

The ROC

Restaurant and Wine Bar

SMALL PLATES

BRUSCHETTA- V – Roma tomatoes, garlic and basil served on our house-made crostini topped with parmesan and balsamic reduction	8.95
CHARCUTERIE BOARD – 2 Meat and 2 Cheese with house pickles, olives, seasonal condiments and crostini	17/ 32
BLOODY MARY SHRIMP- GF. – Grilled and chilled shrimp with bloody mary cocktail sauce, pickle, celery and lemon	12.95
CALAMARI – Flash fried calamari and banana peppers served with, lemon aioli and spicy marinara	12.50
GOAT CHEESE AND PESTO- V – Goat cheese layered with pesto, roasted red peppers and served with crostini	11.95
LAMB SLIDERS – Two 100% lamb sliders with feta, tomato, arugula, pickled red onion and a lemon basil aioli served with a side of our homemade chips	14.95
THE ROC MEATBALLS – Homemade pork and beef meatballs tossed in marinara and served with ricotta polenta, mozzarella and pesto	12.75
OPEN FACED STUFFED MUSHROOMS – Mushrooms tossed with Italian sausage and a white wine cream sauce, topped with Parmesan, bread crumb and gremolata	9.50
MUSSELS – Steamed mussels with tomatoes, garlic, white wine sauce and, roasted red pepper aioli grilled bread	13.75

GREEN PLATES

Add to any salad: Steak \$8.00, Chicken \$5.00, Shrimp \$6.00, Salmon \$8.00

SPINACH AND BRUSSEL- V – Spinach and roasted brussel sprouts tossed with red onion, tomatoes and balsamic parmesan dressing	11.75
CAESAR SALAD – Romaine lettuce tossed with croutons, parmesan, our creamy caesar dressing, and topped with cheddar cheese and bacon	11.25
TOMATO AND BURRATA - GF, V. – Fresh tomatoes, fresh burrata cheese, basil, extra-virgin olive oil and balsamic reduction	12.00
ARUGULA AND STRAWBERRY- GF, V. – Tossed with feta, toasted almonds, pickled red onion and a balsamic vinaigrette	11.50
MEDITERRANEAN SALAD- V. – Mixed Greens tossed with olives, feta, cucumber, roasted red peppers, pickled onion, Greek dressing served on top of hummus and pita croutons	12.95
THE ROC CHOP- GF. – Chopped greens tossed with tomatoes, cucumber ,olives, banana rings, salami, ham, red onion, mozzarella and Italian Dressing	13.00

LARGE PLATES

All large plates served with side salad

THE COWBOY RIBEYE- GF. – 18 oz. Bone in rib-eye served with confit red potato, seasonal vegetable and zip sauce	MARKET
NEW YORK STRIP- GF. – 12 oz. New York Strip steak served with confit red potato, zip sauce and seasonal vegetable	27.50
PORCINI CRUSTED SIRLOIN- GF – 8 oz Porcini crusted sirloin steak sliced and served with confit red potatoes, zip sauce and our seasonal vegetables	25.50
CHICKEN AND ARTICHOKEs – Light breaded and pan fried chicken with chili flake, artichokes and Lillo sauce served with pasta garlic and seasonal vegetable	19.50
CHICKEN RICCA DI SAPORE – Grilled marinated chicken breast topped with feta, basil and tomato served with pasta garlic, seasonal vegetable, and zip sauce	19.95
SHRIMP LINGUINE – Shrimp sautéed with mushroom, tomato, chili flake, prosciutto and arugula with Lillo sauce, and linguine	18.75
FAROE ISLAND SALMON – Salmon served with grilled vegetable orzo pilaf, chickpea puree and topped with whipped feta	22.50
PASTA PRIMAVERA- V. – Seasonal vegetables cooked in garlic and white wine tossed with pesto, linguine and topped with Asiago	16.75

CLASSIC PLATES

THE ROC PARMESAN – Your choice of (Chicken \$18.00, Veal \$21.00, Eggplant \$16.75) served with pasta marinara and seasonal vegetable	
LASAGNA – Our Grandmother's recipe served with seasonal vegetable	16.00
FETTUCCINE ALFREDO- V. – (Add Chicken \$5.00, Shrimp \$6.00)	14.95
SPAGHETTI MARINARA- V. – (Add Meat Sauce \$2.00, Meatballs \$4.00, Italian Sausage \$4.00)	12.00

ALL MEALS SERVED WITH OUR HOMEMADE TWISTIES!

Consumer Advisory: Consumption of undercooked meat, poultry, eggs, or seafood may increase the risk of foodborne illnesses. Alert your server if you have special dietary requirements