



# share

**crisp lettuce cups** tofu or minced pork with vegetables, hoisin sauce, crushed peanuts and crispy noodles with butter lettuce cups for filling 8<sup>95</sup>

 **rock salt chili prawns** sweet thai-chili dip 9<sup>95</sup>

 **blackened prawn tacos (3)** shredded slaw, salsa fresca, avocado cream, chocolate bacon 10<sup>95</sup>  
add taco 2<sup>50</sup>

**spicy wok-seared squid** garlic, jalapeños, spicy sambal and sweet thai yogurt dipping sauce 10<sup>95</sup>


 **edamame** wok-tossed with garlic-chili oil or simply steamed, with kosher salt 6<sup>95</sup>

**ginger beef** thin-sliced, ginger-honey glaze 11<sup>95</sup>


**shrimp gyoza** japanese style dumplings with hot mustards and sesame-soy sauce 8<sup>95</sup>


**wings** your choice of three ways 10<sup>95</sup>

rock salt five-spice dry rub with chipotle mayo dipping sauce

 or tossed in our fiery sriracha cult hot sauce and served with peanut dipping sauce


or honey-ginger glaze

 **palmito dip** hearts of palm, spinach, soy beans and three cheeses mixed with charred tomato salsa and served with crisp tortilla chips 9<sup>95</sup>


 **ravioli** three of our signature roasted root vegetable ravioli, blackened tomato cream sauce, spinach, parmesan 7<sup>95</sup>

 **yam fries** lemon-parsley gremolata, roasted garlic aioli 6<sup>95</sup>

 **wok broccolini** garlic, chilies and shaved parmesan 6<sup>95</sup>


 **wok mushrooms** shiitake, portobello and crimini mushrooms, shaoxing wine, garlic 5<sup>95</sup>

 **wok-fired green beans** spicy sambal, garlic and lime juice 6<sup>95</sup>

 **fried rice** tossed with egg, snap peas, carrots and sui choy cabbage with a touch of sambal, drizzled with indonesian sweet soy 3<sup>95</sup>

## soup + salads

add garlic toast 1<sup>95</sup>


 **roast tomato-red pepper bisque** avocado cream cup 4<sup>95</sup> bowl 6<sup>95</sup>

**caesar salad** whole leaf romaine, creamy anchovy dressing, croutons, grana padano parmesan 7<sup>95</sup>

add blackened chicken breast 3<sup>95</sup>


grilled salmon 4<sup>95</sup>

lemongrass jumbo prawns 6<sup>95</sup>

 **rockford greens** feta, grape tomatoes, napa cabbage, candied almonds, sundried cranberries, select artisan greens, grapefruit-ginger vinaigrette 7<sup>95</sup>

**blackened chicken salad** artisan greens mix, honey-lime vinaigrette, dates, grape tomatoes, corn, soy beans, avocado and feta cheese with cajun grilled chicken 13<sup>95</sup>

**almond chicken salad** crispy breaded almond chicken served on our artisan greens, mango vinaigrette, raisins, candied pecans, carrots, papaya salsa and sliced almonds 14<sup>95</sup>

 **salmon spinach salad** teriyaki-marinated salmon brochettes, spinach, julienne red onions, bell peppers, cucumber, pickled ginger, wasabi vinaigrette 14<sup>95</sup>

**Ocean Wise**  Recommended by the Vancouver Aquarium as an ocean-friendly seafood choice.

Our menu is MSG free.

Ask your server about our gluten free options.

 a little bit of heat

 vegetarian

# grill + oven

all rockford steaks are AAA hand-cut alberta beef, aged 28 days, served with mashed potatoes and seasonal vegetables.

