

# FLAT ROCK

*Bar 'n Grill*



COME AS A TRAVELLER...

RETURN AS A FRIEND

# APPETIZERS

## Garlic Bread

**\$4.99**

Fresh slices of French loaf, spread with herb & garlic butter and lightly toasted.

*Add Cheese \$1.00 Add Bacon \$1.00*

## Beef-Eater Onion Rings

**\$5.99**

Thick slices of onions, battered and fried until golden brown. Served with Ranch dip.

## Quesadillas

**\$7.99**

Crispy tortilla stuffed with melted cheese, sautéed peppers & onions. Served with salsa & sour cream.

*Add Chicken \$2.00 Add mushrooms \$1.00*

*Add Strips of Tex-Mex Beef \$3.00*

## Flat Rock Buffalo Wings

**\$10.99**

Any Style you choose: Mild, Medium, Hot, Honey Garlic, Dry Spiced, BBQ or Maui Wauï glaze.

Made with our special blend of herbs & spices.

*Our crispy chicken wings are sure to please!*

## Mozzarella Sticks

**\$7.99**

Our mozza sticks are battered and fried until they are ready to burst with cheesy goodness.

## Chicken Strips

**\$7.99**

Our chicken tenders are homemade with all-white meat seasoned in a crispy coating.

Served with Ranch dip.

## Potato Skins

**\$8.99**

Our potato skins are topped with diced onions, green peppers, mozza & cheddar cheese and bacon bits.

Served with sour cream.

## Cod au Gratin

A traditional Newfoundland favorite, prepared with fresh chunks of Atlantic cod in a creamy white sauce topped with aged cheddar cheese.

**Small \$5.99**

**Large \$8.99**

## Wings and Rings

**\$10.99**

A basket filled with our famous seasoned chicken wings and crispy onion rings.

Served with Ranch dip.

***Can't Decide? Why not try a little bit of everything!***

## **Combo Basket \$17.99**

A basket filled with your favorite appetizers for those of us who crave variety. Enjoy a helping of chicken fingers, mozza sticks, onion rings, crispy chicken wings, garlic bread and fresh-cut homemade fries. Served with Ranch dip.

*\*Our healthy, oven-baked chicken fingers may take a few extra minutes.*

*But this delectable basket is well worth the wait!*

# SIDE ORDERS

Small fries

\$2.25

Large fries

\$3.95

Poutine

\$6.95

Dressing

\$0.50

Gravy

\$0.95

Fried onions

\$1.95

Sautéed mushrooms

\$1.95

Baked Potato

\$1.95

Mashed Potatoes

\$2.25

Sour Cream or Salsa

\$0.50

# SOUPS AND SALADS

## Soup du Jour

Our soups are made fresh daily.  
Ask your server about today's selection.

**Small** \$2.99  
**Large** \$3.99

## French Onion Soup

Our delicious Red wine infused broth is loaded with onions and topped with homemade croutons and mozzarella cheese.  
Served bubbly hot. **\$5.99**

## Seafood Chowder

Our chowder is made traditionally with fresh salmon, cod, and baby shrimp simmered along with potatoes and onions served piping hot.

**A Mug of Chowder** \$3.99  
**Hearty Bowl of Chowder** \$6.99

## Classic Caesar Salad

Fresh romaine lettuce, homemade bacon bits and croutons tossed in a creamy dressing, served with a sprinkle of shredded parmesan cheese and lemon.

**Small** \$5.99 **Large** \$7.99

*Add Grilled Chicken...\$3.00*

## Garden Salad

Fresh lettuce topped with croutons, bacon bits and a garden fresh vegetable medley.  
Served with your choice of dressing.

**Small** \$4.99 **Large** \$7.99

*Add Grilled Chicken...\$3.00*

## Chef's Salad

Fresh garden veggies, sliced chicken and ham topped with cheddar cheese, croutons & bacon bits on a bed of crisp romaine lettuce.

Served with choice of dressing. **\$9.99**

# SANDWICHES

## Chicken Santa Fe \$9.99

Sautéed chunks of chicken breast with bell peppers, and onions, tossed with salsa then served on a slice of garlic toast smothered in cheese.

