

Lunch Menu



ROCAS
EXPERIENCE

SNACKS (SERVED UNTIL 17:00)

CLUB SANDWICH FOCACCIA | €11.5

Chicken, truffle honey, smoked cheese, florina pepper cream, rucola, and tomato
Served with fries

SALMON SANDWICH | €11

Lobster roll, fresh cream cheese, aromatic mustard, pickled onion, cucumber, and herbs

CHEESEBURGER (200GR) | €14.5

Semi smashed, mayonnaise, lettuce, tomato, onion
Served with fries

CHICKEN WRAP | €12

Chicken, cherry tomato, iceberg, ceasar sauce
Served with fries

TOAST | €6.5

Choose from ham, turkey, or bacon with cheese
Served with mixed salad and fries

PIZZA | €12

Tomato sauce, mozzarella, tomato, prosciutto, basil

SALADS

NOURISH BOWL

(1, 2, 10, 12) | €15

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

SALMON POKE

(5, 10, 12, 13) | €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

(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

RAW

TUNA CEVICHE

(1, 5, 12, 13) | €16

Red peppers tiger 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, soya, 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) | €18.9 (4PC) | €4.9 (1PC)

Mignonette sauce, tabasco, lemon

OYSTERS GILLARDEAU

(3) | €22 (4PC) | €5.9 (1PC)

Mignonette sauce, tabasco, lemon

APPETIZERS

BREAD
(2) | €2.5

EGGPLANT DIP
(12) | €6.9

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

SMOKED FAVA PUREE | €6.9
Campers, caramelised onions

TARAMAS
(2, 5) | €6.9
Olive oil, chives

ZESTY HUMMUS
(1, 12) | €6.9
Roasted chickpeas, olive oil, sumac

HALLUMI FRIES
(2, 4, 9) | €7 (6PCS)
Smoked sweet chilli sauce, florina pepper, lime mayonnaise

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) (4PCS) | €14.8
Zucchini, herbs, oregano, sumac, thyme, tomato salsa, labneh yoghurt dressing

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
Grilled tiger prawns, cherry tomato, dill, basil, graviera cheese, olive oil, raw zucchini, oregano

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 tomato, evoo, basil, lemon zest, chilli, lobster bisque, pecorino cheese

FRESH FISH

GRILLED FISH OF THE DAY | (5)
Grilled seasonal greens, potato salad, burnt lemon, sauce vierge, lemon oil, oregano
*Consult the waiter for availability & price per kilo

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

CHARCOAL GRILL

GRILLED SEA BASS FILLET (500GR) (5) | €21

Boiled seasonal green, potato salad, salicornia, vierge sauce, lemon oil, burn lemon

FIRE GRILLED CALAMARI (8) | €19.5

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

ROCAS PRIME BEEF BURGER (200GR) (2,4,7,9) | €17

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

GRILLED CHICKEN THIGHS (300GR) (2, 7) | €16.9

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

GRILLED TOMAPORK TAGLIATTA (500GR) (7, 9, 13) | €18

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

SIDE DISH

SEASONAL GREENS | €5

Olive oil

GRILLED BABY BROCCOLINI | €5

Olive oil, Maldon salt

LOCAL POTATO FRIES | €5

Cajun seasoning

LOCAL TRUFFLE POTATO FRIES

(7) | €6

Grated parmesan cheese

DESSERTS

PISTACHIO EKMEK

(2, 4, 7, 10) | €12.5

Kataif, lemon peels 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

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