



MENU

BREAK FAST

MOTHER CITY

Eggs, sausage, macon, grilled mushrooms & tomato. Served with toast (add grilled chicken fillet or breakfast steak R20).

85

FEATHER LIGHT

Poached eggs, grilled chicken fillet, baked beans, & fries or side salad and toast.

87

RIB BENEDICT

Poached eggs with pulled rib meat, mushrooms, onion & peppers, coated with hollandaise sauce in a toasted ciabatta.

98

SALMON BENEDICT

Poached eggs with avocado (seasonal), smoked salmon & spring onion coated with hollandaise sauce on toasted ciabatta.

109

MONZA BENEDICT

Poached eggs, grilled tikka chicken & spinach coated with hollandaise on a toasted ciabatta.

79

CHEESE OMELETTE

3 cheese (cheddar, mozzarella & feta) served with toast.

55

FUNGI OMELETTE

Mushrooms, spinach, onion & garlic, mixed cheese or feta, served with toast.

69

CHILI BEAN OMELETTE

Chili fried beans sauteed with spring onions, peppers, onion, filled with cream cheese, served with toast.

65

EXTRAS

Patty R25, Avo R15, Baked beans R10, Beef strips R25, Toast R5, 100g Steak R25, Grilled chicken strips R25, Grilled chicken breast R25, Chilli R5, Coriander R5, Cream cheese R20, Egg R10, Feta R10, Garlic R5, Jalapeño R10, Macon R15, Mushrooms R10, Prawn meat R35, Salmon R35, Sausage R15, Tomato R5.

SEAFOOD

SALMON PANINI

Smoked salmon, cream cheese, avo & spring onion on a bed of lettuce, tomato & cucumber.

99

SPICY PRAWN PASTA

Sriracha grilled prawns tossed with sautéed red onion, basil & spinach in a creamy napolitana sauce.

125

SALMON PASTA

Smoked salmon tossed in a spicy Napolitana sauce, with fresh herbs, tomato & cream.

99

HAKE & SPICY FRIED RICE

Deep fried hake, spicy fried rice & a side salad.

115

JALAPENO PRAWN PIZZA

Sriracha grilled prawns, Avo, jalapeno & cherry tomato.

115

SPICY PRAWN SALAD

Spicy grilled prawns, avo, cherry tomatoes, spring onion, cream cheese, coriander & crushed nuts.

125

CALAMARI RING STARTER

150g Crumbed calamari served with garlic mayo.

79

CRISPY FRIED HAKE

Crispy & light battered hake served with fries or spicy fried rice.

98

PIRATE PLATTER

Battered Hake, Crumbed calamari & Tariki Grilled Prawns. Served with Fries

189

WARM DRINKS

AMERICANO

25

CAPPUCCINO ADD CREAM R5

27

LATTE

27

FLAT WHITE

25

ESPRESSO

18

DOUBLE ESPRESSO

22

FILTER COFFEE

22

FILTER REFILL

16

HOT CHOCOLATE

35

CHAI TEA

35

FIVE ROSES

19

ROOIBOS

19

GREEN TEA

21

INFUSED LATTES

Hazelnut, tiramisu or creme brulee.

36

CAFE MOCHA

Hot chocolate and espresso.

37

CARAMEL MOCHA

Caramel & espresso topped with cream & almond flakes.

37

DARK CHOCOLATE MOCHA

Dark chocolate & espresso topped with cream & almond flakes.

37

DRINKS

SODAS

20

TIZERS

26

ICE TEAS

26

WATER (500ML)

18

FRUIT JUICE

29

CORDIALS

28

APPLETINI

Crushed ice, fresh lemon topped with Appletiser.

52

GINGER STRAWBERRY COOLER

Dash of Ginger, Strawberry puree and Appletiser

52

APPLE FUSION

Passion fruit, lemon, honey, grenadine, mint leaves topped with Appletizer.

52

FRUIT SHAKES

Fruit cocktail or Strawberry blended with ice cream.

48

FRUIT SLUSH

Strawberry or kiwi extract blended crushed ice and fruit juice.

45

MILKSHAKES

Chocolate, strawberry, vanilla, bubblegum, banana or lime.

42

GOURMET MILKSHAKES

Tiramisu, chocolate cookie, or crème brulee sprinkles with either oreo crumble or drizzled with bar one sauce.

49

MEAT

MASALA STEAK CHEESE AND ONION SANDWICH

Flame grilled masala steak, cheese & onion on a bed of lettuce, tomato & cucumber. Served with Fries - Low Gi or Wholewheat.

88

RUMP CHEDDAR MELT PANINI

250g char-grilled rump, cheese & onion on a bed of lettuce, tomato & cucumber. Served with fries & a choice of mushroom or pepper sauce.

135

GOURMET GATSBY

250g char-grilled beef fillet on a bed of lettuce, tomato & cucumber, stuffed with battered onion rings & fries on a Panini.

