



rocksalt

BREAKFAST (till 3:30pm)

BIG BREAKY Two free range eggs, bacon, grilled tomato, mushrooms, hash brown, sausages & sourdough toast	22
BREAKFAST BRUSCHETTA Labneh on sourdough w/ fior di latte, mushroom, cherry tomato & shaved fennel (V)	16.5
HAM HOCK BENEDICT Two poached eggs, pulled ham & spinach on English muffins w/ hollandaise	19
GREEN EGGS Scrambled eggs mixed w/ pesto, red onion & fetta w/ a sweet potato & apple fritter & kale (V) (G)	18.5
B.A.L.T Bacon, avocado, lettuce & tomato sandwich on sourdough	15.5
OMELETTE Chorizo, red onion, roast capsicum, cherry tomatoes, spinach & fetta w/ sourdough toast	19
THAI EGG WHITE OMELETTE Spinach, avocado, tomato, Spanish onion, chilli, lime, coriander & mint w/ multigrain toast (V)	19
SMOKED SALMON Zucchini & corn fritters topped w/ smoked salmon, smashed avocado, poached eggs & tomato salsa	21
AVOCADO SMASH Multigrain toast w/ avocado smash, fetta, cherry tomatoes & balsamic glaze (V)	16
APPLE & CINNAMON PANCAKES w/ fresh apple, mixed berries & roasted almonds w/ butterscotch sauce (V)	17
PORRIDGE Oatmeal porridge w/ toasted sesame & chia seeds, mixed berries & honey (V)	15
COCONUT BIRCHER MUESLI w/ kiwifruit, shaved coconut & raspberry yoghurt (V)	14.5
CROISSANTS • Plain w/ raspberry jam • Ham & cheese	6 9
TOAST WITH CONDIMENTS • Sourdough, multigrain • Gluten Free • Fruit toast	6.5 7.5 7.5
FREE RANGE EGGS Poached, Fried or Scrambled served on your choice of toast (G)	9.5

EXTRAS -----
Mushrooms, spinach, tomato, hash brown, hollandaise, free range egg **3.50 ea**
Avocado, bacon, beef sausages **4.50 ea** | Smoked salmon **5**

SALADS (from 11am)

CHICKEN CAESAR SALAD Chicken, cos lettuce, crispy bacon, anchovies, croutons in a mild anchovy dressing w/ a poached egg & shaved parmesan	23
SMOKED SALMON SALAD Baby spinach, capers, Spanish onion, carrot, cherry tomato, avocado & orange reduction (G)	24
QUINOA & KALE SALAD Pine nuts, pumpkin, kale, quinoa, goat's cheese & balsamic glaze (V) (G)	21
THAI BEEF SALAD Mildly spiced marinated eye fillet, cos lettuce, cucumber, carrot, snow peas, beanshoots, pickled cabbage, crispy noodles, fresh herbs & Thai dressing	25
SEAFOOD SALAD Tiger prawns, calamari, mixed lettuce, rice noodles, avocado, cherry tomatoes, crispy shallots, orange, fresh mint & lime & chilli dressing (G)	24

TURKISH BREAD OR WRAPS (from 11am-5pm)

[ADD CHIPS 4 ADD SALAD 4]

PERI PERI CHICKEN Cos lettuce, avocado & tomato salsa	15
BBQ PULLED PORK Asian slaw, fried shallots, coriander & BBQ sauce	16
SLOW COOKED LAMB Spinach, tomato, Spanish onion & tzatziki	16
LENTIL WRAP Mixed lettuce, Spanish onion, fior di latte & salsa verde (V)	15

KIDS (under 12)

BREAKFAST Egg & bacon on sourdough	9
Pancakes served with jam & ice-cream	9
LUNCH/DINNER Fish & Chips	9.5
Margarita Pizza	9
Hawaiian Pizza	10
Spaghetti Bolognese	9.5

(G) Gluten Free (V) Vegetarian

 rocksalt.net.au

 rocksalt

 @rocksaltbrighton



rocksalt

STARTERS (from 11am)

