

BREAKFAST SERVED DAILY UNTIL 11 AM

PARFAIT 9⁹⁵
probiotic vanilla yogurt, kiwi, dragon fruit, granola with raisins & dates, house-made berry compote, chia seeds (V)

ROCKFORD TRADITIONAL 19⁹⁵
two eggs, choice of crispy bacon or sausage, breakfast potatoes, sourdough

AVOCADO TOAST 19⁹⁵
sunny-side egg, avocado, arugula, toasted focaccia, breakfast potatoes (V)

BREAKFAST POUTINE 17⁹⁵
sunny-side egg, bacon, cheese curds, breakfast potatoes, hollandaise

BREAKFAST SANDWICH 16⁹⁵
over-medium egg, smoked cheddar, bacon, house tomato jam, black garlic aioli, arugula, potato bun, breakfast potatoes

EGGS BENNY 19⁹⁵
soft poached eggs, ham, toasted focaccia, hollandaise, breakfast potatoes

THE BIG BREAKFAST 23⁹⁵
two eggs, bacon, sausage, french toast, breakfast potatoes

FRENCH TOAST 18²⁵
3 pieces of texas toast, berry compote, syrup (V)

BREAKFAST POWER BOWL 19⁹⁵
sunny-side egg, quinoa, cherry tomatoes, butternut squash, onion, avocado, toasted focaccia (V) (GC)

KIDS BREAKFAST 14⁹⁵
scrambled eggs, bacon or sausage, breakfast potatoes, sourdough

SALADS & BOWLS

CAESAR SALAD 17⁹⁵
romaine, aged parmesan, garlic croutons, caesar dressing (GC)

GRILLED CHICKEN CAESAR SALAD 25⁹⁵
grilled chicken, romaine, aged parmesan, bacon, garlic croutons, caesar dressing, garlic bread (GC)

CHICKEN KARAAGE BOWL 26⁷⁵
crispy chicken, jasmine rice, carrot, cucumber, cabbage slaw, pickled onions, chili aioli, green onions, sesame seeds, Korean BBQ sauce

TUNA POKE BOWL 27⁷⁵
marinated ahi tuna, jasmine rice, pineapple salsa, mixed greens, pickled onions, radish, avocado, sesame seeds (GC)

NORTH BOWL 23⁹⁵
quinoa, mixed greens, butternut squash, cherry tomatoes, avocado, feta, pickled onions, citrus vinaigrette (V) (GC)

add blackened or grilled chicken (GC) 7⁹⁵
add crispy chicken breast 9
add prawns 8⁹⁵ | add 6 oz grilled salmon (GC) 14
add crispy tofu or crispy blackened tofu (V) (GC) 6⁹⁵

KIDS

for kids under 10, all kids' meals include a choice of juice or pop and vanilla ice cream, plus a choice of fries, carrot sticks, mixed greens or jasmine rice

WINNER WINNER CHICKEN DINNER 14⁹⁵
grilled chicken breast (GC)

KIDS' CHEESEBURGER 14⁹⁵
100% Canadian ground chuck, aged cheddar cheese, toasted potato roll, ketchup

CHICKEN FINGERS 14⁹⁵

GRILLED CHEESE (V) 14⁹⁵

APPETIZERS

BEEF CARPACCIO 21⁹⁵
cured certified angus beef®, chimichurri, parmesan aioli, candied pumpkin seeds, pickled onions, truffle oil, balsamic glaze, crostinis

HOT HONEY FRIED CHICKEN 22⁵⁰
chicken thighs, locally sourced hot honey, sweet pickles, house-made slaw

CALAMARI 21⁵⁰
red pepper, dill, jalapeños, grilled lemon, tzatziki (GC)

CHICKEN WINGS 21⁵⁰
with carrots & ranch dip
choice of salt & pepper, sweet Thai chili, bbq, lemon pepper, hot or Korean bbq with sesame seeds

POUTINE 14⁹⁵ | **XL POUTINE** 18⁹⁵
beef gravy, cheese curds
add bacon 2⁷⁵ | add blackened chicken 7⁹⁵

TUNA STACK 22⁵⁰
marinated ahi tuna, wonton chips, diced avocado, pineapple salsa, radish, sesame seeds, chili aioli

TRUFFLE FRIES 14⁹⁵
black truffle oil, aged parmesan, parsley (V) (GC)

THAI CHICKEN SOUP 14⁹⁵
spicy and rich coconut broth, chicken, garlic bread

AVOCADO BRUSCHETTA 19⁷⁵
fresh tomato, basil, balsamic, feta, red onion, grilled artisan bread (V)

NACHOS 29⁹⁵
monterey jack, red peppers, fresh jalapeños, pickled onions, green onions, salsa, sour cream (V) (GC)
add blackened chicken 7⁹⁵ | add beef 7⁹⁵
add guacamole 4⁹⁵ | add double cheese 6 | fully loaded +20

FAVOURITES

all burgers and sandwiches are served with fries
add mushrooms, cheese or caramelized onions 2⁵⁰
add bacon 2⁷⁵ | add avocado 3⁵⁰ | sub salad 3
sub soup 4 | sub gluten-free bun 3
sub truffle fries 5 | sub poutine 6
sub beyond meat patty - no charge

O.G. BURGER 23⁷⁵
100% Canadian ground chuck, lettuce, tomato, onion, pickles, secret sauce, toasted potato roll

CHICKEN CLUB 24⁹⁵
grilled chicken breast, smoked cheddar, bacon, lettuce, tomato, black garlic aioli, toasted panini

CRISPY CHICKEN BURGER 24⁹⁵
house-made crispy chicken breast, smoked cheddar, pickles, tomato, slaw | make it spicy add 1

THAI YELLOW CURRY 26⁹⁵
tofu, rich yellow curry coconut broth, wild mushrooms, jasmine rice, fresh vegetables, bean sprouts (V) (GC)
add chicken 7⁹⁵ | add prawns 8⁹⁵

STEAK FRITES 43²⁵
7 oz certified angus beef® sirloin with fries

V - Vegetarian Option

(GC) Gluten conscious with some modifications from our kitchen, please advise your server about food allergies.

Parties of 8 or more are subject to an 18% automatic gratuity.

R O C K F O R D
bar | grill