



www.RocklandBarGrill.com

APPETIZERS

CHICKEN WINGS: Bone in Wings, choice of sauce; Buffalo, Sweet Thai Chili, Garlic Parmesan, and BBQ - 6/\$7.99 12/\$13.99

STEAK and CHEESE EGG ROLLS: Prime Rib, Caramelized Onions, Smoked Gouda, and Horseradish Aioli - \$10.99

BUFFALO CHICKEN DIP: Roasted Buffalo Chicken, Blue Cheese, served with Tortilla Chips - \$10.99

NACHOS: Cheddar Cheese, Jalapenos, Corn Salsa, Cilantro Cream Sauce - \$10.99; Add Chicken - \$2, Steak \$4 or Shrimp \$5

QUESADILLA: Grilled Tortilla, Cheddar Cheese, Caramelized Peppers and Onions, Corn Salsa - \$8.99 Add Chicken - \$2, Steak \$4 or Shrimp \$5

CHICKEN TENDERS: Boneless; choice of sauce; Buffalo, Sweet Thai Chili, Garlic Parmesan, and BBQ - \$8.99

FRIED MOZZARELLA: Handcrafted Fried Mozzarella and Marinara - \$8.99

SHORT RIB SLIDERS: Braised Short Rib, Cole Slaw, and Smoked Gouda - \$9.99

SWEET & SPICY SHRIMP: Grilled Shrimp Skewer with Sweet and Spicy Glaze - \$11.99

CRABCAKES: Pan Seared and served with Garlic Aioli and Lemon Butter Sauce - \$14.99

BEVERAGES

Cola, Diet Cola, Pep Up, Ginger Ale, Root Beer - \$2.00
Lemonade, Raspberry Iced Tea, Unsweetened Iced Tea - \$2.50

Red Bull - \$4.00

Coffee, Hot Tea - \$2.00

Milk, Chocolate Milk - \$2.00

SOUPS and SALADS

FRENCH ONION: Three Blend Cheese Crostini, Swiss cheese - \$4.99

NEW ENGLAND CLAM CHOWDER: Caramelized Bacon - \$5.99

CHILI: served with Tortilla Chips - \$6.99

RBG CHOPPED: Romaine, Iceberg, Cucumbers, Red Onion and Tomato - \$6.99

CAESAR: Romaine Hearts, Parmesan, and Toasted Crostini - \$7.99 Add Chicken -\$3, Steak \$5 or Shrimp \$6

BEEF SALAD: Mixed Greens, Roasted Beets, Blue Cheese, Bacon, Pickled Shallots and Balsamic Vinaigrette - \$10.99

DRESSINGS:

Balsamic Vinaigrette, Blue Cheese, Caesar, Italian and Ranch

FLATBREAD

RBG: Caramelized Onions, Bacon, Roasted Garlic Oil, Mozzarella and Scallions - \$12.99

VEGGIE: Peppers, Onions, Spinach, Mozzarella and choice of Red or White Sauce - \$10.99

MEAT LOVERS: Red Sauce, Mozzarella, Pepperoni, Seasoned Beef and Bangers - \$13.99

CHEESE: Red Sauce and Mozzarella - \$9.99

BUILD YOUR OWN:

Green Peppers, Jalapenos, Caramelized Onions, Spinach, Tomato \$.50/Each

Pepperoni, Bacon, Bangers, Chicken, Seasoned Ground Beef, Mozzarella, or Extra Cheese - \$1.00/Each

ENTREES

BEEF SHORT RIBS: Slow Braised with Mashed Potato and Asparagus - \$16.99

SHEPERDS PIE: Seasoned Ground Beef, Corn and Mashed Potatoes - \$13.99

FISH and CHIPS: Battered Haddock served with Fries and Cole Slaw - \$15.99

BANGERS-n-MASH: Irish Bangers with Mashed Potatoes and Gravy - \$12.99

STEAK TIPS: Bourbon Marinated with Jasmine Rice and Sautéed Spinach- \$16.99

BAKED HADDOCK: Seasoned Crumbs, Lemon Butter Sauce, Sautéed Spinach and Jasmine Rice - \$15.99

CHICKEN CURRY: Sautéed Chicken, Peppers and Onions in Curry with Fries and Rice - \$14.99

SHRIMP SCAMPI: Sautéed Shrimp in Garlic White Wine Sauce with Tomatoes over Angel Hair - \$18.99

CHICKEN PARMESAN: Marina, and Mozzarella over Penne Pasta - \$13.99

GRILLED ATLANTIC SALMON: Seasonal Couscous, Sweet Soy Glaze - \$19.99

STEAK FRITTE: 10oz Grilled Rib Eye with Garlic Parmesan Fries and Herb Butter - \$19.99

PORK MILANESE: Herb Crusted Sautéed Pork Loin served over Seasonal Couscous and a Lemon Butter Sauce - \$15.99

BURGERS and SANDWICHES

*All Sandwiches served with choice of French Fries, Sweet Potato Fries or Onion Rings
Choice of: American, Swiss, Cheddar or Gouda Cheese*

BEEF BURGER: Lettuce, Tomato, and Onion - \$9.99

RBG BURGER: Caramelized Onions, Bacon, Smoked Gouda, Roasted Garlic Aioli - \$11.99

FRENCH DIP: Roasted Prime Rib, Caramelized Onions, Swiss cheese, Au Jus - \$12.99

FISH SANDWICH: Battered Haddock, Lettuce, Tomato, Onion, and Tartar Sauce - \$11.99

VEGGIE BURGER: Pickled Shallots, Mixed Greens & Garlic Aioli - \$10.99

RUEBEN: Corned Beef, Caramelized Sauerkraut, Swiss cheese, Thousand Island on Marble Rye - \$10.99

GRILLED CHEESE: Swiss, American, Smoked Gouda, Tomato on choice of bread (Marble, White or Multigrain) - \$7.99 Add Bacon - \$2

BLT: Thick Sliced Bacon, Lettuce, Tomato, American cheese on choice of bread (Marble, White or Multigrain) - \$7.99

CHICKEN CAPRESE: Grilled Chicken, Tomato, Basil, Fresh Mozzarella, and Balsamic Glaze on Ciabatta - \$10.99

CRABCAKE: Pan Seared, Pickled Shallots, Mixed Greens and Garlic Aioli - \$16.99

SIDES

\$4.00

Asparagus	Coleslaw
French Fries	Sweet Potato Fries
Sautéed Spinach	Corn
Seasonal Couscous	Jasmine Rice
Mashed Potatoes	Garlic Parmesan Fries
	Onion Rings

KIDS MENU

All \$6.99 with Drink and Hoodsie Cup

Chicken Fingers: Crispy Chicken Fingers served with French Fries

Kids Pasta: Ziti tossed with Butter or Marinara Sauce

Grilled Cheese: Grilled White Bread with American cheese served with French Fries

Hamburger: Hamburger with Ketchup on a Grilled Brioche Roll served with French Fries

Mac-n-Cheese: Traditional Macaroni and Cheese