



www.therock.co.za

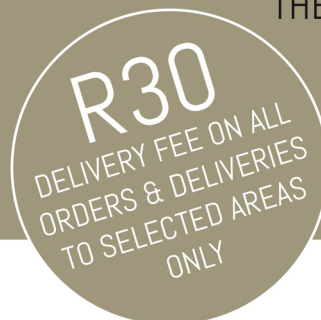
DELIVERY & COLLECTIONS MENU

THE ROCK DESIGN QUARTER

011 465 5011

or WhatsApp your order to:

060 715 9229



Starters

Buffalo Wings

Chicken wings, grilled or crumbed, served with your choice of either BBQ, ranch, blue cheese or peri-peri sauce on the side.

R75

Jalapeño Poppers

4 spicy jalapeños filled with feta and bacon bits, fried with our secret breading and served with your choice of ranch or blue cheese dipping sauce. Can be done with no bacon / feta only.

R85

Chicken Dippers

Succulent chicken tenders breaded in a secret herb and spice blend and then fried. Served with your choice of BBQ, Ranch, blue cheese or peri peri dipping sauce on the side.

R85

Pastas

Banting Supreme

Zucchini strings, olives, exotic mushrooms and sun dried tomatoes dressed with olive oil and a splash of lemon juice.

R99

Prawn Pasta

10 De-shelled prince prawns and 2 queen prawns served in a white wine and mussel cream sauce. Cream sauce can be replaced with a tomato based sauce, finished off with a parmesan crisp.

R189

Aioli R99
Chilli and garlic infused olive oil, finished with rocket, feta and rosa tomatoes.

Add chicken R30

Big Al's Alfredo R119
Creamy sauce with exotic mushrooms, ham and parmesan.

Main Meals

All main meals served with either straight cut fries, roasted vegetable or sweet potato fries.

Rock Ribs
Pork Ribs Basted and grilled in the wood coal Josper.

Half Rack R139

Full Rack R209

Ribs & Wings R209

Half rack of pork ribs , served with BBQ, lemon and herb or peri-peri chicken wings.

Hake & Chips R139

Large hake fillet grilled in lemon butter or fried in tempura batter. Served with a lemon wedge and lemon butter sauce.

Calamari Main R179

Calamari tubes and heads grilled in a lemon butter sauce or fried in a salt and pepper crust, served with lemon butter.

Rock Burger R109

Hand pressed 100% pure beef burger basted with homemade BBQ sauce.

Rock Lockdown Family Meals

Meal 1 R340

4 burgers (choose from Rock Burger, Cheese Burger and Bacon & Brie Burger), served with chips.

Meal 2 R450

2 burgers (choose from Rock Burger, Cheese Burger and Bacon & Brie Burger) and 2 full racks of pork riblets, served with chips.

Meal 3 R400

3 burgers (choose from Rock Burger, Cheese Burger and Bacon & Brie Burger) and a full rack of pork riblets, served with chips.

Meal 4 R400

2 x chicken schnitzels and 2 x 250g sirloin steaks, served with chips.

Meal 5 R450

2 x hake and 2 x calamari, served with rice or chips.

Meal 6 R500

2 x full racks of pork cage riblets and 2 x 250g sirloin steaks, served with chips

Rock Direct Orders Only

The following are only available as orders placed directly with The Rock

Lamb Shank with Mash R239

Lamb shank slow cooked with roasted vegetables and 2 baby potatoes. Best served with mash.

Oxtail with Mash R239

500g of oxtail, slowly braised for 6 hours, in a thick red wine and onion gravy. Best served with mash.

Extras

Extra sauce R20

Choice from cheese, pepper or mushroom sauce.

For Pastas

Add prawns R40

Add chicken breast R40

Add feta R20

For Burgers

Add bacon R20

Add cheese slice R20

Add patty R40

Sides

Add vegetables R35

Add sweet potato chips R35

Add chips R35

Add onion rings R25

Pizzas

Margarita R99

Traditional base with home made Napolitana and mozzarella.

Tropicana R119

De-boned rib and spicy pineapple.

Regina R109

Hickory ham and exotic mushroom classic.

Floridian R129

Chicken and avocado, with buffalo mozzarella.

Mexicana R129

Spicy mince, baby corn, salsa and rocket.

Big Five R139

Chilli biltong, salami, ham, deboned rib, bacon and BBQ sauce..

Four Seasons R109

Olives, artichokes, mushrooms and mix peppers.

Chicken, Avocado & Feta R129

Grilled chicken, avocado and feta.

Pepperoni & Peppadew R109

Sliced pepperoni and peppadews.

Bacon, Avocado & Feta R119

Crispy bacon, creamy feta and smashed avocado.

Taco Crunch R139

Fresh crisp lettuce, salsa, crushed nachos, avocado and spicy mince.

Sushi

California Rolls (8)
Deep fried option available

Salmon R99
Prawn R89
Vegetarian R69

Nigiri (2)
Salmon R79
Prawn R75

Maki (6)
Salmon R89
Prawn R85
Avocado R59

Fashion Sandwiches (8)
Salmon R99
Prawn R99
Vegetarian R69

Sashimi (2)
Salmon R85

Handrolls (1)
Salmon R85
Prawn R79
Vegetarian R59

Specialities
Salmon Roses (6) R139
Rainbow Rolls Salmon (8) R139
Smoked Salmon & Cream Cheese (8) R109
Prawn Tempura Roll (6) R149
Salmon Rainbow Reloaded (8) R149

Extras

Japanese Mayo R6
Soya sauce R6
Pickled Ginger R6
Wasabi R6

Soft Drinks

Soft Drinks R20
Coke, Coke Light, Sprite,
Creme Soda, Fanta Orange

Tizers R30
Appletizer, Red Grapetizer.

Milkshakes R40
Vanilla, Strawberry,
Chocolate, Lime

Rock Cheese Burger R115
ROCK burger smothered with melted cheese.

Double Burger R145
Add a cheese slice R15

B&B Burger R135
ROCK burger finished with creamy brie and caramelised onion.
Double burger R165

Beyond Burger R159
A must try! Our new 100% plant-based patty with vegan mustard mayo, topped with vegan cheddar, lettuce, tomato and onions.

Chicken Burger R109
Our secret breaded fried or grilled chicken breast, topped with tangy mayo. Finished with lettuce, tomato and caramelised onions.

Sirloin 250g R159
AAA Grade sirloin steak, grilled. Plain seasoned - Creole rubbed - BBQ basted.

Rump 250g R159
AAA Grade rump steak, grilled. Plain seasoned - Creole rubbed - BBQ Basted.

Fillet 250g R199
AAA Grade fillet steak, grilled. Plaine Seasoned - Creole rubbed - BBQ basted.

Chicken Schnitzel R119
Succulent chicken breast fillets, rubbed in our secret breeding served with either cheese, mushroom or pepper sauce.

Grilled Chicken Breasts R119
Tender chicken breasts grilled in a choice of basting served with peri-peri or BBQ sauce