
MENU

ROCK & IRON RESTAURANT

Club Favourites

DRY RIB COMBO **\$22**

Boneless dry ribs, french fries and caesar salad.
Add garlic toast \$2 or cheese toast \$3

NY STEAK SANDWICH **\$26**

8 oz hand cut striploin, topped with mushrooms & onions, served on garlic toast with choice of side.

CHICKEN TENDERS **\$20**

5 Chicken tenders served with choice of side and dip.

FISH N CHIPS **\$22**

2 Beer battered fish, fries and house made coleslaw and tartar sauce.

MAC N CHEESE **\$15**

Classic mac n cheese topped with parmesan and green onion.
Add garlic toast \$2 or cheesetost \$3.

FETTUCCINE ALFREDO **\$21**

House made alfredo sauce with fettuccine noodles and grilled chicken.
Add garlic toast \$2 or cheesetost \$3.

CHOICE OF SIDES

Fries, tossed salad, or soup of the day.

UPCHARGE SIDES **\$2**

Caesar salad, greek salad, onion rings, sweet potato fries, poutine \$4.

Beverages

POP	\$4
JUICE APPLE OR ORANGE	\$4
COFFEE/TEA	\$3
MOCKTAILS	\$5.5

Handhelds

CLUB HOUSE **\$20**

Turkey, ham, bacon, lettuce, tomato, cheddar cheese, mayo on 2 toasted slices of bread, choice of side.

DENVER **\$18**

3 eggs, ham, red peppers, green onions, white or whole wheat bread, choice of side.

BEEF DIP **\$22**

Shaved roast beef, grilled onions, horseradish aioli and provolone cheese on a toasted hoagie with a side of au jus, and choice of side.

ROCK & IRON BURGER **\$22**

6oz Canadian beef patty topped with provolone cheese, lettuce, tomato, onion, pickle and mayo, served on a brioche bun or gluten free bun. Add bacon \$2.

CHICKEN CAESAR WRAP **\$21**

Grilled chicken or crispy chicken bites, romaine, bacon, parmesan cheese, and croutons tossed with our house dressing in a flour tortilla, choice of side.

CHICKEN BACON RANCH BURGER **\$21**

Grilled chicken breast with bacon, cheddar cheese, lettuce, tomato and ranch dressing, served on a brioche bun, choice of side.

Desserts

CHOCOLATE BROWNIE SUNDAE **\$11**

Warm Brownie served with Ice cream, whipping cream, chocolate drizzle and garnished with a cherry

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Lighter Side

SOUP OF THE DAY **\$8**
House inspired.

CAESAR SALAD **\$12**
Romaine, bacon, croutons,
parmesan cheese and house
dressing. Add grilled chicken \$8.

GREEK SALAD **\$12**
Red peppers, tomatoes,
cucumber, red onion, olives and
feta served on romaine.

MIXED GREENS **\$10**
Mixed green, tomatoes, cucumber,
peppers, carrots, served with your
choice of dressing.
Add grilled chicken \$8

Sunday - Happy Hour All Day

Senior & Kids Menu

MAC 'N' CHEESE **\$12**
GRILLED CHEESE AND FRIES **\$12**
CHEESEBURGER AND FRIES **\$14**
3 CHICKEN TENDERS AND FRIES **\$14**
1 PIECE FISH N' CHIPS **\$15**

Includes a chocolate chip cookie

Appetizers

FRENCH FRIES **\$9**

SWEET POTATO FRIES **\$11**
Served with house made chipotle aioli.

ONION RINGS **\$12**

GREAT CANADIAN POUTINE **\$17**
French fries topped with Canadian
cheese curds and gravy.

DRY RIBS **\$16**
Boneless dry ribs with choice of dip.

CHICKEN WINGS OR **\$18**

BONELESS CHICKEN BITES
1 lb of Gluten-free chicken wings.
Salt & pepper, lemon pepper, greek.
Buffalo, honey garlic, bbq,
franks red hot.

SPRING ROLLS **\$17**
Crispy vegetable or chicken spring
rolls and choice of dip.

DEEP FRIED PICKLES **\$16**
Breaded pickle spears and dip.

FOUR-CHEESE SPINACH DIP **\$16**
Crispy tortilla chips and baked
cheese blend.

NACHOS **\$22**
Tri coloured corn tortillas topped with
multi cheese blend, tomatos, peppers,
green onions, pickled jalapenos.

Half Order \$14

Add Beef or Chicken for \$8/\$4 for half

CUSTOM PLATTERS **\$60**
Choose any 4 appetizers.

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