

# RockS@It

BAR & RESTAURANT

## Tapas, Entrees, Cocktail & Bar Menu

Sun-Mon 11:30PM to 8:30pm Tues-Sat 11:30am to 9pm

<b>Chefs Salumi board</b> of aged meats, pickles, quince & house toasted bread	\$24.90	N
<b>Add</b> to the board Organic Triple Brie	\$6.5	
Bacon & three cheese stuffed button mushrooms <b>(4-6) signature dish</b>	\$14.90	NG
<b>Chick pea chips</b> w turmeric salt & garlic aioli	\$9.90	NGV
<b>Dip platter</b> of avocado salsa, hommus, dukkah, olive oil & balsamic	\$14.90	VD
<b>Pork Ballotine</b> , quince paste, apple, seeded mustard ice cream & crackling	\$14.90	NG
<b>5 spiced duck crepe</b> w coriander, hoisin sauce & charred corn salsa	\$14.90	N
Buttermilk fried <b>Popcorn Chicken</b> w harissa aioli	\$14.90	N
Chorizo & Gruyere cheese <b>Arancini</b> w smoked romesco (risotto balls)	\$14.90	G
<b>Baked cheese Gnocchi</b> w brie, rocket & apple salad	\$14.90	VN
<b>Beetroot, balsamic, organic Quinoa, rocket &amp; pepita salad</b> (Health & Vegan option)	\$12.90	NGV
<b>Grilled Haloumi</b> w yoghurt, dukkah, avocado & lemon <b>(4)</b>	\$14.90	VG
Bowl of beer battered chips w spiced aioli	\$9.90	VN
Portuguese <b>Chicken Skewers</b> w minted yoghurt & lemon <b>(4)</b>	\$14.90	NG
Ocean <b>Prawn Dumplings</b> w oriental dipping sauce <b>(4)</b> (Healthy choice)	\$14.90	DN
Duck & ginger <b>Spring Rolls</b> w palm sugar sauce <b>(4)</b>	\$14.90	DN
<b>Rocks@It &amp; pepper calamari</b> w tomato jam, aioli & lemon <b>(4)</b>	\$14.90	N
Three cheese & garlic bread GF BREAD ON REQUEST	\$9.90	VN

### Oysters

	½ Dozen	Dozen
• Natural w red wine vinaigrette	\$19.90	\$38.90 GND
• Brandy & bacon Kilpatrick	\$21.90	\$40.90 GND
• Grilled chilli jam & feta cheese	\$21.90	\$40.90 GN
• Peri-peri & Greek cheese	\$21.90	\$40.90 GN

All menu preparation is handmade every day for the best result

V – Vegetarian      D – Dairy Free  
G – Gluten Free      N – Nut Free

# RockS@it

## BAR & RESTAURANT

### Mains

11:30am til 2:30pm  
5pm til 8:30pm

Homemade Gnocchi w wild mushroom infused white wine cream sauce, Rocket & Parmesan	extra 24 month prosciutto \$6.5	\$28.90 VN
Roasted chicken Breast stuffed w feta, semi dried tomato & basil w chickpea chips, Egyptian salad & aioli		\$34.90G
Braised beef cheek w mash, roasted onion, dutch carrots, steamed greens & Cabernet Jus		\$35.90 NG
Fettuccini of sautéed Mooloolaba prawns, garlic, chilli, fresh herbs, shallots, tomato, lemon & reggiano cheese		\$35.90 N
Asian style BBQ Duck Leg w smashed sweet potato, pak choy, scallion & Nam Jin Sauce		\$36.90 GDN
Roasted pork belly & crackling, winter vegetable mash, tomato jam, green beans & jus		\$35.90 GN
Crispy skinned North QLD barramundi w crushed potato salad, steamed greens, Charred corn salsa & Romesco sauce		\$36.90 GD
250g MSA grade eye fillet cooked to your liking, potato fondant, Kale, roasted onions, herb butter & red wine jus		\$37.90 GN

### Sides

Buttered mash	\$6.50	Garden salad	\$5.50	Cabernet Jus	\$4.50
Beer battered chips	\$5.50	Steamed greens	\$6.50	Crushed potato salad	\$6.50

All menu preparation is handmade every day for the best result

V – Vegetarian      D – Dairy Free  
G – Gluten Free      N – Nut Free

# RockS@It

BAR & RESTAURANT

## Breakfast

6am til 11:15am(Mon-Fri) & 7am til 11:15am (Sat & Sun)

