ROCKGROS

STARTERS

Your choice of one

SOUP OF THE DAY

Indulge in the chef's daily creation

BEEF TOURNEDOS

Mini beef steaks with cherry tomatoes, arugula, blue cheese sauce, and Parmesan (GF)

SHRIMP & SCALLOP DUO

Chargrilled shrimp, pan-seared baby scallops, and papaya mustard seed jam (S)

VEGAN SALAD

Mixed organic greens with baby heirloom tomatoes, marinated olives, red onions, topped with tofu and sunflower seeds, served with a citrus vinaigrette (VE)

PUMPKIN & FETA SALAD

Marinated roasted pumpkin with crumbled feta, pumpkin seeds, arugula, finished with a honey mustard drizzle (VE)

ENTREES FROM THE ROCK

Your choice of one

8OZ RIBEYE

Chargrilled and packed with flavor

80Z BEEF TENDERLOIN

Melts in your mouth Supplement charge: \$25

60Z STRIPLOIN

Juicy, grilled to perfection

60Z FLANK

Marinated and tender

CHICKEN BREAST

Succulent

LAMB RACK

Flavourful

Supplement charge: \$29

AHI TUNA

Flamed on the rocks (S)

ATLANTIC SALMON

Crisp and buttery (S)

CAICOS LOBSTER

As fresh as it gets (S)

Supplement charge (seasonal): \$29

SURF N TURF

Old classic (S)

Supplement charge: \$50

Cook your meal live at the table on one of our sizzling stones!

Please inform your server of any allergies or dietary restrictions.

Gluten Free (GF) Contains Seafood (S) Vegan (VE) Vegetarian (V)

SIDES

Your choice of two

CREAMY MASH POTATO

Smooth and buttery (GF, V)

BAKED POTATO

Fluffy baked potato (GF, V)

SEASONED FRIES

Crispy golden fries tossed in a blend of savory spices (V)

BUTTERED VEGETABLES

Sautéed in butter for a tender and flavorful side (GF V)

SMOTHERED CORN

Tender sweet corn with savory seasonings (GF, V)

WEDGE SALAD

Crisp lettuce (GF, V)

SOFRITO RICE

Fragrant rice cooked with a savory blend (GF, V)

DESSERTS

CHOCOLATE CAKE

Flourless cake, served with a mixed berry compote (GF, V)

TOFFEE CHEESECAKE

Creamy toffee cheesecake, whipped cream, with a honeycomb crumble

SAUCE SELECTION

Your choice of one

Mushroom & Onion, Blue Cheese, Red Wine Au Jus, Chimichurri (V), Green Peppercorn



