

OPEN FROM 6AM DAILY
WE USE ONLY FREE RANGE EGGS



CATERING & FUNCTIONS AVAILABLE
☎ 9872 4447 📱 THEROCKSPANTRY

SOMETHING LIGHT

AVAILABLE ALL DAY

- BANANA BREAD OR FRUIT & NUT BREAD** 4.5
with butter
- TOAST** sourdough, turkish or brown bread 4.8
with choice of condiment
- RAISIN TOAST** with butter 4.9
- CINNAMON TOAST** 4.9
- Ask about our gluten free range

KIDS

- CHICKEN NUGGETS & CHIPS** 6.9
- FISH & CHIPS** 6.9
- BACON & EGG** hash brown & toast 7.5
- PANCAKES** with ice cream & maple syrup 7.5
- BEEF BURGER** on toasted milk bun with 8.5
lettuce, tomato, sauce & chips

KIDS DRINKS

- PLAIN MILK** 1.5
- BABYCHINO** with marshmallow 1.5
- MINI SOFT DRINK** Coke, diet coke, 2.9
coke zero, lemonade or lemon squash
- MINI BOTTLE JUICE** Apple, pineapple or mango 2.9
- FRESH MINI JUICE** Choice of orange, apple, 3.9
pineapple, carrot, watermelon, ginger or mint
- MINI MILKSHAKE** Choice of chocolate, 2.9
caramel, strawberry or vanilla

ALL DAY BREAKFAST

- GRANOLA** 13.9
Blue Mountain granola muesli with
mixed nuts, seasonal fruit, honey & yogurt
- PANCAKES** 16.9
Homemade pancakes with strawberries,
banana, homemade chocolate ganache
sauce, maple syrup, choice of fresh cream
or ice cream
- EGGS ON TOAST** 9.9
Choice of eggs with toasted sourdough
or turkish or brown
- BREAKFAST BURGER** 13.9
Toasted milk bun with bacon, egg,
cheese, rocket & smoky mayonnaise
- AVOCADO STACK** 16.9
Mashed avocado with Danish feta,
slow roasted tomato, pistachio dukkah
& poached eggs on toasted sourdough
- WITH SMOKED SALMON OR BACON** 19.5
- MUSHROOMS ON TOAST** 16.9
Toasted sourdough with rocket, creamy
feta, pesto & slow roasted tomato
- VEGETARIAN BREAKFAST** 17.9
Toasted sourdough with sautéed spinach, field
mushrooms, mashed avocado, roasted pumpkin
& poached eggs
- ROCKS BREAKFAST** 16.5
Toasted sourdough or Turkish with bacon, slow
baked tomato, hash brown & choice of eggs
- HUNGRY BREAKFAST** 19.5
Toasted sourdough or Turkish with bacon,
slow baked tomato, beef chipolatas, homemade
tomato relish, roasted field mushrooms, sautéed
spinach, hash browns with choice of eggs
- EGGS BENEDICT** 17.9
Toasted sourdough or Turkish bread with
poached eggs, sautéed spinach, slow roasted
tomato & homemade hollandaise sauce
with choice of smoked salmon or bacon

SIDES

\$4.5
SMOKED SALMON

\$4.0
CHORIZO
BEEF CHIPOLATAS
HALLOUMI

\$3.5
BAKED BEANS,
MUSHROOMS
BACON
AVOCADO
SAUTÉED SPINACH
HASH BROWN

\$2.5
HOLLANDAISE SAUCE
HOMEMADE TOMATO RELISH
EXTRA EGG
EXTRA TOAST
GLUTEN FREE BREAD

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BURGERS & SANDWICHES

BLT Choice of fresh or toasted Turkish bread with bacon, mixed leaf greens, tomato & homemade herb aioli

ADD CHIPS OR SALAD

LAMB & HALLOUMI WRAP

with cos lettuce, caramelised onion, homemade relish, aioli & side of rosemary chips

BEEF BURGER

Beef pattie on toasted milk bun with cheese, beetroot, lettuce, tomato & homemade smoky aioli with a side of chips

CHICKEN SCHNITZEL BURGER

Toasted milk bun with cos lettuce, bacon, parmesan & homemade smoky mayo with a side of chips

STEAK SANDWICH

Scotch fillet steak with rocket, homemade tomato relish, caramelised onion, beetroot, homemade aioli on toasted turkish bread with a side of chips

14

3.0

16.9

18.9

17.5

18.9

LIGHT MEALS & SALADS

RARE ROAST BEEF BRUSCHETTA

Toasted sourdough with rocket, homemade tomato relish & aioli

16.9

SALT & PEPPER SQUID

with rocket & homemade aioli

17.9

PUMPKIN SALAD

Roasted pumpkin, caramelised onion, creamy feta, parmesan cheese & rocket with honey seed mustard dressing

18.5

WITH CHICKEN

20.5

CHICKEN CAESAR SALAD

Grilled chicken, bacon, cos lettuce, croutons, grated parmesan with homemade Caesar dressing

19.5

ROCKS SALAD

Grilled chicken with smoked speck, sundried tomato, roasted eggplant, roasted capsicum, pine nuts, mixed leaf greens & homemade honey mustard dressing

19.5

CHARGRILLED LAMB SALAD

Served with halloumi, rocket, cherry tomato, orange segments homemade mint dressing

19.5

BOWL OF SWEET POTATO CHIPS

7.9

BOWL OF BEER BATTERED CHIPS

7.9

BOWL OF WEDGES

10.9

MAINS

PUMPKIN & MUSHROOM RISOTTO

with Danish feta & sage

18.5

CHORIZO & PRAWN PASTA

Choice of penne or fettuccini tossed in chorizo, prawn, rocket, cherry tomato & caramelised onion

19.5

BOSCAIOLA

Choice of penne or fettuccini with bacon & mushrooms in cream sauce

18.5

WITH CHICKEN

20.5

MOROCCAN BARRAMUNDI

Served with South African couscous & sweet potato fries

24.9

SCOTCH FILLET STEAK

with gratin potato, slow roasted tomato & compound butter

24.9