<b>Truffled scrambled eggs</b> , sautéed mushrooms, wilted spinach & toasted focaccia	\$16.90 NV
<b>Breakfast Burger</b> of cured beef patty, bacon, egg, ketchup & melted Swiss cheese	\$17.90 N
<b>Toasted</b> focaccia, brioche, raisin or multi grain bread w butter & spread of your choice <b>(1)</b>	\$4.50 V
<b>Buttermilk pancakes</b> , maple syrup, blueberry compote & ice cream	\$14.90 VN
<b>2 Poached eggs</b> wilted spinach & toast	\$11.90 VN
	Scrambled eggs extra \$2.5
<b>Pancakes</b> w bacon, cinnamon, maple & home made Lemon Curd	\$15.90 N
<b>Grilled Haloumi</b> w poached eggs, rocket, tomato, lemon & house toast	\$16.90 VN
<b>Parmesan toast</b> , smashed Avocado, poached eggs, wilted spinach & mushrooms	\$16.90 VN
French style <b>Omelette</b> of Leg ham, Gruyere cheese & tomato w toasted focaccia	\$16.90 N
<b>Eggs benedict</b> of ham off the bone, spinach, poached eggs, focaccia & Home made Hollandaise sauce	\$16.90 N Smoked Salmon extra \$3
<b>Rocks@It breakfast</b> of bacon, poached eggs, hash brown, tomato, chipolatas & Toast	\$20.90 N

**Build your own** breakfast plate charge of \$3 plus your choice of sides

### Add on the side

Bacon eye	\$5.5	Semi dried tomato	\$4.5	Haloumi	\$4.5
Scrambled eggs	\$5.5	Mushrooms	\$5.5	Baked beans	\$3.5
Leg Ham	\$5.5	Hash brown	\$4.5	Chipolatas	\$4.5
Turkish Bread	\$3.5	Wilted spinach	\$3.5	Hollandaise	\$2.5
Avocado salsa	\$4.5	Poached eggs (2)	\$3.5	Sauce condiment	0.5

**Gluten Free toast available on request**

V – Vegetarian      D – Dairy Free  
G – Gluten Free      N – Nut Free

# RockS@it

BAR & RESTAURANT

## Dessert \$13.90

- **Chocolate & Macadamia Nut Brownie** w fudge sauce, berries & ice cream V
- **Vanilla Bean Crème Brûlée** w pistachio ice cream VG
- **Tiramisu (pot plant)** w mascarpone cream, chocolate & coffee Mousse & Coffee sponge cake V
- **Affogato sundae** w espresso shot, coconut sorbet, homemade limoncello & biscotti (Gf & vegan without biscotti) VD
- **Banana** w banana custard, rum hazelnut praline, ice cream & Banana Chip GV
- **Baked Manhattan cheesecake** w lemon curd & Ginger bread ice cream V

Home made biscotti of the day (**Great with coffee**) (3) \$4.50

## FORTIFIED/ DESSERT GLS

**Homemade Limoncello** matured for 45 days 9.5

**First creek botrytis Semillon 08 (Pokolbin NSW)** 9.9  
*Orange & peach marmalade – Perfect with our desserts*

**Penfolds Grandfather Rare Tawny (Barossa Valley, SA)** 16.0  
*One of the Most Iconic Tawny Ports in Australia – The perfect finisher*

**Grant Burge 10yr Old Tawny (Barossa Valley, SA)** 8.9  
*Like drinking Honey Liqueur*

# RockS@It

BAR & RESTAURANT

## LUNCH SPECIAL

**\$17.90** 1 course lunch   **\$27.90** 2 course lunch   **\$37.90** 3 course lunch

Available 11:30am til 2:30pm

*Your choice of the following*

### ENTREES

Duck & ginger spring rolls w palm sugar sauce **(4)** **DN**

Chorizo & cheddar cheese **Arancini** w smoked romesco **G**

Bacon & three cheese stuffed button mushrooms **(4-6)** signature dish **NG**

### MAINS

Grilled haloumi, chick pea chips, salad & aioli **VG**

Chicken, avocado, greysere cheese, **focaccia grill** **N**

**Rocks@It & pepper calamari**, chips, house salad, aioli & lemon **N**

### DESSERTS

**Baked Manhattan cheesecake** w lemon curd & ginger nut Ice cream **V**

**Tiramisu** w mascarpone cream, chocolate & coffee Mousse & Coffee sponge cake **GV**

**Chocolate & Macadamia Nut Brownie** w fudge sauce, berries & ice cream **V**

## American Burgers \$17.90 or as the Lunch special

The Rocks@It patty is made only of quality sirloin, cured for 8 hours then pressed & rolled to ensure taste & tenderness. The brioche bun is made & baked fresh on site.

**1/** Rocks@It ¼ pounder patty, lettuce, roma tomato, melted cheese, beetroot jam & aioli

**2/** Rocks@It ¼ pounder patty, bacon, egg, cheese & freshly made BBQ sauce

**3/** Rocks@It ¼ pounder patty w avocado salsa & aioli

Side Chips \$4.50

Extra ¼ pounder patty \$4.5

**(Gluten free buns on request)**

**V** – Vegetarian

**D** – Dairy Free

**G** – Gluten Free

**N** – Nut Free

## Lunch Healthy Salad Menu

11:30am-2:30pm

7 Days

**\$14.90**

**1/** Roasted Beetroot, fetta cheese, kale, pumpkin seeds, green beans & aged balsamic

**2/** herb & citrus quinoa, rocket, apple, tomato corn salsa & aged balsamic

**3/** Lebanese salad of chickpeas, rice flour bread, hummus & avocado salsa

### EXTRAS

Spiced chicken tenderloins \$3.5

Leg ham of the bone \$3.5

Smoked Salmon \$4.5

Haloumi \$3.5