

# WELCOME TO ROCK IT GRILL

1319 King Street  
703.739.2274

French, Bleu Cheese, Ranch, 1000 Island, Honey Mustard,  
Italian, Balsamic Vinaigrette, Asian, Oil & Vinegar

## FRESH SALADS

CAESAR OR GARDEN (Garden has almonds and dried cranberries) 8 - Add: Grilled or Fried Chicken +\$4, Cajun Shrimp +\$8, BLK Salmon +\$10, Sirloin Steak +\$12

ASIAN CHICKEN SALAD - Warm grilled chicken breast, Mandarin oranges, red onion, sliced almonds and fried tortilla strips over our fresh salad mix + a side of Asian sesame ginger dressing

COBB SALAD - Sliced marinated chicken breast, avocado, bacon, tomato, egg and bleu cheese crumbles over our salad mix

SIDE SALAD - A small portion of our salad mix topped with diced tomatoes, cucumbers and a sprinkling of shredded Cheddar

SOUP & SALAD - Garden or Caesar salad & soup

## SOUPS & CHILI

HOMEMADE SOUP OF THE DAY

SEAFOOD SOUP OF THE DAY

GARY'S VERY SPICY HOMEMADE CHILI

Our chili is topped with cheddar, onions & sour cream. Served with tortilla chips



## TACOS A' LA CARTE

Order one of these tacos topped with lettuce, tomato & cheddar + garlic salsa side...+\$2.50 for fries, \$3 for salad.....  
Hard shell spicy ground beef and Soft flour chicken available for Taco Day

SOFT CHICKEN TACO - Flour tortilla

MEXICAN TACO (marinated steak) - Soft flour tortilla

HARD BEEF TACO (Spicy ground beef) - Corn shell

FRIED FISH TACO - Flour tortilla and spicey slaw topper

## PLATES TO SHARE

### Finger Lickin' Fried

Substitutions for add on French fries: baked potato, onion rings or beer cheese \$2.50, rice Pilaf, house fried chips or coleslaw \$2, vegetable of the day or salad \$3, celery/carrots \$1

**SPICY** BUFFALO TENDERS - LA hot sauce, bleu dressing side +\$1 for celery & carrots +\$2.50 for fries

ONION RINGS - Basket of extra crunchy hand breaded onion rings with chili aioli for dipping

FRIED PICKLES...OR...MUSHROOMS - Ranch dressing, +\$2.50 for fries

CHICKEN TENDERS - Honey mustard, +\$2.50 for fries

**Made Here** MOZZARELLA CHEESE STICKS - Rock It cheese sticks with marinara. +\$2.50 for fries

BASKET OF FRIES - Skin-on seasoned fries, +\$2.50 for side of beer cheese

### Under the Sea

MUSSELS - Served in a garlic cream sauce or marinara and a side of garlic bread

GARLIC SHRIMP - 1/2 lb of large shrimp In garlic butter

CATFISH FINGERS - Lightly breaded and a side of ranch, +\$2.50 for fries

**NEW** POPCORN SHRIMP - Plenty of bite sized shrimp for shareable snacking....Add +\$2.50 for fries

### Rock It Fave's

HOT WINGS - 8 Crispy wings in a Louisiana hot sauce, with celery, carrots and bleu cheese dressing ...double order \$20... +\$2.50 for fries

**Made Here** SPICY BEEF EGG ROLLS - Vegetable/beef egg rolls (3) with our spicy chili aioli, +\$2.50 for fries

**NEW** HOT PRETZEL STICKS - With warm beer cheese

NACHOS SUPREME - Two cheeses, spicy ground beef, tomatoes, black olives, jalapenos, sour cream, guacamole + our garlic salsa

BUFFALO ROCK IT SLIDERS - Buffalo chicken (3) with fried onion ring & zesty slaw. +\$2.50 for fries

QUESADILLA - With chicken, cheddar and jalapeno peppers. Garnished with lettuce, tomato, sour cream, guacamole and our delicious salsa

LOADED POTATO SKINS - With bacon, Cheddar, sour cream & chives

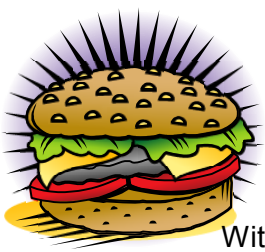
FRESH GUACAMOLE or WARM BEER CHEESE - With our house fried tortilla chips + garlic salsa

