies*

## **CLASSICS**

*choice of fries, salad or daily soup  
substitute yam fries, onion rings or caesar salad 2*

**Rock Burger** **14**  
*house made 7oz beef, lettuce, onion,  
tomato, pickle, mayonnaise*

**Chicken Burger** **14**  
*grilled chicken breast, lettuce, onion, tomato,  
mayonnaise, pickle, red pepper pineapple salsa*

**Pulled Pork Sandwich** **14**  
*onion, tomato*

**Chicken Strips** **13**  
*plum sauce*

**Chicken Club** **15**  
*chicken, bacon, lettuce, tomato, cheddar  
choice of sundried tomato sourdough,  
multi grain, white bread*

**Crispy Chicken Tender Wrap** **14**  
*hickory BBQ aioli, cheddar  
lettuce, onion, tomato*

**Open Face Steak Sandwich** **16**  
*focaccia, onion crisps*

**Sirloin Steak Wrap** **15**  
*peppers, onion, greens, garlic aioli,  
mozzarella cheese, mayonnaise*

**Mahi Mahi Tuna Melt** **15**  
*pan seared rare, artisan flat bread,  
havarti, citrus cilantro aioli*

**Beef Dip** **14**  
*roast beef, hoagie bun, caramelized onion,*

**Grilled Veggie Wrap** **13**  
*grilled peppers, tzatziki, eggplant, tomato,  
onion, carrot, greens, feta cheese*

*Food prices do not include  
applicable taxes*

## **FAVOUITES**

<b>Fish &amp; Chips</b>	<i>single 13</i>	<i>double 18</i>
<i>tartar sauce, lemon, dill</i>		
<b>Asian Noodles Stir Fry</b>		<b>14</b>
<i>mushroom, onion, peppers, broccoli, snow peas, ginger, watercress, teriyaki</i>		
<b>add chicken or prawns</b>		<b>7</b>
<b>10 oz Sirloin AAA</b>		<b>24</b>
<i>garlic mashed, seasonal vegetables, red wine demi glaze</i>		
<b>Surf &amp; Turf - add 5 garlic prawns</b>		<b>7</b>
<b>Roast Beef</b>		<b>18</b>
<i>garlic mashed potato, seasonal vegetables, red wine au jus, fresh tea biscuit</i>		
<b>Prawn Cavattapi</b>		<b>21</b>
<i>prawn, onion, mushroom, snow peas, pesto cream sauce</i>		
<b>Thai Chicken Linguini</b>		<b>17</b>
<i>red onion, red pepper, coconut sauce</i>		
<b>Cajun Mahi Mahi</b>		<b>17</b>
<i>rice, seasonal vegetables</i>		
<b>Gnocchi</b>		<b>16</b>
<i>peppers, garlic, onion, broccoli, olive oil</i>		
<b>Braised Lamb Shepards Pie</b>		<b>17</b>
<i>braised lamb, garlic mashed potatoes, pear confit, goat cheese, seasonal vegetables</i>		

## **DESSERTS**

<b>Apple Fritters</b>		<b>8</b>
<i>maple syrup drizzle &amp; confection sugar</i>		
<b>Decadent Chocolate Cake</b>		<b>10</b>
<i>layers of chocolaty goodness</i>		
<b>Colossal Cheese Cake</b>		<b>8</b>
<i>raspberry passion fruit coulis</i>		
<i>a rock favourite</i>		
<b>Pecan Flan</b>		<b>8</b>
<i>caramel &amp; pecan madness</i>		

*15 % gratuity will be added  
to parties of 8 or more*

## **DAILY FEATURES**

### **Classic Monday's**

Bottles of Pilsner	<b>\$4.50</b>
Cold Pints of Molson Canadian	<b>\$5.50</b>
Choose any classic menu item	<b>\$12.00</b>

### **2 for 1 Tuesday's**

2 for 1 Wings, Dry Ribs & Calamari	
Bottles of MGD	<b>\$4.50</b>
Tequila Tuesday's – Cuervo Gold	<b>\$4.50</b>

### **Winetastic Wednesday's**

Bottles of Whistler Lager	<b>\$4.75</b>
Glass of house wine	<b>\$6.25</b>
Roast Beef Dinner...hurry in	<b>\$15.00</b>

### **Thirsty Thursday's College Night - Karaoke**

Beer Boot Stein	<b>\$15.00</b>
Boot Refills (Canadian or Coors Light)	<b>\$2.00</b>
Bottles of Coors Light	<b>\$4.50</b>
Double Well Drinks	<b>\$6.50</b>
Artisan Pizza & Salad	<b>\$12.00</b>

### **Fish & Chip Friday's**

Half Price Fish & Chips!	
Ladies Night Bellini's	<b>\$4.50</b>
Bottles of Granville Island Lager	<b>\$4.75</b>
Cold Pints of Granville Island Pale Ale	<b>\$5.75</b>
Jagger Bombs & Blue Bombs	<b>\$7.25</b>

### **Sizzling Saturday's**

Rock Chips & Jug of Granville Island	<b>\$20.00</b>
Bottles of Corona	<b>\$5.25</b>
Bottles of Smirnoff Ice	<b>\$5.50</b>
Corona Buckets of 4	<b>\$20.00</b>
Smirnoff Ice Buckets of 4	<b>\$20.00</b>

### **Caesar Sunday's**

Bottles of Sleeman Honey Brown	<b>\$4.75</b>
Chances Rock Size Smirnoff Caesar's	<b>\$7.75</b>
Sunday Brunch	<b>\$12.99</b>