



BREAKFAST _____ (till 3:30pm)

BIG BREKKY

Two free range eggs, bacon, spinach, mushrooms, hash brown, Italian sausage & sourdough 20

B.A.L.T

Bacon, avocado, lettuce & tomato sandwich on sourdough 15.5

OMELETTE

Italian sausage, red onion, tomato & mozzarella w/ sourdough 20

BEETROOT FRITTERS

Topped w/ smoked salmon, wilted spinach, poached egg, beetroot hollandaise & chia seeds 20

AVOCADO SMASH

Multigrain toast w/ avocado smash, fetta, cherry tomatoes, poached egg & balsamic glaze (V) 18.5

APPLE & CINNAMON PANCAKES

w/ fresh apple, mixed berries & roasted almonds w/ butterscotch sauce (V) 17

PORRIDGE

Almond milk oatmeal porridge w/ fresh fruits & crushed mixed nuts (V) 14

GRANOLA

Homemade granola w/ fresh kiwi fruit, banana, strawberries & yoghurt (V) 14

CROISSANTS

- Plain w/ raspberry jam 6
- Ham & cheese 9

TOAST WITH CONDIMENTS

- Sourdough, multigrain 6.5
- Gluten Free 7.5
- Fruit toast 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, Italian sausage **4.50 ea** | Smoked salmon **5**

SALADS _____ (from 11am)

CHICKEN CAESAR SALAD

Cos lettuce, crispy bacon, anchovies, croutons in a mild caesar dressing w/ a poached egg & shaved parmesan 23

FALAFEL SALAD

Radicchio, rocket, pickled daikon, carrots & sweet potato crisps w/ lemon dressing & drizzled w/ tahini (V) (G) 20

THAI BEEF SALAD

Asian slaw, bean shoots, crispy noodles, mint, coriander & Thai dressing 24

SEAFOOD SALAD

Tiger prawns, calamari, mixed lettuce, rice noodles, avocado, cherry tomatoes, crispy shallots, orange, fresh mint & lime & chilli dressing (G) 24

WRAPS _____ (from 11am)

[Add chips 4 Add salad 4]

CHICKEN WRAP

Crispy chicken, cos lettuce, avocado, tomato & chipotle mayo 16

FALAFEL WRAP

Quinoa tabouli, red cabbage, hummus & tahini (V) 16

KIDS _____ (under 12)

BREAKFAST

Egg & bacon on sourdough 9

Pancakes served w/ jam & ice-cream 9

LUNCH/DINNER

Fish & Chips 10

Margherita Pizza 10

Hawaiian Pizza 11

Spaghetti Bolognese 11

To continue serving our loyal customers during COVID-19 restrictions, we are pleased to offer our menu via pick-up or free delivery which is available within a 4km radius (\$30 minimum for delivery*).

Please contact our friendly team on [9596 4622](tel:95964622) and visit rocksalt.net.au to view our menu.



STARTERS _____ (from 11am)

DIPS Trio of dips w/ Turkish bread (V) 12

CHICKEN KARAAGE Crispy chicken w/ chipotle mayo 14

CROQUETTES Mushroom, pea & gorgonzola cheese croquettes (V) 14

CLASSICS _____ (from 11am)

SALT & PEPPER CALAMARI

Lightly dusted in flour & seasoning served w/ mixed lettuce salad, lemon & tartare | Entree 16 / Main 22

STEAK SANDWICH

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

WAGYU BURGER

Wagyu beef, smoked aioli, cos lettuce, tomato, bacon & cheese w/ chips 20

CHICKEN PARMA

Crumbed chicken breast w/ napoli & mozzarella cheese w/ a caesar salad & chips 21

FISH & CHIPS

Beer battered flathead fillets w/ a mixed green salad, chips & tartare 24

MAINS _____ (from 11am)

EYE FILLET

220g eye fillet chargrilled w/ sweet potato mash, steamed greens & red wine jus (G) 36

ATLANTIC SALMON

Pan seared atlantic salmon w/ lentil, barley & raisins, dutch carrots & basil pesto 34

VEAL SCALLOPINI

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

BAKED EGGPLANT

Herb & panko crumbed eggplant w/ basil pesto, napoli & melted fior di latte w/ a caprese salad (V) 22

SIDES _____

Chips 8 | Garlic bread 7 | Garden salad 7 | Steamed greens 8

PASTA _____ (from 11am)

[Gluten free pasta available]

SPAGHETTI BOLOGNESE

w/ shaved parmesan 21

SEAFOOD LINGUINI

Tiger prawns, mussels, calamari & fresh fish tossed in lemon & extra virgin olive oil w/ fresh chilli, cherry tomatoes, garlic & parsley 28

GNOCCHI GORGONZOLA

Homemade sweet potato & parmesan gnocchi w/ pumpkin, spinach, pine nuts & creamy gorgonzola sauce 24 (V)

RISOTTO _____ (from 11am)

DUCK RISOTTO

Mushroom, caramelised onion, spinach, pine nuts & parmesan (G) 27

MUSHROOM RISOTTO

Porcini mushroom, green peas, rocket & parmesan (V) (G) 21 | Add Chicken 25

PIZZAS _____ (from 11am)

GAMBERI

Garlic prawns, cherry tomatoes, chilli, basil pesto, & mozzarella 24

SALSICCIA

Italian sausage, potato, rocket, rosemary, napoli & mozzarella 21

SLOW COOKED LAMB

Spanish onion, spinach, cherry tomato, fetta & mozzarella 21

PUMPKIN

Fetta, pine nuts, radicchio, crisp sweet potato & fennel slaw & mozzarella (V) 20

DESSERT _____

STICKY DATE PUDDING

w/ warm butterscotch sauce & vanilla ice-cream 10

CHOCOLATE VOLCANO

w/ vanilla ice-cream 10

CAKES ON DISPLAY

To continue serving our loyal customers during COVID-19 restrictions, we are pleased to offer our menu via pick-up or free delivery which is available within a 4km radius (\$30 minimum for delivery*).

Please contact our friendly team on [9596 4622](tel:95964622) and visit rocksalt.net.au to view our menu.