



## Read this first

At Rockit we provide premium grade (A1) steak's Chicken and fish. We provide you with a 'Hot Rock'. A pre-heated (370 degrees centigrade) volcanic stone. **You** perfect each mouthful of the steak or fish dish *at your table on the hot rock*. So, you can enjoy **each** mouthful; just how **you** like it. Fancy 'medium', rare *and* well done from the same cut – no problem! At Rockit there are three steps to enjoying the best steaks in London.

1. Choose your 'cut'.
2. Choose your 'side'
3. Cook each mouthful on the 'Hot Rock' and enjoy!

**DON'T FORGET TO TRY OUR BLUECHEESE OR PEPPERCORN SAUCES**

It's not **just** a meal it's an *experience*

## STARTERS

SHARING SEAFOOD PLATTER (cold) £13.99  
The ultimate seafood platter. Smoked mussels, Exquisite, kiln roasted salmon and king prawns served with a salad garnish, and Marie-Rose sauce.

AVAILABLE AS GLUTEN FREE

KILN ROASTED SALMON SALAD (cold) £9.99  
Exquisite Ultimate quality full flavoured kiln roasted salmon, smoky and darkly aromatic.

AVAILABLE AS GLUTEN FREE

SMOKED MUSSELS SALAD (cold) £9.99  
Delicious hot smoked and cooked through a hot kiln.

CHILLI GARLIC KING PRAWNS £6.99  
Pan fried king prawns in a chilli infused garlic butter sauce.

ROCKIT RED PANKO COATED PRAWNS £8.99  
Red velvet inspired panko coated prawns.

GRILLED HALLOUMI WITH SWEET WATER MELON £5.99  
Grilled, golden brown halloumi served with sweet, juicy watermelon and a salad garnish.

CREAMY GARLIC MUSHROOMS £5.99  
Homemade garlic mushrooms served in creamy white sauce.

SALT & PEPPER WINGS £5.99  
Deep fried wings seasoned with sea salt and ground black pepper

NAGA WINGS £6.99  
ADDICTIVE Deep fried wings smothered in Naga chili sauce watch out its SERIOUSLY HOT!

BRIE WEDGES £5.99  
Deep fried brie wedges in breadcrumbs served with cranberry sauce and a salad garnish.

## STEAKS

**OUR BEEF IS HMC/HFC CERTIFIED  
GRADE 1 FREE RANGE AND ORGANIC**

**ALL WEIGHTS ARE APPROXIMATE & UNCOOKED.  
ALL STEAKS ARE SERVED WITH CHIPS AND A GARNISH SALAD**

**WHY NOT UPGRADE YOUR SIDE FOR ONLY £1**

RUMP 226g/8oz £15.99  
A 'lower back' cut which is full of flavour.

SIRLOIN 226g/8oz £17.99  
This cut contains a rich marbling of fat which gives the steak its unique flavour.

RIB EYE 226g/8oz £18.99  
This cut contains a rich marbling of fat which gives the steak its unique flavour.

FILLET STEAK 226g/8oz £25.99  
The most lean and tender steak cut.

GIANT RUMP 560g/20oz £24.99  
A giant version of our classic cut, flavoursome and filling.

SURF & TURF 113g/4oz £25.99  
Tender fillet steak and a succulent salmon steak. Ideal for those who can't choose between our delicious meat and fish!

BONE IN SIRLOIN 480g/17oz £25.99  
Sirloin on the bone.  
Where all the flavour is!

T-BONE STEAK 480g/17oz £29.99  
Bone in sirloin on one side and fillet on the other the best of both worlds!

TOMAHAWK STEAK 1.2Kg/ 42oz £49.99  
Bone-in Fore Rib Steak, PERFECT for the hungry carnivore!

WAGYU RIB EYE 60z/169gr £74.99  
Wagyu originated in Japan but is now available worldwide. Wagyu breeding results in a textured marbled fat which enhances the flavour on our hot rocks.

**Don't forget to try our Sauces or Garlic Butter!**

## MEATS & BURGERS

WAGYU BURGER 1/4Lb £9.99  
Our premium Wagyu meat is exclusively hand made into burgers in our Rockit kitchen.

WAGYU BURGER 1/2LB £14.99  
Twice the pleasure!

CAJUN CHICKEN £15.99  
Succulent fresh chicken breast marinated in our blend of Cajun spices

JERK CHICKEN £15.99  
Succulent fresh fillet of chicken breast marinated in our own spicy jerk seasoning. Served fully cooked 'on the rock'.

LAMB RUMP 8oz £16.99  
Full flavoured tasty lamb chump.

JERK LAMB 8oz £17.99  
Full flavoured tasty lamp chump marinated in our own spicy jerk seasoning.

ALL OUR BEEF IS ORGANIC FREE RANGE & GRASS FED

## SEAFOOD

SALMON FILLET STEAK £14.99  
When cooked on a hot rock the salmon cooks to perfection

FILLET OF SEABASS £15.99  
A fillet of white seabass which is infused with flavour from the hot stone.

KING PRAWNS £13.99  
Delicious, fresh, meaty King Prawns. Served on the rock

SEAFOOD COMBO £17.99  
The 'must have' for all fish lovers. Tasty, fresh Seabass, succulent Salmon fillet and King Prawns.

**ALL SEAFOOD SERVED ON THE ROCK ARE SLIGHTLY SEASONED WITH SEA SALT TO ENHANCE THE FLAVOUR OR THE DISH**

**ALL ARE SERVED WITH CHUNKY CHIPS AND SALAD GARNISH AS STANDARD  
UPGRADE TO ANY SIDE FOR ONLY £1**

## SALADS

SMOKED MUSSELS GARDEN SALAD £14.99  
Fresh, crispy salad served with delicious kiln smoked mussels.

KILN ROASTED SALMON £14.99  
Kiln roasted salmon served with fresh garden salad.

KING PRAWNS £12.99  
Garden salad served with King Prawns and a Marie-Rose sauce.

GARDEN SALAD WITH HALLOUMI £12.99  
Garden salad served with grilled halloumi.

## SIDES

**ALL HOT ROCK MAINS SERVED WITH CHUNKY CHIPS AND A SALAD GARNISH  
UPGRADE YOUR SIDE FOR ONLY £1**

SWEET POTATO FRIES £3.50  
Thinly sliced sweet potatoes deep fried and served with a salad garnish.

CHUNKY CHIPS £2.99  
Thick tasty triple fried traditional cut chips.

SAUTÉED MUSHROOMS & ONIONS £3.99  
Sliced tasty mushrooms and onions seasoned with salt and pepper.

ONION RINGS £3.99  
Our onion rings are prepared fresh in our kitchen.

SIDE SALAD £3.99  
Fresh lettuce, tomatoes, cucumber, red onion with balsamic vinegar, mustard oil and a trickle of paprika.

PEPPERCORN SAUCE £1.50  
BLUE CHEESE SAUCE £2.99  
GARLIC BUTTER £1.50