## Southwest Steak Sandwich \$10.99

Tender cuts of seasoned steak with sautéed peppers & onions all on a slice of garlic bread topped with cheese.

## Chicken Bacon Club \$11.99

Our up-sized take on the traditional club sandwich starts with slices of fresh chicken breast, crispy strips of bacon, lettuce, sliced tomatoes and aged cheddar stacked on 2 slices of toasted French bread.

## Hot Turkey Sandwich \$9.99

Nothing beats slices of home cooked turkey piled in between 2 slices of white or whole wheat bread drizzled with delicious gravy with a side of dressing and homefries.

## Hot Roast Beef Sandwich \$9.99

Thin slices of home-roasted sirloin beef laid generously in between 2 slices of fresh bread ladled with gravy. Served with homemade dressing and fresh-cut homefries.

## Meatball Submarine \$9.99

Italian-style meatballs in our own tangy marinara sauce served hot and smothered with cheese served in a fresh sub-roll.

*All entrees (excluding Calzones, Pastas, & Stir-fry) are served with a choice of:*

*French fries, White Steamed Rice, or Mashed Potatoes.*

*Or have a fresh Garden or Caesar Salad instead.....Extra \$1.00*

# FRESH WRAPS ONLY \$9.99

## Zesty Chicken Wrap

Tender chunks of chicken sautéed with fresh onions, red & green peppers and diced tomatoes topped with melted cheese and zesty dressing all wrapped up in a flour tortilla.

## Steak & Cheese Wrap

Marinated strips of sirloin steak with fried onions, bell peppers, & melted cheese gently wrapped in a tortilla shell.

## Buffalo Chicken Crunch

Our homemade crispy chicken tenders are covered in your choice of BBQ or Red Hot sauce. Then wrapped up in a tortilla with fresh tomatoes and shredded lettuce and cheese.

## Chicken Club Wrap

We take a Classic Chicken-Bacon club sandwich with diced tomatoes and shredded lettuce and cheddar cheese and encase it all inside a soft tortilla.

# CALZONES, PASTAS, & STIR-FRY

## Calzones \$11.99

*Your choice of:*

**Chicken with the "Works" or Hawaiian Style or Meat Lovers**

Done in our own tangy marinara sauce wrapped in a pocket of fresh made dough and oven-baked until golden brown. This dish is well worth the wait!

### Sicilian Lasagna

**\$14.99**

Our homemade lasagna is loaded with meat and topped with fresh mozza cheese and served bubbly hot with a slice of garlic bread.

### Chicken Carbonara

**\$12.99**

Chunks of chicken breast & bacon simmered in our homemade creamy white wine-parmesan sauce tossed in pasta. Served with a slice of garlic bread.

*Add mushrooms and tomatoes...\$1.00*

### Meatball Marinara

**\$12.99**

Hearty Italian meat balls tossed in our rich, tangy, marinara sauce. Served over pasta and topped with parmesan cheese with a slice of garlic bread.

### Stir-Fry

**\$13.99**

Fresh seasonal vegetables stir-fried with garlic and white wine in our own honey-teriyaki glaze.

*Choice of Beef or Chicken*

*All entrees (excluding Calzones, Pastas, & Stir-fry) are served with a choice of:*

*French Fries, Whited Steamed Rice, or Mashed Potatoes.*

*Or have a fresh Garden or Caesar Salad instead.....Extra \$1.00*

# SEAFOOD PARADISE

# MEAT LOVERS DELIGHT

## Atlantic Cod

2 thick juicy pieces of fresh pan-seared Atlantic cod loins pan-fried till tender and flaky with traditional pork scrunchions.

Served with a vegetable medley.

**\$16.99**

## Grilled Atlantic Salmon

A 6oz Atlantic caught salmon fillet flame-broiled & lathered with BBQ sauce for a true smokey flavor.

Served with a vegetable medley.

**\$16.99**

## Fin & Feather

Our popular home-battered cod fish complemented with our fabulous chicken wings done any style. Served with fries and coleslaw with tartar sauce on the side.

**\$12.99**

## Fish and Chips

Fresh, white, flaky pieces of Atlantic cod lightly battered and deep-fried till golden brown heaped on top of fresh-cut fries.

