



LARocca
GOOD FOOD CO

BREAKFAST

With a slice of white or wholewheat. For rye add R6

- FEATHER LIGHT** 79
Poached eggs, grilled chicken fillet, baked beans, side salad & toast
- BIG DADDY**
2 eggs, 2 macon, 2 sausage, baked beans, fries & toast
- Big Daddy Original 79
- Chicken BBQ or Masala 89
- Steak BBQ or Masala 75

- SALMON BENEDICT** 99
Poached eggs with avocado (seasonal), smoked salmon & spring onion coated with hollandaise sauce on a toasted ciabatta

- MEXICAN BENEDICT** 77
Poached eggs with a chilli fried mince, coated with a hollandaise sauce & served with a salsa on a toasted panini

- RIB BENEDICT** 88
Pulled ribs tossed with mushrooms, onion & peppers on a toasted ciabatta, topped with poached eggs and hollandaise sauce

- VITALITY BREAKFAST (V)** 65
A fresh bowl of seasonal fruit, flavoured yoghurt & muesli

- FUNGI OMELETTE (V)** 69
Mushroom, spinach, onion & garlic with toast

- OMELETTE AU' FROMAGE** 69
Mixed cheese, tomato & macon with toast

- MOTHER CITY** 75
2 eggs, 2 sausage, 2 macon, grilled mushrooms & tomato with toast

- EGGS FLORENTINE (V)** 79
Poached eggs with spinach & grilled mushrooms coated with hollandaise sauce on toast ciabatta

START

- SUPER LOADED NACHOS** 95
Crispy corn chips fully loaded with pulled rib, guacamole, cream, cheese, corn & jalapenos

- CHEESY MEXICAN NACHOS (V)** 75
Cajun corn chips with salsa, Mexican or BBQ sauce topped with cheese

- WILD WINGS (HOT OR NOT)** 68
A choice of BBQ or peri-peri sauce

- GARLIC BREAD (V)** 55
Ciabatta slices with garlic, parsley & cheese

- SOUP OF THE DAY** 59
Served with a side of toasted ciabatta

- CHICKEN & MUSHROOM SOUP** 65
Served with a side of toasted ciabatta

SANDWICHES

With white or wholewheat bread. For rye add R8

- CHICKEN MAYO** 48
- CHEESE, MUSHROOM & ONION (V)** 69
- STEAK, CHEDDAR CHEESE & ONION** 85
- CHEESE & TOMATO (V)** 45
- PERI CHICKEN MAYO** 54
- THE DAGWOOD** 98
Macon, burger patti, egg, lettuce, tomato, onion & cheddar cheese

WRAPS

Served with fries or side salad

- BOSS WRAP** 79
Grilled or crumbed chicken strips, lettuce, tomato, guacamole & honey mustard sauce
- TIKKA FOLD OVER** 77
Grilled tikka chicken on a bed of lettuce & tomato encapsulated in a roti with a touch of mayonnaise
- DISTRICT SIX** 89
Selected cuts of mutton slow cooked in a masala sauce served with sambals
- MEXICAN DELIGHT** 98
Grilled chicken or beef stuffed in a gratineed tortilla with red beans, onion & peppers in Mexican or BBQ sauce, served with guacamole & chopped tomato
- ENCHILADA** 88
Succulent beef or chicken strips tossed with braised onion, peppers & mushrooms in a hot Mexican or BBQ sauce in a gratineed tortilla, served with guacamole & cream cheese

CIABATTA

- GOURMET BURGER** 125
Char-grilled 250g beef fillet on a toasted garnished bun with caramelised onion, served with fries or side salad
- RED AVOCADO CHICKEN** 98
Crumbed chicken on a bed of lettuce, tomato & red onion with guacamole & honey mustard sauce on ciabatta
- HONEY MUSTARD SARMIE** 88
Ciabatta with grilled chicken on a bed of lettuce, tomato, spring onion & a drizzle of honey mustard sauce
- RUMP CHEDDAR MELT** 125
Succulent rump slithers, caramelised onion & cheddar cheese on a garnished ciabatta, served with mushroom or pepper sauce
- GOURMET GATSBY** 128
Char-grilled beef fillet slithers on a toasted garnished ciabatta stuffed with peri-peri fries

TRAMEZZINI

With mozzarella cheese, served with fries or side salad

- SPINACH & FETA** 84
Freshly tossed creamy spinach & feta on a herb tramezzini
- THE FERMO (HOT OR NOT)** 95
Succulent beef or chicken strips with braised onion, peppers & mushrooms sauteed in a Mexican or BBQ sauce on a herb tramezzini
- CHICKEN MAYO** 85
Creamy chicken mayonnaise on a herb tramezzini

SALAD

- GREEK SALAD (V)** 75
An arrangement of mixed lettuce, cherry tomatoes, cucumber, olives, red onion & feta
- CHICKEN & CORIANDER SALAD** 88
An arrangement of mixed lettuce, succulent grilled chicken strips with cherry tomatoes, cucumber, carrots, avocado (seasonal), feta & fresh coriander
- BUTTERNUT SALAD (V)** 85
Oven roasted butternut, toasted pecan nuts, creamed cheese, rocket, pumpkin seeds & red onion
- SPICY PRAWN SALAD** 99
Spicy grilled prawns, avocado, coriander, cherry tomatoes, spring onion, cream cheese & crushed nuts