*add jumbo prawns to any entrée 6<sup>95</sup>  
substitute quinoa for mashed potatoes 1<sup>95</sup>*

	sirloin 7 oz	sirloin 9 oz	new york 10 oz
<b>charbroiled</b>			
grilled with montreal steak spice topped with lemon-parsley butter	21 <sup>95</sup>	24 <sup>95</sup>	27 <sup>95</sup>
<b>creole style</b>			
cajun-rubbed with spicy creole butter	22 <sup>95</sup>	25 <sup>95</sup>	28 <sup>95</sup>
<b>peppercorn</b>			
dredged in fresh cracked black pepper and topped with our sundried tomato-green peppercorn sauce	22 <sup>95</sup>	25 <sup>95</sup>	28 <sup>95</sup>
<b>lemongrass prawns</b> split jumbo prawns (6), marinated with smashed lemongrass, ginger, soy and garlic, grilled in-shell and served with steamed quinoa, papaya salsa and seasonal vegetables 21 <sup>95</sup>			
<b>grilled peanut chicken</b> double breast marinated with garlic, coconut milk, chilies, soy and crushed peanuts, served with pineapple salsa, peanut sauce and seasonal vegetables 18 <sup>95</sup>			
<b>bbq ribs</b> fall-off-the-bone pork back ribs with mongolian bbq sauce, asian slaw and fresh cut fries 23 <sup>95</sup>			
<i>half rack 18<sup>95</sup></i>			

# sides

- ✔ **wok broccolini** garlic, chilies and shaved parmesan 6<sup>95</sup>
- ✔ **wok mushrooms** shiitake, portobello and crimini mushrooms,  
shaoxing wine, garlic 5<sup>95</sup>
- ✔ **wok-fired green beans** spicy sambal, garlic and lime juice 6<sup>95</sup>
- ✔ **fried rice** tossed with egg, snap peas, carrots and sui choy cabbage with  
a touch of sambal, drizzled with indonesian sweet soy 3<sup>95</sup>
- ✔ **jasmine rice** 2<sup>95</sup>
- ✔ **brown sushi rice** 3<sup>95</sup>
- ✔ **quinoa** a light, fluffy alternative to rice or potatoes – gluten free 4<sup>95</sup>

# wok

our woks are custom made and fired at a searing  
100,000 btu's to seal in goodness and impart unique flavours

*substitute tofu at no extra charge*

- ✔ **kung pao chicken** water chestnuts, garlic, ginger, baby corn,  
toasted red chilies, roasted peanuts and jasmine rice 13<sup>95</sup>  
*substitute prawns for chicken 3<sup>95</sup>*
- lemon chicken** battered chicken in a tangy lemon sauce with  
peppers, snap peas and onions over jasmine rice 11<sup>95</sup>
- mongolian beef noodles** seared beef with bell peppers, carrots, broccoli,  
bean sprouts, bok choy, fresh ginger, green onions and chow mein noodles in  
a black bean hoisin sauce 14<sup>95</sup>  
*substitute pulled chicken for beef at no extra charge*
- ✔ **black pepper beef** snap peas, carrots, onions, braised tomatoes in a  
spicy black pepper sauce, tossed with shanghai noodles 12<sup>95</sup>  
*substitute pulled chicken for beef at no extra charge*
- ✔ **szechuan beef** the spiciest dish on our menu – breaded beef strips atop  
carrots, green onions, ginger and bell peppers in a spicy szechuan sauce with  
steamed baby bok choy and jasmine rice 13<sup>95</sup>

# pan

*add garlic toast 1<sup>95</sup>*

**big noodle bowl** with shredded pork, carrots, bok choy, napa cabbage, corn, broccoli, edamame soy beans, green onions and bean sprouts in a rich miso broth 10<sup>95</sup>



**pan-roasted salmon** braised in a light broth with roasted fingerling potatoes, shredded fennel slaw, grape tomatoes, spinach and basil 21<sup>95</sup>

**mushroom chicken** pan seared double breast in a crimini mushroom cream, with broccoli, fresh basil, grape tomatoes and spinach on garlic mash 18<sup>95</sup>

✓ **roasted root vegetable ravioli** blackened tomato cream sauce, spinach, grana padano parmesan 14<sup>95</sup>

**grilled chicken fettucini** three cheese alfredo sauce, lemon-parsley gremolata, parmesan 15<sup>95</sup>

**teriyaki chicken rice bowl** water chestnuts, baby corn, broccoli, red onions, shiitake mushrooms, bell peppers, snap peas, garlic, ginger and bean sprouts, drizzled with wasabi cream 14<sup>95</sup>

