

IT'S GOOD TO SHARE

WARM EDAMAME HUMMUS 11²⁵
edamame, asiago, roasted garlic & crispy wonton chips

 SPICY GARLIC SQUID 11⁹⁵
sweet chili sauce

LETTUCE WRAPS 13²⁵
butter lettuce cups, spicy pork and cashew stirfry with bell peppers & crispy noodles

SHRIMP GYOZA 11⁹⁵
sesame-soy sauce

GINGER BEEF 12⁵⁰
honey-ginger glaze

 CHICKEN WINGS 12²⁵
sriracha, 5-spice, salt & lemon pepper, chinese fire drill, sweet thai chili

CHILI EDAMAME 8⁹⁵
tossed with garlic chili oil

HOISIN RIB STACK 13⁹⁵
crispy glazed baby back mongolian bbq rib singles

WOK BROCCOLINI 8²⁵
cracked chillies, garlic and crispy shallots

YAM FRIES 8⁵⁰
sriracha aioli

BLACKENED PRAWN TACOS 13²⁵
shredded slaw, papaya salsa, sriracha aioli

WOK WITH STYLE

LEGENDARY TOKYO STREET NOODLES 16⁹⁵
spicy pork ramen with togarashi sesame broth, shiitake mushroom, basil & snow peas

NIGHT MARKET FRIED RICE 15⁹⁵
wok seared chicken, ham and egg fried rice, with shredded carrot & napa cabbage

MONGOLIAN BEEF NOODLES 17⁵⁰
thin egg noodles, marinated beef, bean sprouts, broccoli, cashews & bell peppers tossed in a black bean hoisin sauce

WOR WON TON 15²⁵
Pork wontons, chicken, poached prawns, shredded egg, mushroom & green onion in an aromatic asian broth

 SZECHUAN BEEF 17⁹⁵
lightly breaded beef strips, wok fired vegetables in a spicy sriracha ginger sauce with jasmine rice

 KUNG PAO PRAWNS 17⁹⁵ CHICKEN 17⁵⁰
baby corn, water chestnuts, carrots, red & green peppers, broccoli, cashews, bean sprouts, kung pao sauce with jasmine rice

GREEN THAI CURRY PRAWNS 17⁹⁵ CHICKEN 17⁵⁰
peppers & zucchini, green curry, papaya salsa with jasmine rice

ROCKFORD
wok | bar | grill

FRESH OUTLOOK

CUP OF SOUP 7²⁵
your choice of  thai butternut squash or wonton soup

CAESAR SALAD 11⁵⁰
baby kale, romaine, creamy roasted garlic dressing

ROCKFORD GREENS 10⁵⁰
feta, grape tomatoes, napa cabbage, edamame in a sundried tomato vinaigrette

BLACKENED CHICKEN SALAD 16⁹⁵
fresh greens, avocado, dates, crispy tortilla strips, grape tomatoes, corn, edamame, feta cheese, tossed in honey-lime vinaigrette

BIG BOWL CHICKEN SALAD 16²⁵
cashew crusted chicken, carrots, peppers, snow peas, broccolini, chilled & crispy noodles, mesclun greens, cilantro

substitute salmon 1⁵⁰ | add chicken 4⁹⁵

HAND HELD HAPPINESS

served with your choice of napa slaw, rockford greens, caesar salad, fries or substitute yam fries or soup 1⁵⁰ | add fresh avocado 1⁵⁰

ROCKFORD CLASSIC HAND PRESSED BURGER 14²⁵
add cheese/bacon/mushrooms/sautéed onions 1²⁵ each

KUNG FU BURGER 15⁹⁵
sweet soy bacon, fried egg, kimchi, sriracha aioli, butter leaf lettuce

VEGGIE BURGER 14²⁵
sriracha mayo, caramelized onions

CHICKEN QUESADILLA 14⁵⁰
pulled chicken, roasted vegetables with sour cream & salsa

CRISPY CHICKEN SANDWICH 15²⁵
your choice of crispy almond coated or grilled chicken, mayo, cheddar, napa slaw

CHICKEN VIET SUB 13⁹⁵
pulled lemongrass chicken, sriracha aioli, pickled vegetables & fresh herbs on a crusty french baguette

SOUP, SALAD & 1/2 SANDWICH COMBO 14⁹⁵
either one of our soups, rockford greens or caesar salad & 1/2 chicken viet sub

STEAK SANDWICH 17⁷⁵
served on a toasted garlic baguette with a crispy onion "hay stack"

