



ROCKS LUNCH MENU

75.⁰⁰

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

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

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

Nasu unadon (vg)

seared eggplant with unagi sauce with pumpkin, red capsicum and asparagus

Red and white miso soup garlic or steamed rice