## DESSERTS

FRUIT PIE - Freshly baked fruit pie (varies daily), warm or cold, vanilla ice cream or whipped cream

REESE'S PEANUT BUTTER PIE - All the tasty goodness of a Reese's Peanut Butter Cup, in a pie

CHOCOLATE CAKE  
Individual molten chocolate cake



## ROCK IT GRILL BURGERS 1/2 LB

With lettuce, tomato, onion & mayo. Served with pickle chips and fresh cut, skin-on, seasoned fries

### ✘ DOUBLE DOUBLE BURGER

Double beef patty, double bacon, double Cheddar

- ✘ GRILL BURGER - Hand-pattied beef, add cheese: Cheddar, American, Swiss or Provolone for +.50
- ✘ BACON CHEDDAR BURGER - Two strips of bacon and Cheddar cheese
- ✘ AVOCADO & SWISS - Fresh slices of avocado
- ✘ MUSHROOM & SWISS - Just like it says.
- ✘ BACON BLEU - Bacon strips and bleu crumbles

VEGGIE BURGER - Gardenburger

TURKEY BURGER

- ✘ BLEU - With melted crumbles of bleu cheese
- ✘ BACON & EGG - One egg over medium, two slices of bacon and American cheese top this one
- ✘ PATTY MELT - Three cheeses, grilled onions and 1000 Island Dressing, grilled on rye

## SANDWICHES

Served with pickle chips and seasoned fries, home-style potato chips or coleslaw.....make any sandwich a WRAP!

**NEW**

SHRIMP PO 'BOY - Super sub with lettuce, tomato, a pile of popcorn shrimp and a drizzle of chipotle mayo

CHIPOTLE CHICKEN SUPREME - Grilled chicken breast with bacon, Provolone cheese, lettuce, tomato, onion and dressed with our chipotle mayo

SPICY BUFFALO CHICKEN SANDWICH - A fried chicken breast tossed in LA hot sauce. Topped with bleu crumbles, a fried onion ring, lettuce, tomato and bleu cheese dressing....delicious as a WRAP

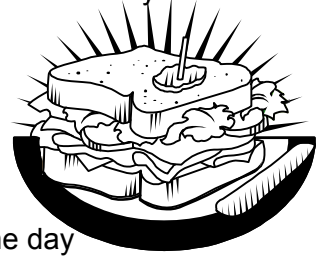
PHILLY - Shaved rib-eye, Provolone, grilled onions, lettuce, tomato and mayo

CALIFORNIA CHICKEN CLUB - Grilled chicken breast, bacon, fresh avocado, Swiss, lettuce, tomato, red onion, and mayo on grilled marbled rye

REUBEN/TURKEY REUBEN - Tender corned beef or (turkey \$12) 1000 island, sauerkraut, Swiss, grilled marbled rye

GARY'S CLUB - Virginia baked ham, smoked turkey breast, bacon, Swiss and American cheeses, lettuce, tomato and mayo on three slices of toasted white

CHICKEN CAESAR WRAP - Grilled chicken breast, romaine, Parmesan cheese and Caesar dressing



## LUNCH & DINNER ENTRÉES

Substitutions: baked potato, rice pilaf, seasoned fries, coleslaw, salad, avocado, or veggie of the day

- ✘ SIZZLING FAJITAS - with green peppers, onion and tomatoes. Served with flour tortillas and a side of lettuce, cheese, sour cream, guacamole and salsa Shrimp 18, Chicken 14 Steak 16
- ✘ NEW YORK STRIP - 16+ oz steak char grilled to your liking, with baked potato and our veggie of the day
- ✘ BLACKENED SALMON - Char-grilled, with rice pilaf and our veggie of the day

PEPPER STEAK - Sautéed marinated steak, green peppers, onions and rice pilaf

GINGER CHICKEN - Sautéed chicken, onions, cream sauce and fresh ginger, with rice pilaf

✘ SIRLOIN STEAK - 12 oz sirloin grilled to your liking, served with baked potato and veggie of the day

POPCORN SHRIMP BASKET - With fries & coleslaw

## SPECIALS OF THE WEEK

WEDNESDAY - SUNDAY

✘ Consuming raw or undercooked meat, seafood, poultry, shellfish or eggs may increase your risk of food born illness