

ROCK'N FISH

GLUTEN FREE MENU

Please specify GLUTEN FREE when ordering from this menu. Please be aware that ROCK'N FISH restaurant is not a gluten free establishment and therefore, cross contamination may occur. IMPORTANT: our oak-grilled items are grilled on the same grill as items containing gluten. To reduce the chances of cross contamination please specify PAN FRIED.

APPETIZERS

Oak Grilled Artichoke 13.95
roasted garlic aioli

Jumbo Prawns on Ice 14.95
signature cocktail sauce - horseradish - lemon

FRESHLY PREPARED SALADS

*Dressings: Blue Cheese - Ranch - Caesar - Balsamic Vinaigrette.
grilled chicken 5.95 - grilled salmon 7.95 - seared ahi 8.95 - chilled prawns 9.95 (please specify grilled or sauteed)*

Caesar Salad 10.95 lunch / 12.95 dinner
baby heirloom tomatoes - shaved Parmesan (*please specify no croutons*)

Rock'N House 10.95
radish - almonds - manchego - castelvetro olives - citrus vinaigrette

SANDWICHES

Oak Grilled Angus Burger Sandwich 14.95
lettuce - tomato - red onion dill pickle - choice of blue cheese, cheddar or swiss -
gluten free brioche bun - one ROCK'N side

OAK GRILLED SEAFOOD & STEAKS

Fresh Catch of the Day 24.95 lunch / 26.95 dinner
Chef's choice of fresh fish

Salmon 22.95 lunch / 24.95 dinner
herb butter - grilled asparagus - jasmine rice

Prime Flatiron 29.95
garlic butter - grilled asparagus - garlic mashed potatoes

Filet Mignon 44.95
blue cheese & chive butter - grilled asparagus - garlic mashed potatoes

AMERICAN REGIONAL SPECIALTIES

Blackened Rockfish 18.95 lunch / 24.95 dinner
avocado aioli - grilled asparagus - jasmine rice

Memphis Style Oak Grilled BBQ Pork Ribs 19.95 half / 29.95 full
bbq sauce - coleslaw - one ROCK'N Side

New Orleans BBQ Shrimp "Very Hot & Sweet" 19.95 lunch / 25.95 dinner
bell peppers - onions - tomatoes - mushrooms - lemon - jasmine rice

Twin Maine Petite Lobster Tails 42.95
drawn butter - lemon - two Rock'N Sides

ROCK'N Surf & Turf 39.95
Prime Flatiron - petite Maine lobster tail - garlic mashed potatoes - grilled asparagus - drawn butter - lemon (*filet mignon upgrade \$15.00*)

GLUTEN FREE SIDES

garlic mashed potatoes - jasmine rice - natural fries - grilled asparagus

DESSERTS

Crème Brûlée 9.95
caramelized sugar topping

BEER

Redbridge 6.5
O'Mission Pale Ale 6.5

VEGETARIAN MENU

Sandwich includes one ROCK'N side.

Oak Grilled Mediterranean Sandwich 13.95
grilled sourdough roll - grilled peppers, onions & mushrooms - balsamic vinaigrette reduction - oven roasted tomato - Swiss cheese - arugula - garlic aioli - one ROCK'N side

Roasted Mushroom, Kale and Pine Nut Pasta 15.95
baby kale - parmesan cream - truffle oil - parmesan cheese - linguini

Fajita Tacos 15.95
white corn tortillas - sautéed onions, peppers & mushrooms - avocado - sweet chili aioli - pico de gallo

ROCK'N SIDES

garlic mashed potatoes - jasmine rice - Szechuan green beans - natural fries - sweet potato fries - spicy mac'n cheese - grilled asparagus - seasonal vegetable

*Our food is prepared daily. Water will be served upon request only.
Parties of 6 or more will be subject to an 18% service charge. The service charge is a taxable item.
Reservations (213) 748.4020 • www.rocknfishlive.com*