
MENU

ROCK & IRON RESTAURANT

Lighter Side

SOUP OF THE DAY House inspired	\$8
CAESAR SALAD Romaine, bacon, croutons, parmesan cheese and house dressing	\$12
GREEK SALAD Red peppers, tomatoes, cucumber, red onion, olives and feta served on romaine	\$12
TOSSED SALAD Mixed green, tomatoes, cucumber, peppers, carrots served with your choice of dressing	\$11
Add Grilled Chicken Breast or Crispy Chicken Bites	\$8
Add 4 Jumbo Shrimp sauteed in garlic butter	\$12
To any of the above listed salad	
ENTREE SALAD House inspired - ask your server	\$20

Senior or Kids Menu

MAC N' CHEESE	\$10
CHEESEBURGER AND FRIES	\$12
3 CHICKEN TENDERS AND FRIES	\$12
1 PIECE FISH N' CHIPS	\$12
HOT DOG AND FRIES	\$10
BACON-GARLIC- PARMESAN PASTA	\$10
GRILLED CHEESE AND FRIES	\$9

Appetizers

FRENCH FRIES	\$9
SWEET POTATO FRIES Served with house made chipotle aioli	\$11
ONION RINGS	\$12
POUTINE French fries topped with our cheese blend and gravy	\$14
SPECIALTY POUTINE House inspired - ask your server	\$18
DRY RIBS Boneless dry ribs with choice of dip	\$15
SHRIMP COCKTAIL 5 jumbo shrimp served with house made cocktail sauce	\$18
CHICKEN WINGS OR BONELESS CHICKEN BITES 1 lb of Gluten-free chicken wings Dry rub: salt & pepper, lemon pepper, cajun Wet: buffalo, honey garlic, bbq, franks red hot	\$18
NACHOS Tri coloured corn tortillas topped with multi cheese blend, tomatos, peppers, green onions, pickled jalapenos, olives, black beans and cilantro	\$22
Half Order \$14 Add Beef or Chicken for \$8/\$4 for half	
CUSTOM PLATTERS Choose any 4 appetizers	\$60

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Club Favourites

DRY RIB COMBO	\$22
Boneless dry ribs, french fries and caesar salad served with garlic toast	
NY STEAK SANDWICH	\$26
7oz hand cut steak, topped with mushrooms & onions, served on garlic toast with choice of side Add 4 jumbo Shrimp \$12	
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 grilled or crispy chicken bites \$8	
CHICKEN MAC POUTINE	\$25
Classic Poutine with cheesy macaroni and choice of buffalo or honey garlic crispy chicken bites	

Desserts

CHOCOLATE BROWNIE SUNDAE	\$11
Warm Brownie served with Ice cream, whipping cream, chocolate drizzle and garnished with a cherry	
SPECIALTY DESSERT	\$12
House inspired - ask your server	

Beverages

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

Handhelds

Served with your choice of side

TRIPLE BOGEY	\$20
Turkey, ham, bacon, lettuce, tomato, cheddar cheese, mayo on your choice of toasted whole wheat or white bread	
DENVER SANDWICH	\$18
3 eggs, ham, red peppers, green onions, goat cheese and arugula on your choice of bread	
BEEF DIP	\$22
Shaved roast beef, grilled onions, horseradish aioli and provolone cheese on a toasted hoagie with a side of au jus	
DELUXE CHEESE BURGER	\$22
6 oz house made GF patty topped with provolone cheese, lettuce, tomato, onion, pickle and mayo, served on a brioche bun or gluten free bun Add bacon \$3 Add grilled onions and mushrooms \$3 Vegetarian Option Available	
CHICKEN CAESAR WRAP	\$21
Grilled or crispy chicken bites, romaine, bacon, parmesan cheese, and croutons tossed with our house dressing in a flour tortilla	
CHICKEN BACON RANCH BURGER	\$21
Grilled chicken breast or 3 crispy chicken tenders with bacon, cheddar cheese, lettuce, tomato and ranch dressing, served on a brioche bun	
FALAFEL WRAP	\$17
Falafel, house tzatziki sauce, loaded with romaine, cucumbers, red peppers, tomatos, feta and pickled beets in your choice of a flour tortilla or GF bun	
SIDES	
Fries, tossed salad, greek salad, caesar salad or soup of the day	
UPCHARGE SIDES	
Onion rings, sweet potato fries, side poutine or Cheese toast	\$3
Garlic toast	\$2

