

BAGEL

Served with fries or side salad

CHEESE & TOMATO (V) 45	CHICKEN MAYO 41
MACON, AVOCADO & MOZZARELLA 61	SALMON, CREAM CHEESE & SPRING ONION 75

EASTERN

Roti or rice, served with sambals

LAMB MADRAS Selected cuts of lamb slow cooked in masala sauce	105
PRAWN CHAAT Shell on prawns cooked in a spicy cream based sauce	145
BUTTER CHICKEN Chicken fillet strips cooked in a creamy spicy sauce	75
LAMB VINDALOO An aromatic sweet & sour Indian curry	110

SEAFOOD

PIRATE PLATTER Deep fried hake, 3 toriki grilled prawns, 3 creamy garlic mussels & deep fried calamari served with fries or rice	115
HAKE & FRIES Deep fried hake served with fries	75
PRAWN STAR 10 choice prawns grilled in toriki sauce on a bed of rice	175
CALAMARI TOWER (HOT OR NOT) 400g of fried calamari served with fries	171

BREAKFAST

With a slice of white or wholewheat. For rye add R6

FEATHER LIGHT

Poached eggs, grilled chicken fillet, baked beans, side salad & toast

71

BIG DADDY

2 eggs, 2 macon, 2 sausage, baked beans, fries & toast

Big Daddy Original

71

Chicken BBQ or Masala

71

Steak BBQ or Masala

75

SALMON BENEDICT

Poached eggs with avocado (seasonal), smoked salmon & spring onion coated with hollandaise sauce on a toasted ciabatta

11

MEXICAN BENEDICT

Poached eggs with a chilli fried mince, coated with a hollandaise sauce & served with a salsa on a toasted panini

71

RIB BENEDICT

Pulled ribs tossed with mushrooms, onion & peppers on a toasted ciabatta, topped with poached eggs and hollandaise sauce

11

VITALITY BREAKFAST (V)

A fresh bowl of seasonal fruit, flavoured yoghurt & muesli

65

FUNGI OMELETTE (V)

Mushroom, spinach, onion & garlic with toast

61

OMELETTE AU' FROMAGE

Mixed cheese, tomato & macon with toast

61

MOTHER CITY

2 eggs, 2 sausage, 2 macon, grilled mushrooms & tomato with toast

75

EGG'S FLORENTINE (V)

Poached eggs with spinach & grilled mushrooms coated with hollandaise sauce on toasted ciabatta

71

CHICKEN

ROCCA SCHNITZEL

Crumbed chicken topped with cheese sauce, served with fries & veg - mushroom or pepper sauce 115

QUARTER CHICKEN & FRIES

Oven roasted chicken served with fries & veg - tikka, lemon butter, BBQ or peri-peri sauce 75

LEMON BUTTER CHICKEN

Grilled chicken fillet in a creamy lemon butter sauce served with fries & veg 105

BURGERS

all burgers are served on a brioche bun with lettuce, tomato, onion & mayonnaise, choice beef or chicken served with fries or salad

ROCCA CLASSIC 10

CLASSIC CHEESE 15

THE M&M 11 (MUSHROOM & MOZZARELLA)

RIB BURGER 15

ROCCA DADDY 11

(MASHED WITH NAPOLETANA SAUCE, CHEESE & GARLIC MAYONNAISE)

MEC 15 (MACON, EGG & CHEESE)

JALAPENO, PEPPADEW & AVOCADO 11

MAINS

BEEF FILLET 115

250g chargrilled BBQ beef fillet served with veg & fries or side salad - mushroom or pepper sauce

RUMP STEAK 141

250g chargrilled BBQ rump steak served with veg & fries or side salad - mushroom or pepper sauce

ROCCA CHATEAU BRIAND 115

250g chargrilled fillet served with buttery mashed potatoes & veg - mushroom or pepper sauce

RACK OF RIBS 155

400g BBQ beef ribs served with fries & onion rings

RIB & QUARTER CHICKEN 140

400g BBQ beef ribs & a quarter chicken served with fries & onion rings - Tikka, lemon butter, peri-peri or BBQ sauce

RIB & CALAMARI 111

400g BBQ beef ribs with calamari served with fries & onion rings

BEEF FILLET & PRAWN 145

250g chargrilled BBQ beef fillet served with 6 tanks flavoured prawns, onion rings & fries - mushroom or pepper sauce

MONSTER T-BONE 175

400g chargrilled BBQ or Masala T-bone served with fries & onion rings - mushroom or pepper sauce

RIBS & WINGS 161

400g BBQ beef ribs & 6 chicken wings served with fries & onion rings

EL TRIO 111

200g grilled chops, tikka chicken leg quarter, 400g BBQ beef ribs served with fries & onion rings

LAMB CHOPS 165

400g lamb chops served with fries & veg - BBQ, rosemary or pepper crust

RUMP & PRAWN 115

250g chargrilled BBQ rump steak served with 6 tanks flavoured prawns, onion rings & fries - Mushroom or pepper sauce

