

Rok Lunch Specials

Daily 11am – 4 pm

Soup and Salad Combo - Any bowl of soup with a house or Caesar salad 9.95

Blue Cheese Steak Salad

Grilled steak, mixed greens, cherry tomatoes, mandarin oranges, red onions, blue cheese, balsamic vinaigrette. 10.95

Crispy Chicken Salad

Hand-breaded chicken, romaine lettuce, corn, tomatoes, cucumbers, jicama, cheddar cheese, ranch dressing. 10.75

Fajitas on the Rok

Your choice of steak, chicken or mushrooms, with bell peppers and onions, rice pilaf, black beans, flour tortillas, chimichurri sauce, cheddar cheese. Steak 11.50 • Chicken 10.75 • Portabella 11.25

Crispy Chicken Wrap 

Hand-breaded chicken breast, roasted red bell pepper, iceberg lettuce, tomatoes, cheddar cheese, lava sauce and buffalo sauce in a flour tortilla. 10.75

Chimichurri Steak Wrap

Seasoned steak, fried onion strings, chimichurri, mixed greens, swiss cheese, tomatoes, au jus in a flour tortilla. 10.95

NEW Southwest Artichoke Wrap

Hand-breaded fried artichokes, romaine, red & green onions, red bell peppers, cucumber, feta cheese, sweet corn, avocado, black beans and tortilla strips tossed with Santa Fe dressing in a flour tortilla. 10.50

Curry Chicken Pot 

Sautéed chicken, peppers and onions, broccoli, pineapple, curry sauce, served with sticky rice. 11.75

NEW Cajun Pasta 

Red bell peppers, caramelized onions, creamy cajun sauce, green onions and parmesan cheese sautéed with fettuccini pasta. 7.95

Enjoy your pasta even more by adding chicken 4.95, salmon 9.95, prawns 8.95 Blackened proteins available upon request.

NEW Rok Style Quesadillas

Mozzarella cheese, bruschetta tomatoes, baby spinach, caesar dressing, inside a flour tortilla, drizzled with chipotle mayo, served with sour cream, pico de gallo and choice of side salad (house or Caesar) or french fries. 9.00

Enjoy your quesadilla even more by adding chicken 1.75 or beef 1.95

ON THE ROK

Rok entrees come seared and sizzling on a hot volcanic Rok with your choice of 2 sides. All of our steaks are Certified Angus Beef (CAB).

Chicken: 8 oz. boneless skinless chicken breast. 12.95

Sirloin: 6 oz. CAB top sirloin medallion. 16.95

Hanger Steak: 6 oz. CAB hanging tenderloin. 15.95

Pacific Ahi: 6 oz. fresh pacific ahi tuna. 19.95

Sides: Mashed potatoes, baked potato, french fries, sweet potato fries, fresh fruit, grilled asparagus, rice pilaf, orzo pasta, steamed vegetables, (loaded baked or loaded mashed potatoes add 2.50)



18% gratuity will be added to parties of 10 or more