



rocksalt

BREAKFAST (till 3:30pm)

BIG BREAKY Two free range eggs, bacon, baked beans, mushrooms, hash brown, chorizo & sourdough	22
BAKED EGGS Chorizo, cannellini beans, fetta, basil, tomato, onion w/ Turkish bread	20
HAM HOCK BENEDICT Two poached eggs, pulled ham & spinach on English muffins w/ hollandaise	20
B.A.L.T Bacon, avocado, lettuce & tomato sandwich on sourdough	15.5
OMELETTE Prosciutto, cherry tomatoes, goat's cheese & spinach w/ sourdough	20
EGG WHITE OMELETTE Beetroot, pesto, fennel, rocket & fior di latte on cauliflower puree & potato hash (V) (G)	19.5
BEETROOT FRITTERS Topped w/ smoked salmon, wilted spinach, poached egg & chia seeds (G)	20
AVOCADO SMASH Multigrain toast w/ avocado smash, fetta, cherry tomatoes, poached egg & balsamic glaze (V)	19.5
APPLE & CINNAMON PANCAKES w/ fresh apple, mixed berries & roasted almonds w/ butterscotch sauce (V)	17
PORRIDGE Oatmeal porridge w/ toasted sesame & chia seeds, mix berries & honey (V)	15
COCONUT BIRCHER MUESLI w/ fresh strawberries, shaved coconut & raspberry yoghurt (V)	14.5
CROISSANTS <ul style="list-style-type: none">• Plain w/ raspberry jam• Ham & cheese	6 9
TOAST WITH CONDIMENTS <ul style="list-style-type: none">• 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, chorizo **4.50 ea** | Smoked salmon **5**

SALADS (from 11am)

CHICKEN CAESAR SALAD Cos lettuce, crispy bacon, anchovies, croutons in a mild caeser dressing w/ a poached egg & shaved parmesan	23
FALAFEL SALAD Radicchio, rocket, pickled daikon & carrots, sweet potato crisps & parsley w/ lemon dressing & drizzled w/ tahini (V) (G)	22
THAI BEEF SALAD Asian slaw, bean shoots, crispy noodles, mint, coriander & 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

WRAPS/SANDWICHES

[Add chips 4 Add salad 4]

CHICKEN WRAP Crispy chicken, cos lettuce, avocado, tomato & chipotle mayo	16
BBQ PULLED PORK WRAP Asian slaw, fried shallots, coriander & BBQ sauce	16
FALAFEL WRAP Quinoa tabouli, red cabbage & hummus (V)	16
STEAK SANDWICH Chargrilled beef, bacon, lettuce, tomato, caramelised onions, aioli & chips	23

KIDS (under 12)

BREAKFAST Egg & bacon on sourdough	9
Pancakes served with jam & ice-cream	9
LUNCH/DINNER Fish & Chips	10
Margherita Pizza	10
Hawaiian Pizza	11
Spaghetti Bolognese	11

(G) Gluten Free (V) Vegetarian

 rocksalt.net.au

 rocksalt

 @rocksaltbrighton



rocksalt

STARTERS (from 11am)

DIPS Trio of dips w/ Turkish bread (V)	14
EGGPLANT CHIPS Panko crumbed eggplant w/ chipotle mayo (V)	14
MEATBALLS Beef meatballs baked w/ tomato, basil & fior di latte w/ Turkish bread	16
CHICKEN KARAAGE Crispy chicken, pickled carrots & chipotle mayo	16
BRUSCHETTA Diced tomatoes, Spanish onion, basil & fetta (V)	15
SALT & PEPPER CALAMARI Lightly dusted in flour & seasoning served w/ mixed lettuce salad, lemon & tartare	Entree 18 / Main 24
FRITTERS 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	Entree 19 / Main 25
TASTING PLATE Smoked salmon, prosciutto, olives, fior di latte, grissini sticks, cornichons, pear, pickled carrot & daikon	26

MAINS (from 11am)

WAGYU BURGER Wagyu beef, smoked aioli, cos lettuce, tomato, bacon & cheese w/ chips	22
EYE FILLET 220g eye fillet chargrilled w/ sweet potato mash, steamed greens & red wine jus (G)	39
PORK BELLY Slow cooked hoisin glazed pork belly w/ pickled vegetable & vermicelli rice noodle salad & steamed Chinese broccoli	29
FISH & CHIPS Beer battered flathead fillets w/ a garden salad, chips & tartare	29
ATLANTIC SALMON Cauliflower puree, roasted beetroot & fennel (G)	34
CHICKEN PARMA Crumbed chicken breast w/ Napoli & mozzarella cheese w/ a caesar salad & chips	23
LAMB SHANK Braised lamb shank on a pesto & parmesan risotto (G)	28
VEAL SCALLOPINI Cooked in a white wine & mushroom sauce on Tuscan mash & spinach	32
BAKED ZUCCHINI Arborio rice, cannellini beans & corn kernel stuffed zucchini w/ a seeded mustard sauce (V) (G)	25

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
GNOCCHI Homemade ricotta & spinach gnocchi w/ pumpkin puree, rocket, roasted peppers & parmesan (V)	26
DUCK RISOTTO Mushroom, caramelised onion, spinach, pine nuts & parmesan (G)	30
CHICKEN & PUMPKIN RISOTTO Chicken, spinach, pumpkin & almonds w/ a light creamy sauce (G)	26

PIZZAS (from 11am)

BBQ CHICKEN Bacon, Spanish onion & mozzarella	22
PROSCIUTTO Rocket, pear, cherry tomato, shaved parmesan, mozzarella & E.V.O.O	23
SLOW COOKED LAMB Spanish onion, spinach, cherry tomato, fetta & mozzarella	24
PUMPKIN Fetta, pine nuts, radicchio, crisp sweet potato & fennel slaw & mozzarella (V)	21

SIDES (from 11am)

Chips	8
Sweet Potato Chips	10
Garlic Bread	7
Garden Salad	8
Steamed Vegetables	8

DESSERT (from 11am)

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	

(G) Gluten Free (V) Vegetarian

 rocksalt.net.au

 rocksalt

 @rocksaltbrighton