

pasta

Lasagna \$14.95

Home made – Mama Mia, Its Bueno!

Seafood Crepe \$13.95

Stuffed with tasty seafood in a creamy lobster sauce

Baked Fettuccine \$17.95

Fettuccine pasta in a white wine cream sauce with sautéed chicken, mushrooms, peppers, baked with mozzarella cheese

Penne Olivetti \$18.50

Penne pasta tossed in olive oil, roasted garlic, vegetables & jerk chicken

sandwiches

Fish Sandwich \$16.95

Lightly battered fish filet, raisin bun, lettuce, tomato & tartar sauce

C-Rock Chicken Sandwich \$14.95

Grilled chicken breast, sesame bun, bacon, Swiss cheese & hollandaise

Cheesy Pig \$14.95

A lean 6oz. burger topped with bacon & grilled with American cheese

Rustic Beef Sandwich \$15.50

Country style sandwich with slices of tender beef, topped with sautéed onions, spinach, mushrooms & melted Swiss cheese

Mardi Gras Sandwich \$14.75

A lightly Cajun chicken breast topped with sautéed onions, melted Swiss cheese & chipotle aioli on rustic boule bread

Jerked Chicken Panini \$14.95

Jerked chicken breast topped with sautéed onions, Swiss cheese & a chipotle mayonnaise & served on a Panini flat bread

Philly Cheese Steak \$15.95

Thinly sliced steak, Swiss cheese, sautéed onions & green peppers served on a toasted hoagie roll

All of the above dishes are served with French fries and coleslaw

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lunch

appetizers

Shanghai Rolls \$11.95

Homemade egg rolls filled with chicken and vegetables served with an oriental sweet chili sauce

Golden Fried Tiger Shrimps \$13.95

Our very own panko crusted tiger shrimps served with a chili tartar sauce

Chili Cheese Fries \$13.95

Cajun Fries topped with beef chili, jalapenos, cheddar and mozzarella cheese

Cajun Turbot Bites \$12.95

Marinated turbot done in a light batter & served with a sweet chili tartar sauce

Cheese Sticks \$11.95

Cheese in a crispy breading served with a marinara sauce

Calamari \$12.95

Marinated & crispy fried with a sweet and sour hoison sauce

Tres Qesos Nachos \$13.50

Crispy tortilla chips topped with refried beans, chicken and three melted cheeses, with sour cream and guacamole

Escargot \$13.50

Burgundy snails baked in roast garlic butter, topped with herbed bread crumbs

Shrimp Tempura \$10.95

Tiger shrimps in a crispy batter served with tempura sauce

Green Skins \$12.95

Potato Skins stuffed with creamed spinach sprinkled with Parmesan cheese

Shrimp and Avocado \$12.95

Juicy crevettes marinated "Asian Style" served with ripe avocado

C-Rock Red Hots • \$9.95 six wings \$17.95 twelve wings

Choose from three styles either in a honey sauce, mesquite sauce, or a blend of both, served with blue cheese dressing and fresh celery sticks

Garlic Bread \$3.95

Warm from the oven

SOUPS

Soup of the Day \$6.50

Our chef's creation made fresh daily

Fish Chowder \$7.25

A traditional Bermudian recipe made with Goslings Bermuda Black Rum

salads

Traditional Caesar Salad \$8.95 Add Chicken \$4.50

Crisp romaine lettuce tossed with our very own dressing

Garden Salad \$8.95

Mixed greens tossed with onions, tomatoes, peppers and served with your choice of dressing

Rock Shrimp Salad \$17.50

Mixed greens topped with grilled tiger shrimps, marinated mushrooms, red peppers, creamy balsamic dressing, served with sun dried tomato and onion focaccia

Grilled Steak Salad \$16.95

A bed of mixed greens topped with a grilled flank steak, balsamic vinaigrette dressing, cherry tomatoes, cucumbers, roasted pesto and pimento baguette

Barbecued Chicken Salad \$16.95

Mixed greens with barbecued chicken, cucumbers, tomatoes, onions, cheddar cheese and ranch dressing served with oven warm corn bread

Mediterranean Salad \$11.95

Romaine lettuce topped with avocado, cherry tomatoes, Kalamata olives, Parmesan shavings and tortilla strips, drizzled with a citrus vinaigrette

house specials

Chinese Chicken Stir Fry \$19.95

Thinly sliced chicken, carrots, peppers, cabbage, ginger & spring onions

Fish & Chips \$19.95

Traditional English style battered fish, French fries and coleslaw

Seafood Thermidor \$23.95

Sautéed scallops & tiger shrimps, cream sauce, mushrooms, hollandaise

Beef Pendang \$19.95

Slow cooked tender beef in spicy coconut-kaffir lime sauce with tomatoes & ginger

Chicken Tenders \$16.95

In a crispy breading with sweet and sour sauce

Tiger Shrimps \$21.95

Grilled tiger shrimps tossed in a fresh herb & garlic butter

Catch of the Day \$23.95

Tastefully seasoned with garlic & dill, pan-fried, grilled, jerk or Cajun style served in a lemon butter sauce. Local catch when available (Rockfish and Snapper at market price)

Sweet & Sour Chicken \$19.50

Lightly fried chicken in a sweet & sour sauce, onions, peppers, pineapples

Lamb Sambal \$24.95

Tender lamb in a red curry sauce with Indian spices & coconut milk

Seafood Curry \$22.95

Mussels, scallops & shrimps in a light curry sauce Thai style, with jasmine rice, poppa duns & mango chutney

Buffalo Pork Spare Ribs \$18.95

Braised pork ribs smothered in a classic buffalo bbq style sauce

Grilled Rib Eye Steak \$26.95

10 oz. cut of chairman's prime rib cooked to your liking, served with a choice of a peppercorn or port-wine sauce

Chimichanga \$18.50

Deep fried flour tortilla stuffed with chicken, salsa & melted mozzarella, served with guacamole & sour cream

Lemon Pepper Chicken \$18.95

Grilled breast of chicken coated with lemon pepper seasoning with a lemon butter sauce

All house specials are served with a choice of baked potato, French fries or sweet potato fries, Cajun steak fries, sweet potato mash, garlic mashed potato, or seasoned rice, + choice of either vegetable, coleslaw, or salad