PASTA

Penne or Fettuccine

- BASIL VEG (V)** 85
Assorted veg & rosa tomatoes tossed in garlic, basil pesto & feta
- ROKARI CHICKEN** 95
Chicken sautéed in a creamy curry scented Napolitana sauce
- ALFREDO** 79
The classic La Rocca Alfredo with chicken, garlic & mushrooms in a creamy béchamel sauce
- BAKED ALFORNO** 95
(allow 20 minutes to prepare)
Grilled chicken, garlic, mushrooms & oregano tossed in a béchamel sauce baked with cheese

PIZZA

- CLASSIC MARGHERITA (V)** 75
Italian tomato base & cheese
- MONZA** 93
Tikka chicken strips with spinach & avocado (seasonal)
- RIBERY** 99
Rib meat, onion, mushrooms & peppers
- SAN MARCO** 94
Grilled chicken with feta & avocado (seasonal)
- CALCUTTA** 95
Grilled prawns, garlic butter, onion & avocado (seasonal)
- HUNGARIAN** 92
Grilled chicken, garlic & mushroom

BAGEL

Served with fries or side salad

- CHEESE & TOMATO (V)** 45
- MACON, AVOCADO & MOZZARELLA** 69
- CHICKEN MAYO** 48
- SALMON, CREAM CHEESE & SPRING ONION** 75

EASTERN

Roti or rice, served with sambals

- LAMB MADRAS** 105
Selected cuts of lamb slow cooked in masala sauce
- PRAWN CHAAT** 145
Shell on prawns cooked in a spicy cream based sauce
- BUTTER CHICKEN** 95
Chicken fillet strips cooked in a creamy spicy sauce
- LAMB VINDALOO** 110
An aromatic sweet & sour indian curry
- PIRATE PLATTER** 185
Deep fried hake, 3 tariki grilled prawns, 3 creamy garlic mussels & deep fried calamari served with fries or rice
- HAKE & FRIES** 95
Deep fried hake served with fries
- PRAWN STAR** 175
10 choice prawns grilled in tariki sauce on a bed of rice
- CALAMARI TOWER (HOT OR NOT)** 179
400g of fried calamari served with fries

SEAFOOD

CHICKEN

- ROCCA SCHNITZEL** 115
Crumbed chicken topped with cheese sauce, served with fries & veg - mushroom or pepper sauce
- QUARTER CHICKEN & FRIES** 75
Oven roasted chicken served with fries & veg - tikka, lemon butter, BBQ or peri-peri sauce
- LEMON BUTTER CHICKEN** 105
Grilled chicken fillet in a creamy lemon butter sauce served with fries & veg

BURGERS

all burgers are served on a brioche bun with lettuce, tomato, onion & mayonnaise, choice beef or chicken served with fries or salad

- ROCCA CLASSIC** 80
- CLASSIC CHEESE** 85
- THE M&M (MUSHROOM & MOZZARELLA)** 98
- RIB BURGER** 95
- SMASH BURGER** 99
(SMASHED WITH NAPOLITANA SAUCE, CHEESE & GARLIC MAYONNAISE)
- MEC** 95
(MACON, EGG & CHEESE)
- JALAPENO, PEPPADEW & AVOCADO** 98

MAINS

- BEEF FILLET** 185
250g char-grilled BBQ beef fillet served with veg & fries or side salad - mushroom or pepper sauce
- BEEF FILLET & PRAWN** 245
250g char-grilled BBQ beef fillet served with 6 tariki flavoured prawns, onion rings & fries - mushroom or pepper sauce
- RUMP STEAK** 169
250g char-grilled BBQ rump steak served with veg & fries or side salad - mushroom or pepper sauce
- ROCCA CHATEAU BRIAND** 188
250g char-grilled fillet served with buttery mashed potatoes & veg - mushroom or pepper sauce
- RACK OF RIBS** 155
400g BBQ beef ribs served with fries & onion rings
- RIB & QUARTER CHICKEN** 160
400g BBQ beef ribs & a quarter chicken served with fries & onion rings - Tikka, lemon butter, peri-peri or BBQ sauce
- RIB & CALAMARI** 199
400g BBQ beef ribs with calamari served with fries & onion rings
- BEEF FILLET & PRAWN** 245
250g char-grilled BBQ beef fillet served with 6 tariki flavoured prawns, onion rings & fries - mushroom or pepper sauce
- MONSTER T-BONE** 175
400g char-grilled BBQ or Masala T-bone served with fries & onion rings - mushroom or pepper sauce
- RIBS & WINGS** 169
400g BBQ beef ribs & 6 chicken wings served with fries & onion rings
- EL TRIO** 219
200g grilled chops, tikka chicken leg quarter, 400g BBQ beef ribs served with fries & onion rings
- LAMB CHOPS** 168
400g lamb chops served with fries & veg - BBQ, rosemary or pepper crust
- RUMP & PRAWN** 225
250g char-grilled BBQ rump steak served with 6 tariki flavoured prawns, onion rings & fries - Mushroom or pepper sauce