

# GLUTEN



# FREE

GREAT SEAFOOD, NOT A LOT OF CLAMS\*

## STARTERS

**MEXICAN SHRIMP MARTINI**  
Loads of shrimp, avocado, pico de gallo and salsa. Served with celery sticks.

**TRADITIONAL SHRIMP COCKTAIL**  
Eight large, chilled shrimp. Accompanied by our spicy cocktail sauce.

**AHI TUNA NACHOS\***  
Blackened seared ahi tuna served on fresh cucumber slices with wasabi aioli and mango ginger relish.

## SOUPS AND SALADS

**ROASTED JALAPENO CREAM SOUP**

**SOUP-N-SALAD**  
Bowl of Jalapeno Cream Soup with a Rockfish House Salad.

**ROCKFISH HOUSE SALAD**  
Fresh salad greens, apples, candied pecans and tomatoes served with our herb vinaigrette.

**TOSSED SHRIMP COBB SALAD**  
Blackened shrimp tossed with mixed greens, avocados, fresh tomatoes, bleu cheese and bacon.

**ASIAN AHI TUNA SALAD\***  
Mixed greens with mango chunks, cabbage, tomatoes, and cucumbers topped with Ahi Tuna.

**GRILLED SALMON SALAD\***  
Grilled salmon fillet on top of mixed greens with diced tomatoes and cucumbers.

**CHICKEN CAESAR SALAD**  
Choice of grilled or blackened chicken tenders served on a bed of crisp romaine, tossed in a traditional Caesar dressing and topped with Parmesan cheese.

### DRESSINGS

- Hidden Valley Ranch® Buttermilk Ranch •
- Bleu Cheese •
- Honey Mustard •
- Herb Vinaigrette •
- Caesar Dressing •
- Remoulade Sauce •
- Fat Free Sundried Tomato •

## DESSERT

Blue Bell Homemade Vanilla Ice Cream\*  
add chocolate sauce

(\*Blue Bell not available in North Carolina)

## BEVERAGES



## THE FISH MARKET

Our fish, served either grilled or blackened, are served on seasoned rice with choice of two side dishes.

**NORTH ATLANTIC SALMON\***  
Robust and moist flavor

**TILAPIA**  
Our mildest fish, flaky with medium firm texture

**JUMBO SHRIMP**  
Plump, moist with firm texture

**SEA BASS**  
Rich, melt in your mouth flavor with medium texture

**US FARMED CATFISH**  
Sweet, mild taste with firm texture

**FLOUNDER**  
Pure, white, lean and delicate

**RAINBOW TROUT**  
Delicate nutty flavor with a soft texture

**MAHI MAHI**  
Flaky, mild-flavored, firm

**AHI TUNA\***  
Bold and Meaty flavor

**COLOSSAL SEA SCALLOPS**  
Sweet, mild flavor

**CHOICE OF SAUCES**  
• Ponchartrain Sauce • Garlic Butter •  
• Marinara Sauce • Pico de Gallo • Lemon Butter •

## ROCKFISH PLATTERS

**CEDAR PLANK SALMON\***  
Fresh fillet, grilled on an aromatic cedar plank, topped with roasted corn salsa and blackened shrimp. Served with choice of two side dishes.

**FLAT IRON STEAK\***  
An 8 oz aged, flat iron steak seasoned with our Signature Rockfish Spice. Served with homemade mashed potatoes and choice of one side dish.

**RIBEYE STEAK\***  
12 oz aged Ribeye Steak seasoned with our Signature Rockfish Spice. Served with homemade mashed potatoes and choice of one side dish.

**STEAK AND JUMBO SHRIMP\***  
8 oz aged flat iron steak and grilled jumbo shrimp served with homemade mashed potatoes & choice of one side dish.

**CATFISH & SHRIMP COMBO**  
Grilled or blackened. Served with choice of two side dishes.

**FIELD AND STREAM\***  
Our version of the classic Surf and Turf. 12 oz aged Ribeye Steak seasoned with our Signature Rockfish spice and paired with your choice of grilled or blackened Jumbo Shrimp or Colossal Sea Scallops. Served with homemade mashed potatoes and choice of one side.

**CHICKEN**  
9 oz Grilled or blackened Chicken Breast. Served with homemade mashed potatoes and choice of one side dish.

Steamer Platters may include any combination of snow or king crab, shrimp and crawfish served with boiled new potatoes and corn on the cob. Please ask your server for today's availability.

## SIDES

- Mixed Vegetables
- Sauteed Spinach
- Apple Cider Slaw
- Creamed Corn
- Red Beans and Rice
- Asparagus
- Boiled New Potatoes
- White Rice
- Applesauce
- Rice Pilaf
- Black Beans
- Homemade Mashed Potatoes

\* The nutritional and allergen information disseminated by Rockfish Seafood Grill was prepared by Nutritional Information Services (NIS, www.nitn.com). Rockfish Seafood Grill cannot guarantee no cross-contamination. All menu items listed herein were examined for the presence of wheat (Be further advised that the designation "wheat" includes the grains barley, oats, rye and Triticale.) Rockfish Seafood Grill and NIS assume no responsibility for errors in labeling or changes in ingredients or prepared products used in recipes and menu items that are the direct or indirect result of the actions and activities of the suppliers, distributors, and purveyors of said ingredients and products. If you have any questions or concerns about this nutritional and allergen information, or if you are sensitive to specific ingredients, please speak directly with your physician. There is a risk associated with consuming raw oysters, raw or undercooked beef, poultry, seafood, shellfish and eggs or any other animal proteins. If unsure of your risk, consult your physician as consuming may increase your risk of food-borne illness.