MAIN FOCUS substitute wok broccolini 2⁰⁰

LEMONGRASS CHICKEN 19⁵⁰
chicken skewers with house made teriyaki sauce, papaya salsa, coconut rice, fresh market vegetables

MISO GLAZED SALMON 24⁹⁵
marinated salmon filet, ginger stir-fried vegetables, jasmine rice, toasted sesame seeds

MONGOLIAN HOISIN RIBS FULL 25⁹⁵ 1/2 RACK 19⁹⁵
our signature hoisin bbq sauce, napa slaw, fries

TOP SIRLOIN STEAK 22⁹⁵ (CAB®)
creamy mashed potatoes, fresh market vegetables

TOP SIRLOIN & PRAWNS 28⁹⁵ (CAB®)
top sirloin, skewer of grilled prawns, creamy mashed potatoes, fresh market vegetables

NEW YORK STEAK 28⁹⁵
roasted potatoes, fresh market vegetables

NEW YORK PEPPERCORN STEAK 29⁹⁵
roasted potatoes, fresh market vegetables

SWEET SIDE

ROCKSLIDE 6⁹⁵
vanilla bean ice cream, gingersnap, chocolate sauce, strawberries & kiwi

BANANA CARAMEL XANGO ('CHANGO') 7⁹⁵
creamy cheesecake filling, chunks of banana wrapped in light pastry and rolled in cinnamon sugar + vanilla bean ice cream

CHOCOLATE ESPRESSO MOUSSE 6⁹⁵
house-made, rich dark chocolate mousse with espresso - gluten friendly

SERVING CAGE-FREE EGGS

BIG BREAKFAST 16⁹⁵
three eggs, crispy bacon, sausage, breakfast potatoes & marble rye or sourdough toast

ROCKFORD TRADITIONAL 15⁵⁰
two eggs with your choice of crispy bacon or sausage, breakfast potatoes & marble rye or sourdough toast

PANCAKE STACK 13
served with maple syrup & fruit

CLASSIC BENEDICT 14²⁵
shaved ham on whole wheat english muffins, poached eggs and hollandaise with breakfast potatoes

MEDITERRANEAN BENEDICT 14²⁵
wilted arugula, crumbled feta, fresh tomato and avocado on whole wheat english muffins, topped with poached eggs and hollandaise with breakfast potatoes

HAM & CHEDDAR OMELETTE 14⁵⁰
served with breakfast potatoes, marble rye or sourdough toast

VEGGIE OMELETTE 14⁵⁰
mushrooms, peppers and green onion with feta cheese, topped with spicy hollandaise

LITE BREAKFAST 10²⁵
one egg any style, two strips of crispy bacon, breakfast potatoes & marble rye or sourdough toast

YOGURT CRUNCH 9⁹⁵
vanilla yogurt, fresh fruit and berries with almond granola

FRUIT BOWL 8⁹⁵
mixed fresh fruit and berries

HOT OATMEAL 8
brown sugar drizzle with almonds and dates

TOASTED MULTIGRAIN BAGEL 4⁹⁵
with cream cheese and strawberry jam

substitute egg whites in your omelette 1⁹⁵
substitute fresh fruit for breakfast potatoes 1⁹⁵
add fresh fruit 4⁹⁵
add fresh avocado 1⁵⁰

JUICE 3⁹⁵
orange, grapefruit, pineapple

MIMOSA 6⁵⁰
sparkling wine and orange juice

BAILEYS & COFFEE 7⁵⁰

Monday - Friday from 6am till 11am | Saturday & Sunday from 7am till 2pm.

Not all ingredients are listed, please advise your server about food sensitivities & ensure you speak to a manager regarding severe allergies

KIDS' MENU 

junior menu items all available for 9⁹⁵ includes unlimited drinks & dessert for children under 12

KIDS BREAKFAST
one egg any style, one strip of crispy bacon, breakfast potatoes & marble rye or sourdough toast
*Served during breakfast hours only

CHICKEN STRIPS & FRIES
honey-mustard dipping sauce

ROCKFORD BURGER
served with your choice of fries or green salad
add cheddar cheese or bacon 1²⁵

GRILLED CHEESE
sourdough toast, cheddar cheese, lightly griddled and served with fries

QUESADILLA
pulled chicken, shredded cheese with sour cream & salsa. Served with your choice of fries or green salad

WONTON SOUP 6⁹⁵