Served with homemade tartar sauce, coleslaw and a lemon wedge.

**1 Piece \$8.99**

**2 Pieces \$11.99**

## New-York Striploin

Triple A Alberta beef aged to perfection.

**6oz \$16.99**

**8oz \$19.99**

## Top Sirloin Steak

6oz of top sirloin grilled just the way you like it!

**\$14.99**

## Flame-Broiled Pork Chops

Succulent pork chops charbroiled with your choice of: BBQ sauce, Maui Wowie glaze or plain.

**1 Pork chop \$9.99**

**2 Pork chops \$12.99**

## Flat Rock Style Ribs

Our famous baby-back pork ribs are slow-roasted for that "fall off the bone" tenderness.

Choice of: BBQ, Maui Wowie, or Red Hot Cajun

**½ Rack \$14.99**

**Full Rack \$19.99**

## Chicken & Rib Combo

Half rack of juicy pork ribs charbroiled with your choice of sauce paired with a skinless, boneless chicken breast.

**\$19.99**

*Chicken wings may be substituted instead of chicken breast.*

# THE FLAT ROCK "BIG MOUTH" BURGERS

## Classic Big Mouth Burger

½ lb. of ground round on a fresh Kaiser bun with lettuce, tomato and a side of fresh coleslaw.

**\$9.99**

## BBQ Chicken Burger

A boneless chicken breast grilled and slathered with our special house BBQ sauce on a Kaiser bun with mayo, lettuce, tomato, and a side of coleslaw.

**\$11.99**

*Add Cheddar or Mozza Cheese, Bacon, Onions, or Mushrooms for just \$0.55 each*

*All entrees (excluding Calzones, Pastas, & Stir-fry) are served with a choice of:*

*French Fries, White Steamed Rice, or Mashed Potatoes.*

*Or have a fresh Garden or Caesar Salad instead.....Extra \$1.00*

# BREAKFAST MENU

## Basic Breakfast \$7.99

2 Eggs any style accompanied with golden hashbrowns and toast with a choice of:  
Bacon, Ham, Sausage, or Bologna

## Breakfast Sandwich or Wrap \$3.99

Your choice of a breakfast wrap or a fresh kaiser toasted with butter topped with  
a fried egg, cheddar cheese and your choice of ham, bacon or sausage.

## Western Omelette \$8.99

Our fluffy American-style omelettes are made with  
3 eggs filled with ham, onions, peppers and melted cheese.  
Served with crispy hashbrowns and toast.

## Traditional Newfoundland Breakfast \$4.99

2 tasty morsels of pan-fried Toutons and molasses, with bologna & baked beans.  
*Substitute Bologna for Bacon, Ham or Sausages for just \$0.75 extra*

## Cinnamon French Toast \$7.99

3 slices of fresh bread grilled and dusted with cinnamon.  
Served with a side of fruit salad.

## Flat Rock Flap Jacks \$7.99

3 fluffy buttermilk pancakes served traditionally with butter and syrup  
or have'em sprinkled with blueberries or chocolate chips.  
Served with a side of fruit salad.

## Light Touch \$8.99

Fruit salad with low fat yogurt.

## Longhorn Breakfast

6 oz Sirloin steak and 2 eggs any style. Served with hashbrowns and toast.  
**\$11.99**

## Ranchers Breakfast

6 oz New York Striploin and 2 eggs any style. Served with hashbrowns and toast.  
**\$15.99**

# SIDE ORDERS

1 Egg	\$1.25	Low Fat Yogurt	\$1.95
Bacon, Ham Sausage or Bologna	\$3.50	Hot Oatmeal	\$2.95
Side Hashbrowns	\$1.95	Cold Cereal with Fresh Milk	\$2.95
Side of Baked Beans	\$1.50	Muffins or Danish	\$1.95
Side Order Toast	\$1.75	Juice (Sm.) \$1.25 (Lg.)	\$1.95
1 Touton	\$0.75	Milk/Chocolate Milk (Sm.) \$1.55 (Lg.)	\$2.25
Fruit Salad (Sm.) \$3.95 (Lg.)	\$6.95	Tea or Coffee/ Hot Chocolate	\$1.95