



GLUTEN FREE MENU

Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with other food items. Due to these circumstances, we are unable to guarantee that any menu item can be completely free of allergens. You should always consult your physician about your dietary needs.

Appetizers

BUFFALO CHICKEN WING DIP

Shredded chicken, cream cheese, Buffalo sauce, Bleu cheese dressing, celery and spices all blended together and baked until piping hot. Served with celery sticks & corn tortilla chips for dipping 7.99

TODAY'S SOUP

Prepared daily using the freshest ingredients Bowl 4.59 **Ask your server if Today's Soup is Gluten Free**

CHILI

Fresh, spicy & delicious! Hearty Angus beef chili topped with diced green onions and served with tortilla chips Bowl 5.99 With Cheddar Jack cheese add 80c

STEAKHOUSE SALAD

Fresh crisp romaine lettuce topped with sliced grilled all natural top sirloin steak, crumbled Bleu cheese, fry'd onions, tomatoes, cucumbers and Bleu Cheese dressing 11.99
Sub Grilled Salmon or Ahi Tuna 12.99

CAESAR SALAD

Our classic Caesar with Romaine lettuce tossed in creamy Caesar dressing, with croutons, fresh grated Romano cheese and topped with your choice of salmon, ahi tuna, chicken, shrimp, blackened or grilled

Request NO croutons

Plain Caesar 7.99

Grilled Chicken Caesar 9.49

Blackened or Buffalo Chicken Caesar 9.99

Grilled or Blackened Shrimp Caesar 10.99

Grilled or Blackened Ahi Tuna or Salmon Caesar 12.99

ULTIMATE NACHOS

A mountain of crispy corn tortilla chips blanketed with melted Cheddar Jack cheese, topped with our Angus chili or grilled chicken, shredded lettuce, diced tomatoes 'n green onions, Kalamata olives, jalapeños, salsa & sour cream 9.99 **Request NO sour cream**

Soups & Salads

CHICKEN COBB SALAD

Sliced blackened chicken atop fresh salad greens with cucumbers, tomatoes, bacon, crumbled Bleu cheese, chopped egg and guacamole. Served with Balsamic-Dijon vinaigrette 9.99

GREEK SALAD

Crisp fresh Romaine lettuce, Feta cheese, tomatoes, cucumbers, red onion, Kalamata olives and pepperoncini, served with our House Vinaigrette and topped with your choice of salmon, ahi tuna, chicken, shrimp, blackened or grilled

Plain Greek Salad 8.49

Grilled Chicken Greek 9.99

Blackened or Buffalo Chicken Greek 10.49

Grilled or Blackened Shrimp Greek 11.49

Grilled or Blackened Ahi Tuna or Salmon Greek 13.49

BLACKENED CHICKEN SALAD Sliced blackened chicken atop salad greens with tomatoes, cucumbers, Kalamata olives and Cheddar Jack cheese. Served with Ranch dressing 9.99

Salad Dressings:

House Vinaigrette, Italian, Bleu Cheese, Ranch, Caesar, Raspberry Vinaigrette

Hot Off the Grill

TOP SIRLOIN STEAK

Seasoned, tender and flavorful all natural 9 oz lean cut top sirloin steak, fire-grilled to your taste 16.99

NEW YORK STRIP STEAK

All natural 12 oz. Strip Steak, seasoned, fire-grilled to perfection for the ultimate steak flavor experience 20.99

GRILLED FRESH ATLANTIC SALMON

Fresh from the icy waters of Nova Scotia, this Salmon is high on flavor and also on omega oil 15.99

SEARED SESAME AHI TUNA

8 oz Fresh sushi grade Tuna, sesame coated, seared to order and enlivened by a wasabi sauce. Comes to you with a tangy sweet sesame teriyaki sauce for dipping. You'll love it 13.99 **Request NO teriyaki sauce**

CHICKEN SPIEDIE

Grilled marinated cuts of chicken and veggies on a skewer, served on grilled whole wheat flatbread with lettuce, tomatoes, cucumbers, red onion, Feta, tzatziki and rice or

seasoned fries 9.99 **Request NO flat bread**

Add a Spiedie 5

Atop Greek Salad 10.99

CALIFORNIA CHICKEN GRILL

Grilled tender breast of chicken smothered with Cheddar Jack cheese, sliced bacon and sautéed mushrooms, side of Fat-Free Honey Dijon 11.99 **Request NO Honey Dijon dressing**

Awesome Burgers

Our half pound Burgers are Fresh ground chuck, All Natural, 100% free of Steroids, Antibiotics and Hormones, lightly seasoned, grilled to order and served with lettuce, tomato & onion on a rustic white or wheat roll with pickle slices and seasoned fries. **Request NO bun.**

STILL'S BURGER

A burger so good we put our signature on it! Topped with crumbled Bleu cheese, bacon, spinach and our very own Buffalo sauce, served on a toasted bun 9.49

PHILLY CHEESEBURGER

Provolone cheese, grilled peppers & onions, sautéed mushrooms top this brotherly burger 8.79

CALIFORNIA BURGER

Melted Monterey Jack cheese, sautéed mushrooms and bacon top this delicious burger 8.99

GUACAMOLE & BACON CHEESEBURGER

Zesty guacamole tops this burger along with Pepper Jack cheese and Bacon 9.49

S.O.B. BURGER

Swiss cheese, fry'd onions, bacon, served on toasted roll 8.99

HAMBURGER 7.79 With Cheese add 80c

Choose Pepper Jack, Cheddar, American, Swiss, Monterey Jack, Provolone, Feta or Crumbled Bleu.

ROC ORIGINAL BURGER

We make it the old-fashioned way topped with mustard, onions and meat hot sauce (served without lettuce and tomato) 8.49

VEGGIE BURGER

Made with fresh vegetables, rich in fiber, seasoned just right and served on a toasted wheat roll with chipotle mayonnaise 7.99

BACON & CHEDDAR BURGER

Topped with melted Cheddar and crisp bacon slices 8.99

TURKEY BURGER

Rich and juicy, served with sautéed mushrooms, fry'd onions, lettuce & tomato on a wheat roll 7.99

Pizza

Specify a gluten free crust.

BUFFALO CHICKEN PIZZA

Grilled chicken tossed in spicy Buffalo sauce with crumbly Bleu Cheese and Mozzarella. Served with side celery and Bleu cheese dressing 8.99

PEPPERONI

Premium pepperoni, Mozzarella and tomato sauce 7.99

MEDITERRANEAN

Fresh and delicious! Grilled chicken, sun-dried tomato pesto, diced tomatoes 'n green onions, Kalamata olives, sautéed spinach, Mozzarella and Feta cheese 9.99

VEGGIE

Olive oil, garlic, Mozzarella, sliced mushrooms, tomatoes, onions, green peppers, sautéed spinach 7.99

CHEESE

Lots of Mozzarella tops our special tomato sauce 7.49

Sides

BAKED POTATO • STEAMED FRESH BROCCOLI • SAUTÉED FRESH SPINACH

Thirst Quenchers*

PEPSI, DIET PEPSI, GINGER ALE, MOUNTAIN DEW, SIERRA MIST, FRESH-BREWED UNSWEETENED ICED TEA, TROPICAL-FLAVORED ICED GREEN TEA, COFFEE - KONA BLEND, HOT TEA

*Free refills with meals in the restaurant