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Breakfast

Served until 11:00am daily

BREAKFAST SANDWICH	\$9
2 eggs over hard, bacon, and cheddar cheese, served on a brioche bun	
IRON AND ROCK	\$16
2 eggs any style, diced or shredded hashbrowns, your choice of 3 pieces of bacon, sausage or ham, served with your choice of 1 piece of toast	
DENVER SANDWICH	\$18
3 eggs, ham, red peppers, green onions, arugula and goat cheese on your choice of bread and choice of diced or shredded hashbrowns	
OMELET	\$18
3 egg omelet - choose 3 items: red peppers, green onions, mushrooms, tomatoes, diced ham, shredded cheese or pickled jalapenos, served with shredded or diced hashbrowns and 1 piece of choice of toast	
PANCAKES	\$12
3 golden brown pancakes served with syrup	
Add blueberries and whipped topping	\$3
EGGS AND TOAST	\$6
2 eggs any style and your choice of 2 pieces of toast	
TOAST	\$3
White, Brown, or Marble Rye	

White Wine

Santa Rita (Sauv/Blanc)	6oz \$7.5	9oz \$10.5	Bottle \$32
Ogio Pinot Grigio	6oz \$8.25	9oz \$11.5	Bottle \$34
Jacob's Creek Moscato	6oz \$7.5	9oz \$10.5	Bottle \$32
Gato Negro Chardonnay	6oz \$7.5	9oz \$10.5	Bottle \$32

Red Wine

Santa Rita (Cab Sauv)	6oz \$7.5	9oz \$10.5	Bottle \$32
Barefoot Merlot	6oz \$7.5	9oz \$10.5	Bottle \$32
Trapiche Melbec	6oz \$10	9oz \$13	Bottle \$45
Rosemount Shiraz	6oz \$10	9oz \$13	Bottle \$45
Gallo White Zinfandel	6oz \$7.25	9oz \$10.25	Bottle \$30

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Signature Drinks

The Hammer Slammer (3oz) Vodka, Rum, Disaronno, Orange Juice, Pineapple Juice, Grenadine	\$10.5
Hole in One (2oz) Vodka, Cranberry Juice, Orange Juice	\$9.5
The Birdie (2oz) Vodka, Banana Liqueur, 7Up	\$9.5
John Daly (2oz) Vodka, Iced Tea, Lemonade	\$9.5
The Boatman 1/2 O16 and 1/2 Copper Draft	\$6.75

Summer Cocktails

Sex on the Beach (2oz) Vodka, Peach Schnapps, Cranberry Juice, Orange Juice	\$10.5
Tiki Sunrise (2oz) Gin, Orange Juice, Pineapple Juice, Lime Juice, Grenadine	\$10.5
Rainbow Paradise (2oz) Malibu Rum, Blue Curacao, Pineapple Juice, 7-up, Grenadine	\$10.5
Cranberry Lemon Drop (2oz) Vodka, Triple Sec, Cranberry Juice, Soda, Lemon Wedge	\$10.5
Sunset Sangria (7.5oz) 6oz Cab Sauv Wine, Peach Schnapps, Orange Juice, Pineapple Juice	\$10.5
Caribbean Sky (2oz) Blue Curacao, Vodka, 7-up, Lemonade	\$10.5

Non-Alcoholic Beverages

O16 ZERO	\$5.5
CORONA SUNBREW	\$5.5
SHIRLEY TEMPLE	\$5
ROY ROGERS	\$5
CHERRY BOMB	\$5
ARNOLD PALMER	\$5

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