



[www.rocklandbargrill.com](http://www.rocklandbargrill.com)

(781) 347-3945

## APPETIZERS

**CHICKEN WINGS:** Brined, 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 Chicken, Blue Cheese, served with Tortilla Chips - \$10.99

**NACHOS:** Cheddar Cheese, Jalapenos, Corn Salsa, Cilantro Cream - \$10.99; Add Chicken - \$2, Chili \$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:** House made; 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 - \$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 cheese blend with Toasted Crostini, - \$4.99

**NEW ENGLAND CLAM CHOWDER:** Bacon and Scallions - \$5.99

**CHILI:** Topped with Cheddar Cheese and 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

**CHOPPED COBB SALAD:** Romaine and Iceberg mix, Roasted Chicken, Blue Cheese Crumbles, Bacon, Tomato, Egg and Avocado tossed in your choice of dressing - \$12.99

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

### DRESSINGS:

Balsamic Vinaigrette, Blue Cheese, Caesar, Italian, Ranch, 1000 Island & Honey Mustard

## FLATBREAD

**RBG:** Garlic Oil, Caramelized Onions, Bacon, 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, 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

**TIPS: Choice of Steak or Turkey:** 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:** Served over Penne Pasta - \$13.99

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

**STEAK FRITTE:** 12oz Grilled Rib Eye with Garlic Parmesan Fries and Herb Butter - \$19.99

**PORK CHOP:** 10oz Bone-in Pork Chop served with Mashed Potatoes & Sautéed Spinach finished with a Balsamic Reduction- \$17.99

## 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  
Add Avocado or Bacon: \$1.00*

**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 with Tomato on choice of bread (Marble, White or Multigrain) - \$7.99 Add Bacon - \$2

**BLT:** Applewood Smoked 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
Sriracha 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 Pasta tossed with Butter or Pasta 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