

the ROCK CAFE

DRINKS

COFFEE

Campos Superior Blend Coffee 4

African Red Hot Choc 4

Bounty Hot Choc 4.5

Campos Blend Chai 4

strong, decaf, soy, almond **50c**

Large **80c**

COLD COFFEE

Cold Brew 5

served black

Iced Latte 5

double espresso, ice, milk

Iced Coffee 6.5

double espresso, ice cream, vanilla, milk

OVVIO ORGANIC TEA

English Breakfast 4

Earl Grey 4

Sencha Green 4

Vanilla Mint 4

Chai High 4

Chamomile 4

Rise And Shine 4

lemon myrtle, lemongrass & ginger

BLENDED DRINKS

Double Choc Shake 6

Old School Vanilla Shake 6

Strawberry Bliss Shake 6

Mango Weis Bar Shake 7

Nutella Shake 7

DF - Mango Frappe 6

Banana Raspberry Smoothie 7

Mango coconut Smoothie 7

Acai Berry Smoothie 9

KIDS

Lil' Milkshake 3.5

Chocolate / strawberry / vanilla

Bubbaccino 1

ALL DAY BREAKFAST

Sweet Corn Fritters 14.9

Chorizo corn fritters with bacon, roquette & a poached egg

Smashed Avocado 13.9

With whipped herbed ricotta & feta, watercress, tomato black pepper, pomegranate seeds on sourdough

Classic Brekky 12.5

Eggs your way, bacon, roast tomatoes on sourdough

Bacon & Egg Roll 8.9 / 10.5

Classic: Bacon, eggs, bbq sauce

Deluxe: Bacon eggs, tomato relish, haloumi, grilled onions

Acai Bowl 11

Amazon power acai topped with fresh fruit, chia seeds, coconut & toasted granola

Extras 4

Avocado / hash browns / bacon / haloumi

LUNCH TIME

The Rock Burger 15.9

Spicy chicken, lettuce, tomato, cheese, bbq sauce, spiced tomato relish. Served with steak fries

The Cave Burger 15.9

Beef, cheese, lettuce, onion, beetroot, tomato, pickle, bbq sauce, dijonaise. Served with steak fries

Schnitzel Wrap 14.9

Chicken schnitzel, lettuce, tomato salsa, cheese, aioli sweet chilli. Served with steak fries

Lamb Souvlaki Plate 18.5

Lamb souvlaki, greek salad, tzatziki. Served with steak fries & pita bread

Fish of the day 21.5

Check board for daily fish special

SALADS

Couscous Salad 13.5

Pearl couscous, roast pumpkin, mint, parsley, tomato cucumber, chives, almonds, pomegranate sumac dressing

Greek Salad 13.9

Feta, olives, cucumber, tomato, onion, oregano lemon vinaigrette

Thai Beef Salad 14.9

Scotch fillet beef, mint, bean shoots, roquette cucumber, carrot with a nuoc cham sauce

Extras 4

Chicken / lamb / haloumi

the
ROCK
CAFE



Specialty Coffee Professionals
www.camposcoffee.com

RPM
ROCK PROTEIN MEALS

STAY IN TOUCH

(02) 9525 8885
therockcafe.com.au
info@therockcafe.com.au

PIZZA - 13"

Rock Supreme 23

Ham, cabanossi, salami, capsicum, mushroom olives, spanish onion, coriander, yoghurt

Mediterranean Vegetarian 23

Mushroom, artichoke, onion, capsicum, olives sun-dried tomato, roquette

Meat Lovers 23

Ham, salami, cabanossi, pepperoni caramelised onion, bbq sauce

Hawaiian 19

Ham, pineapple

Margherita 17

Mozzarella, basil

Gluten Free Base 1

CHIPPIES

Beer Battered Steakfries 5.9 / 7.9

Shoestring Fries 5.9 / 7.9

Sweet Potato Fries 7.9 / 9.9

With aioli

Seasoned Wedges 7.9 / 9.9

With sweet chilli, sour cream

KIDS MEALS

Teddy Bear Brekky 10

Scrambled egg, hash brown, toast & juice

Chicken Schnitzel 10

With chips, juice & optional salad

Lamb Souvlaki 10

With chips, juice & optional salad

Fish Cocktails 10

With chips, juice & optional salad

Spaghetti Bolognese 10

With parmesan cheese & juice

Toasted or Fresh Sandwich 10

With chips & juice.

Choose two fillings::

ham, cheese, tomato, lettuce, cucumber, vegemite, jam