BREAD

- Garlic bread (V) 5
- Trio of dips w/ warm bread (V) 14

POLENTA CHIPS

Mixed herb & parmesan crumbed w/ aioli (V) (G) 12

STICKY CHICKEN WINGS

Honey glazed spicy chicken wings 16

ARANCINI

Pumpkin, spinach, caramelised onion & mozzarella arancini w/ basil pesto & shaved parmesan (V) 17

BRUSCHETTA

Diced tomatoes, Spanish onion, basil & fetta (V) 14.5

SALT & PEPPER CALAMARI

Lightly dusted in flour & seasoning served w/ mixed lettuce salad, lemon & tartare

- Entree size 18
- Main size 24

LENTIL, CAULIFLOWER & COTTAGE CHEESE FRITTERS

w/ salsa verde & pickled cucumber (V) 18

MUSSELS

Fresh local mussels steamed w/ garlic, chilli & basil in a white wine & tomato broth w/ Turkish bread 19

MAINS (from 11am)

WAGYU BURGER

Wagyu beef, smoked aioli, cos lettuce, tomato, bacon & cheese w/ chips 22

EYE FILLET

220g eye fillet chargrilled w/ fondant potato, steamed greens & red wine jus (G) 39

STEAK SANDWICH

Chargrilled beef, bacon, lettuce, tomato, caramelised onions, aioli & chips 23

FISH & CHIPS

Fresh beer battered fillets w/ a garden salad, chips & tartare 29

FRESH ATLANTIC SALMON

Pan-seared w/ sweet potato & apple rosti, spinach & basil pesto (G) 34

CHICKEN PARMA

Crumbed chicken breast w/ Napoli & mozzarella cheese w/ a caesar salad & chips 23

LAMB SHOULDER

Coconut braised mild spiced lamb shoulder w/ cumin rice & steamed Chinese broccoli (G) 29

VEAL SCALLOPINI

Cooked in a white wine & mushroom sauce on Tuscan mash & spinach 32

POLENTA STACK

Polenta layered w/ ratatouille topped w/ shaved parmesan (V) (G) 24

SIDES

Chips 7 | Wedges 8 | Garden salad 7 | Steamed vegetables 7

PASTA & RISOTTO (from 11am)

[Gluten free pasta available]

SPAGHETTI BOLOGNESE

w/ shaved parmesan 19

SEAFOOD LINGUINI

Tiger prawns, mussels, calamari & fresh fish tossed in lemon & extra virgin olive oil w/ fresh chilli, cherry tomatoes, garlic & parsley 30

BAKED GNOCCHI

Sweet potato & goat's cheese gnocchi w/ zucchini, fennel, kale, capsicum & Napoli w/ mozzarella (V) 27

BRAISED LAMB RISOTTO

Braised lamb, fetta cheese, tomato, onion & chilli w/ Napoli (G) 28

CHICKEN & PUMPKIN RISOTTO

Chicken, spinach, caramelised onion, pumpkin & almonds w/ a creamy sauce (G) 26

PIZZAS (from 11am)

BBQ CHICKEN

Bacon, Spanish onion & mozzarella 21

CALABRESE SALAMI

Fior di Latte, garlic, chilli, fresh basil & mozzarella 21

SLOW COOKED LAMB

Spanish onion, spinach, cherry tomato, fetta & mozzarella 24

GOURMET VEGETARIAN

Capsicum, olives, mushroom, zucchini, onion, pesto & mozzarella (V) 22

DESSERT

VANILLA CREME BRULEE

w/ a mixed berry compote (G) 12

STICKY DATE PUDDING

w/ warm butterscotch sauce & vanilla ice-cream 12

CHOCOLATE VOLCANO

w/ vanilla ice-cream 12

GELATI

Flavours available upon request 9

CAKES ON DISPLAY

8

(G) Gluten Free (V) Vegetarian

 rocksalt.net.au

 rocksalt

 @rocksaltbrighton