



## ROCKS LUNCH MENU

69.<sup>00</sup>

WEDNESDAY - SUNDAY

### Flaming number one special

crab salad with an avocado heart wrapped in Hiramasa kingfish,  
flamed with our secret sauce

### Wakame seaweed salad

mixed greens, fresh tomato, cucumber, and wakame, drizzled with house-made soy dressing

### SELECT ONE OF THE FOLLOWING

#### Beef tenderloin

grass-fed tenderloin (approx. 150gm) cooked the way you like it,  
served with, asparagus, baby spinach, bean sprouts

#### Teriyaki chicken

free-range chicken thigh grilled then finished in our house-made teriyaki sauce, with grilled  
asparagus, baby spinach, bean sprouts

#### Chicken Katsu

free range chicken breast, with crisp Japanese panko, cooked in the kitchen, and served with tonkatsu sauce

#### Barramundi

farmed NZ barramundi fillet, cooked in butter with white wine and flamed  
with **your choice of motoyaki or lemon butter sauce**, served with pumpkin and baby spinach

#### Salmon

Petuna Salmon teppan seared with wine and butter with, served with pumpkin and baby spinach

### Broiled lobster tail in seaweed butter

A sweet Belize baby coral lobster (approx 110gm), broiled with white wine and garlic seaweed butter,  
served with a sauté of zucchini, capsicum, shimeji, and shitake mushrooms in garlic sesame oil

### Grilled tofu and vegetable dengaku (vg)

Lightly grilled silken tofu, paired with pumpkin, red capsicum, and asparagus. Finished with a  
rich dengaku glaze (sweet miso), giving a perfect balance of umami and gentle sweetness

Garlic or steamed rice

Surcharges - Mon-Sat CC fee 1%, Sun 10%