PIZZA

CLASSIC MARGHERITA (V) 15 Italian tomato base & cheese	SANMARCO 14 Grilled chicken with feta & avocado (seasonal)
MONZA 15 Tikka chicken strips with spinach & avocado (seasonal)	CALCUTTA 15 Grilled prawns, garlic butter, onion & avocado (seasonal)
RIBERY 11 Rib meat, onion, mushrooms & peppers	HUNGARIAN 11 Grilled chicken, garlic & mushroom

START

SUPER LOADED NACHOS 15 Crispy corn chips fully loaded with pulled rib, guacamole, cream, cheese, corn & jalapenos	
CHEESY MEXICAN NACHOS (V) 15 Cajun corn chips with salsa, Mexican or BBQ sauce topped with cheese	
WILD WINGS (HOT OR NOT) 11 A choice of BBQ or peri-peri sauce	
GARLIC BREAD (V) 55 Ciabatta slices with garlic, parsley & cheese	
SOUP OF THE DAY 51 Served with a side of toasted ciabatta	
CHICKEN & MUSHROOM SOUP 65 Served with a side of toasted ciabatta	

SANDWICHES

With white or wholewheat bread. For rye add 88

CHICKEN MAYO 49	CHEESE & TOMATO (V) 45
CHEESE, MUSHROOM & ONION (V) 67	PERI CHICKEN MAYO 54
STEAK, CHEDDAR CHEESE & ONION 85 Garnished with lettuce & cucumber	THE DABWOOD 11 Maccos, burger patt, egg, lettuce, tomato, onion & cheddar cheese

TRAMEZZINI

With mozzarella cheese, served with fries or side salad

- SPINACH & FETA** 14
Freshly tossed creamy spinach & feta on a herb tramezzini
- THE FERMO (NOT BEGET)** 15
Succulent beef or chicken strips with braised onion, peppers & mushrooms sautéed in a Mexican or BBQ sauce on a herb tramezzini
- CHICKEN MAYO** 15
Creamy chicken mayonnaise on a herb tramezzini

SALAD

- GREEK SALAD (V)** 75
An arrangement of mixed lettuce, cherry tomatoes, cucumber, olives, red onion & feta
- CHICKEN & CORIANDER SALAD** 11
An arrangement of mixed lettuce, succulent grilled chicken strips with cherry tomatoes, cucumber, carrots, avocado (seasonal), feta & fresh coriander
- BUTTERNUT SALAD (V)** 15
Oven roasted butternut, toasted pecan nuts, creamed cheese, rocket, pumpkin seeds & red onion
- SPICY PRAWN SALAD** 11
Spicy grilled prawns, avocado, coriander, cherry tomatoes, spring onion, cream cheese & crushed nuts

PASTA

Penne or Fettuccine

- BASIL VEG (V)** 15
Assorted veg & rosa tomatoes tossed in garlic, basil pesto & feta
- ROKARI CHICKEN** 15
Chicken sautéed in a creamy curry scented Napolitano sauce
- ALFREDO** 11
The classic La Rocca Alfredo with chicken, garlic & mushrooms in a creamy béchamel sauce
- BAKED ALFORNO** 15
(Allow 20 minutes to prepare)
Grilled chicken, garlic, mushrooms & oregano tossed in a béchamel sauce baked with cheese

WRAPS

Served with fries or side salad

BOSS WRAP

11

Grilled or crumbed chicken strips, lettuce, tomato, guacamole & honey mustard sauce

TIKKA FOLD OVER

11

Grilled tikka chicken on a bed of lettuce & tomato encapsulated in a roti with a touch of mayonnaise

DISTRICT SIX

11

Selected cuts of mutton slow cooked in a masala sauce served with sambals

MEXICAN DELIGHT

11

Grilled chicken or beef stuffed in a gratineed tortilla with red beans, onion & peppers in Mexican or BBQ sauce, served with guacamole & chopped tomato

ENCHILADA

11

Succulent beef or chicken strips tossed with braised onion, peppers & mushrooms in a hot Mexican or BBQ sauce in a gratineed tortilla, served with guacamole & cream cheese

CIABATTA

GOURMET BURGER

12.5

Char-grilled 250g beef filler on a toasted garnished bun with caramelised onion, served with fries or side salad

RED AVOCADO CHICKEN

11

Crumbed chicken on a bed of lettuce, tomato & red onion with guacamole & honey mustard sauce on ciabatta

HONEY MUSTARD SARMIE

11

Ciabatta with grilled chicken on a bed of lettuce, tomato, spring onion & a drizzle of honey mustard sauce

RUMP CHEDDAR MELT

12.5

Succulent rump slithers, caramelised onion & cheddar cheese on a garnished ciabatta, served with mushroom or pepper sauce

GOURMET DATSBY

12.1

Char-grilled beef fillet slithers on a toasted garnished ciabatta stuffed with peri-peri fries