135

PIRLO TRAMEZINI

Chunky BBQ rib, sautéed onion, pepper, mushroom & mozzarella. Served with fries.

95

FERMO BEEF TRAMEZINI

With sautéed onion, peppers & mushrooms in a Mexican or BBQ sauce. Served with Fries.

99

ENCHILADA BEEF

Grilled beef, sautéed onion, peppers & mushrooms tossed in a Mexican or BBQ sauce in a gratineed tortilla. Served with fries, guacamole & cream cheese.

110

ROCCA CLASSIC BURGER

100% Flame grilled beef on a bed on lettuce, tomato, onion & pickles served with fries.

79

CHEESE BURGER

100% beef with cheese sauce. Served with fries.

89

RIBERY PIZZA

Chunky rib, onion, mushroom & peppers.

119

LAMB MADRAS PIZZA

Slow cooked pulled curried lamb pieces & cherry tomatoes.

119

PEPPERONI PIZZA

Pepperoni & red onion.

109

SALAMI PIZZA

Salami, green pepper & mushrooms

109

SUPER LOADED NACHOS

Cajun corn chips fully loaded with rib meat, corn, jalapeño, guacamole & cream cheese.

119

LAMB MADRAS

Slow cooked cuts of lamb in a masala curry sauce. Served with a poppadum, atchaar & a choice of roti or rice.

125

MASALA LAMB ROTI

Lamb madras, loaded with chips & salsa.

119

RIB AND WING

400g BBQ beef ribs and 6 grilled chicken wings served with fries & onion rings.

189

EL TRIO

400g Ribs, 4 wings & 200g lamb chops served with fries & onion rings.

240

MONSTER T BONE

400g Flame grilled BBQ or Masala monster T bone served with fries & onion rings. - Mushroom or pepper sauce.

189

RUMP STEAK

250g Flame grilled rump steak served with fries, veg & mushroom or pepper sauce

179

RACK OF RIBS

400g BBQ ribs served with fries & onion rings.

169

400G RIBS, WINGS & CALAMARI

400g Ribs, 6 wings and crumbed calamari served with fries & onion rings.

240

BEEF FILLET

250g Flame grilled fillet steak served with fries, veg & mushroom or pepper sauce.

240

MEAT FREE

CLASSIC MARGHERITA

Italian tomato & cheese.

85

GREEK SALAD

An arrangement of mixed lettuce, cherry tomatoes, cucumber, olives, red onion & feta.

85

CHEESEY MEXICAN NACHOS

Cajun corn chips with salsa, Mexican or BBQ sauce, served with guacamole & cream cheese.

89

CRUMBED MUSHROOMS

Served with a honey mustard dip.

55

BASIL VEG PASTA

Assorted veg, rosa tomatoes, tossed with garlic, basil pesto & feta.

89

CHICKEN

CREAMY CHICKEN MAYO SANDWICH

Creamy chicken mayo and lettuce. Served with fries. Low Gi or Wholewheat.

58

RED AVO CHICKEN

Crumbed chicken on a bed of lettuce, fresh tomato, red onion, guacamole & honey mustard sauce. Served with fries.

99

FERMO CHICKEN TRAMEZINI

With sautéed onion, peppers & mushrooms in a Mexican or BBQ sauce. Served with fries.

99

ENCHILADA

Grilled chicken, sautéed onion, peppers & mushrooms tossed in a Mexican or BBQ sauce in a gratineed tortilla. Served with guacamole & cream cheese. Served with fries.

110

FIERY CHICKEN BURGER

Hot crumbed chicken burger served with fries.

93

ROCCA CLASSIC BURGER

100% Flame grilled chicken breast on a bed of lettuce, tomato, onion & pickles served with fries.

79

CHEESE BURGER

Flame grilled chicken breast topped with cheese sauce.

89

ALFREDO PASTA

Add Macon 15. The classic La Rocca Alfredo with chicken, garlic & mushrooms in a creamy béchamel sauce.

89

ALFORNO PASTA

Add macon R15. The Alforno pasta with chicken, garlic & mushrooms in a creamy béchamel sauce & baked with cheese.

95

MONZA PIZZA

Tikka chicken, Avocado & spinach.

109

HUNGARIAN PIZZA

Grilled chicken, garlic, feta & mushrooms.

109

ALFORNA PIZZA

La Rocca penne Alfredo with chicken, garlic mushrooms in a creamy béchamel sauce.

99

BUTTER CHICKEN PIZZA

Aromatic chicken in a creamy curry sauce.

119

ROCCA SCHNITZEL

Crumbed chicken topped with cheese sauce, served with fries & vegetables. Choice of mushroom or pepper sauce.

129

WILD WINGS

BBQ or peri peri served with fries.

89

BUTTER CHICKEN CURRY

Chicken fillet in a creamy curried sauce.

115