

# Welcome To Rocas Experience



At Rocas, dining is more than just a meal—it is an experience to be shared, savoured, and celebrated. Inspired by the elements of nature, the rhythm of the sea, and the vibrant fusion of Mediterranean and Asian flavours, Rocas brings together food, atmosphere, and entertainment in perfect harmony.

## ROCAS: A NAME ROOTED IN NATURE

“Rocas” insinuates strength, stability, and the natural rugged beauty of the coastline. Perched by the sea, our space reflects raw elegance—where earth meets water, the breeze carries laughter, and fire ignites flavour in our open kitchen.

## THE MENU: A JOURNEY OF FLAVOURS

Designed around the Mediterranean tradition of communal dining, our menu is meant to be explored, tasted, and shared. All dishes are designed for sharing, a vibrant selection of complementary flavours and contrasting textures that celebrate the freshness of every ingredient. The sea is our muse, its bounty at the heart of our kitchen, reflected in every fresh and vibrant dish we create.

## BEYOND DINING: THE ROCAS EXPERIENCE

At Rocas, the night never truly ends. Sunset gatherings, live music, DJ sets, and immersive entertainment transform dining into a celebration. Whether for a casual evening, a special occasion, or a spontaneous night by the beach, Rocas is a destination where memories are made.

*Welcome to Rocas.  
Welcome to the Experience.*



## SALADS

### NOURISH BOWL

(1, 2, 10, 12) | €15

Chickpeas, raisins, carrots, zesty hummus, cherry tomatoes, mint, sunflower seeds, pomegranate, bulgur, lemon oil

### SALMON POKE

(1, 2, 10, 12) | €18.5

Sushi rice, mix leaves, coriander, asian sauce, wakame, cucumber, carrots, sesame, beetroot, green mango

### CHERRY TOMATOES SALAD

(2, 7, 10) | €15

Mizithra cheese spread, basil, olive oil, kritamo, oregano, purslane, sherry vinegar, crispy bread

### GREEK STYLE SALAD

(2, 7, 10) | €14

Ktipiti feta sauce with florina peppers, cherry tomato, cucumber, capers, red onion, black olives, oregano, carob crispy bread, lemon oil dressing

### CHICKEN - SOBA NOODLES | CHICKEN NOODLES

(2, 10, 12, 13) | €15.5

Sesame, cucumber, grilled chicken, tamarind tahini sauce, broccoli, radicchio, cashew nuts

### WAKAME

(10, 12, 13) | €15

Broccoli, mix leaves, sesame, soy caramel, coriander, wild greens, rice vinegar, lime, alfalfa sprouts

#### ALLERGENS:

1. Celery 2. Gluten 3. Crustaceans 4. Egg 5. Fish 6. Lupine 7. Dairy 8. Mollusca 9. Mustard 10. Nuts 11. Peanuts  
12. Sesame 13. Soy 14. Sulfites

## RAW

### TUNA CEVICHE

(1, 5, 12, 13) | €16

Red peppers tiger's milk, bonito flakes, avocado, lime, coriander, kombu, red chilli

### SEABASS CARPACCIO

(5) | €17

Lemon oil, chives, evoo, maldon salt, chilli

### MEDITERRANEAN TOSTADOS (4PC),

(2, 5) | €15.5

Fish of the day, crispy tortilla, pico di galo, oregano, olive oil, avocado, coriander, lemon

### SALMON TARTAR TAQUITOS (2PC),

(2, 5, 12, 13) | €15

Crispy wontons, soy, olive oil, avocado, lime zest, coriander, carrot slaw

### SEA BASS CRUDO

(5, 12, 13) | €17

Soy caramel sauce, ginger, lemongrass, coriander, spring onion, olive oil, sweet potato crisp

### OYSTERS FINE DE CLAIRE

(3) 1 PC | €4.9

Mignonette sauce, tabasco, lemon

€18.9 (4pc)

### OYSTERS GILLARDEAU

(3) 1 PC | €5.9

Mignonette sauce, tabasco, lemon

€22 (4pc)

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## APPETIZERS

**BREAD**  
(2) | €2.5

**EGGPLANT DIP**  
(12) | €6.9

Fire grill eggplants, raw tahini, coriander, spring onion, lemon oil, tomato, sherry vinegar, evoo

**SMOKED FAVA PUREE**  
| €6.5

Campers, caramelised onions

**TARAMA**  
(2, 5) | €6.9

Olive oil, chives

**ZESTY HUMMUS**  
(1, 12) | €6.9

Roasted chickpeas, olive oil, sumac

**FRIED BABY CALAMARI**  
(2, 3, 4, 9) | €17

Smoked sweet chilli sauce, florina pepper, lime mayonnaise

**ROBATA OCTOPUS**  
(1, 2, 7, 8) | €20

Florina peppers, fennel & tomato purée, chickpeas tabbouleh, lemon oil dressing, sumac, oregano

**GRILLED CHICKEN KEFTEDAKIA**  
(2, 7) | €14.8

Zucchini, herbs, oregano, sumac, thyme, tomato salsa, labneh yoghurt dressing

(4 pc)