*substitute prawns for chicken 3<sup>95</sup>*



**mumbai bowl** prawn or chicken pan seared in a spicy indian red curry with bell peppers, baby bok choy, japanese eggplant, zucchini, onions, carrots, sui choy cabbage and bean sprouts 14<sup>95</sup>

✓ *either rice bowl available as a vegetarian option*

## sandwiches + burgers

we use only spring creek ranch 100% naturally raised, hormone-free albertan cattle for all our beef burgers. our burgers are char grilled and served on our signature golden-top bun with house sauce, lettuce, tomato, onions and pickled cucumbers – choose fresh cut fries, side caesar salad or side rockford greens

*substitute yam fries 1<sup>95</sup>*

**rockford beef burger** 11<sup>95</sup>

**peppercorn burger** our patty dredged in crushed black peppercorns and topped with madagascar green peppercorn sauce 12<sup>95</sup>

**bacon + blue cheese burger** crumbled blue cheese and two strips of smoked bacon 13<sup>95</sup>

**pulled chicken club** smoky bacon, artisan greens and tomato, double-deckered on thick marble rye 11<sup>95</sup>



**grilled salmon burger** vinegared cucumbers, lemon-caper tartar, pineapple salsa 13<sup>95</sup>

**blackened chicken burger** aged white cheddar, chipotle mayo, leaf lettuce, salsa fresca 12<sup>95</sup>

**sliced sirloin steak baguette** horseradish cream, tomato-onion jam, mushrooms and fried onion 'hay', served with house potato chips and crisp sesame slaw 14<sup>95</sup>

**soup, salad + half sandwich combo** a cup of tomato bisque, or a cup of miso soup, with either a small caesar or greens, plus a half pulled chicken club 10<sup>95</sup>

available until 4pm

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## love at first bite

THAT'S A GUARANTEE. We believe so strongly in our menu and its unique and diverse offerings that if upon your first bite you are not 100% satisfied – for whatever reason – we will make it right. Simply choose another dish and the kitchen will move it to the front of the line.

[rockfordgrill.com](http://rockfordgrill.com)

# desserts

**baked apple galette** puff pastry filled with granny smith apples, vanilla gelato, caramel sauce 7<sup>95</sup>

**sticky chocolate date pudding** vanilla bean gelato, chocolate butterscotch sauce 6<sup>95</sup>

**lychee-lemon mascarpone cheesecake** raspberry coulis, whipped cream 7<sup>95</sup>

**rockslide** vanilla bean gelato smothered in dark chocolate sauce, chopped fresh strawberries, crushed vanilla wafers, whipped cream and mint 6<sup>95</sup> *add a banana* 1<sup>50</sup>

**ice cream side** 3<sup>95</sup>

# rockford favourites

*cocktails 6 martinis 7<sup>50</sup>*

*rock it up 1 oz add 3*

**rockford's signature caesar** vodka, rockford's secret caesar blend 1 oz

**green tea mojito** green tea liqueur muddled with fresh mint and limes, citrus soda 1 oz

**full moon iced tea** lychee liqueur muddled with fresh lychees and lemons, topped with red tea 1 oz

**lychee-lemongrass martini** lychee liqueur, lemon liqueur, fresh lychees, lemongrass, citrus juice 2 oz

**strawberry lemondrop martini** vodka, lemon liqueur, strawberry purée, citrus juice 2 oz

# the rockford experience

Creating the signature Rockford taste was a labour of love that took almost a year to develop by our visionary Corporate Chef Harley Darnel.

*"We've worked long and hard to bring to the table the best international flavour profiles, and a host of unique and appealing dining choices from which to choose. We source as much as possible from local growers, and on the Pacific Rim side of our menu we're utilizing custom-designed 100,000 BTU wok stations to seal in goodness and flavour. At the end of the day, our goal is quite simple: to exceed your expectations."*



**Harley Darnel** Corporate Chef

NOTE: Please advise your server if you have any allergy or dietary concerns