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## PASTA / RISOTTO

### ORZO WITH CALAMARI

(1, 2, 3, 7, 8, 14) | €20

Prawn bisque, cherry tomatoes, chilli, basil, lemon zest, olive, mizithra cheese

### PRAWN RISOTTO

(1, 3, 7, 14) | €21

Cherry tomato, grilled tiger prawns, dill, basil, graviera cheese, olive oil, raw zucchini, oregano

### TAGLIOLINI ALLE VONGOLE

(2, 3, 4, 7, 14) | €22

Parsley, garlic, olive oil, chili, sumac, lemon zest, fresh vongole

### PACCERRI TARTUFO

(1, 2, 4, 7, 14) | €20

Mushrooms, truffle cream, pecorino cheese, parsley, chives, truffle oil, xinomizithra, lemon zest

### RIGATONI POMODORO

(2, 4, 7, 14) | €13.5

Cherry plum tomatoes, burrata cheese, olive oil, basil, oregano, parmesan cheese

### BEEF RAGOUT PAPPARDELLE

(2, 4, 7, 13, 14) | €18.9

Slow cooked beef, mushrooms, soy sauce, parsley, mizithra cheese, olive oil, black pepper

### PRAWN TAGLIOLINI

(1, 2, 3, 4, 7, 14) | €19.5

Prawn bisque, cherry tomatoes, evoo, basil, lemon zest, chilli, lobster bisque, pecorino cheese

### LOBSTER TAGLIOLINI

(1, 2, 3, 4, 7, 14) | €120

Lobster, prawn bisque, cherry tomatoes, evoo, basil, lemon zest, chilli, lobster bisque, pecorino cheese

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## FRESH FISH

### GRILLED FISH OF THE DAY

(5) \*Consult the waiter for availability & price per kg

Grilled seasonal greens, potato salad, burnt lemon, sauce vierge, lemon oil, oregano

### SEA BASS

(5) | €45 per kg

Grilled seasonal greens, potato salad, burnt lemon, sauce vierge, lemon oil, oregano

### SEA BREAM

(5) | €45 per kg

Grilled seasonal greens, potato salad, burnt lemon, sauce vierge, lemon oil, oregano

### GRILLED PRAWNS

(3, 5) | €54 per kg

Grilled seasonal greens, potato salad, burnt lemon, sauce vierge, lemon oil, oregano

### GRILLED LOBSTER

(3, 7) | €110 per kg

Grilled seasonal greens, potato salad, burnt lemon, sauce vierge, lemon oil, oregano

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## CHARCOAL GRILL

### GRILLED SEA BASS FILLET

(5) | €21 (500gr)

Boiled seasonal greens, potato salad, salicornia, vierge sauce, lemon oil, burnt lemon

### FIRE GRILLED CALAMARI

(8) | €19.5

Smoked fava purée, ospriosalata, lemon oil, herbs, parsley, oregano

### ROCAS PRIME BEEF BURGER

(2,4,7,9) | €17 (200gr)

Semi smashed, homemade brioche, mature cheddar, red onion jam, truffle mayonnaise, local fresh fries

### GRILLED CHICKEN THIGHS

(2, 7) | €16.9 (300gr)

Zucchini spaghetti, burnt lemon, pitta bread, labneh yoghurt dressing

### GRILLED TOMAPORK TAGLIATTA

(7, 9, 13) | €18 (500gr)

Green salad, soy sauce, oregano, maldon salt, jamaican peppers, local fresh fries

### LAMB SHOULDER MITILINIS

| €42 (800gr)

Fire grilled zucchini, mint salsa verde, burnt lemon

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## BEEF CUTS

**BEEF FILLET**  
(7, 9) | €32 (250gr)

**T-BONE**  
(7, 9) | €39 (500gr)

**GREEK BIO BEEF CHOP - SPALOBRIZOLA**  
(7, 9) | €30 (600gr)

**USDA BEEF STRIP LOIN TAGLIATTA**  
(7) | €37 (350gr)

**USDA RIBEYE TAGLIATTA**  
(7, 9) | €52 (400gr)

*Served with: Green salad, mustard, maldon salt, local fresh fries.  
Add Sauce €3: Béarnaise, chimichurri, truffle, pepper*

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## SIDE DISH

**SEASONAL GREENS WITH OLIVE OIL**  
| €5

**GRILLED BABY BROCCOLINI WITH OLIVE OIL & MALDON SALT**  
| €5

**LOCAL POTATO FRIES WITH CAJUN SEASONING**  
| €5

**LOCAL TRUFFLE POTATO FRIES, GRATED PARMESAN CHEESE**  
(7) | €6

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## DESSERTS

### PISTACHIO EKMEK

(2, 4, 7, 10) | €12.5

Kataif, lemon peel syrup, strawberries, pistachio cream, kaimaki ice cream

### LEMON & RASPBERRY MESS

(2, 4, 7, 10) | €11

Lemon cream, lemon & poppy seeds cake, raspberries, raspberry sorbet

### BAKLAVA ORANGE PIE

(2, 4, 7, 10) | €12.5

Orange cream, crispy filo, rose syrup, dry roses, pistachios, almonds, cinnamon, kaimaki ice cream

### SEASONAL FRUIT PLATTER | €17

### CHEESE & CHARCUTERIE PLATTER | €23

### ICE CREAM SELECTION

*Price per scoop €3*

Vanilla, lemon – lime sorbet, kaimaki, chocolate, raspberry

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