



Rock Creek

TAP AND GRILL

daily specials

Dine in only. With a beverage purchase.



sunday

All day happy hour

monday

8" pepperoni pizza

tuesday

buy 3 appetizers over \$10 each and
get \$5 off your total

wednesday

\$5 pints \$10 wings

thursday

Pizza's \$12.95

friday

\$6.50 schooners

saturday

1/2 price wine by the bottle



appetizers



Asiago Garlic Fries with dip // 7.95

Baked Garlic Cheese Toast // 7.95
With jalapeño lime dip.

Homemade Samosas // 9.95
With chutney dipping sauce.

S+P Dry Ribs // 13.75
Bone in riblets sprinkled with salt + pepper.

Onion Rings // 10.95
Onion rings served with a chipolte mayo dip.

Chicken Wings (Bone in or Boneless) // 14.95
Salt + pepper, sweet Thai chilli, hot, mild, honey garlic, or BBQ. With blue cheese or ranch dip.

Southern Shredded Chicken + Bacon Dip // 12.95
With a mixture of cream cheese, spinach and served with tortilla chips for dipping.

Prawn Mushroom Stuffs // 13.50
Mushroom caps packed with chopped tiger prawns, asiago-garlic cream cheese + chipotle in adobo sauce served on a skillet.

Fried Pickles // 11.95
Tender fried pickle chips with garlic mayo dip.

Original Poutine // 9.50
Topped with cheese curds + gravy.

Pulled Pork Poutine // 12.95
With cheese curds, onions, hickory ranch sauce + gravy.

Spicy Shredded Chicken Poutine // 11.95
Diced jalapenos, cheese curds, jalapeno lime sauce + gravy.

Chicken Lettuce Wraps // 15.95
Chicken breast, red pepper, noodles, onions + lettuce cups with light sweet-spicy ginger glaze.

Ball Park Nachos // 11.95
Green onions, tomato, black beans, bacon, jalapeños, Monterey Jack + cheddar. Add chicken \$4. Large size add \$6.

soup + salad

Garden Salad Starter // 6.00 Full // 10.00
Crispy baby greens + fresh vegetables drizzled with our house dressing. Served with smoked-garlic toast.

Caesar Salad Starter // 7.50 Full // 10.95
Chopped Romaine hearts, croutons, shaved Parmesan cheese, bacon bits + smoked-garlic toast. Add grilled or blackened chicken \$5.

SW Caesar Salad // 16.95
Fresh romaine, pico de gallo, nacho chips, guacamole, grilled chicken, cheddar, Monterey Jack + our Caesar dressing.

Soup + Salad // 12.95
Field Greens or Caesar served with smoked garlic toast.

Soup of the Day with Garlic Toast // 7.00
Ask your server what flavour!

comfort food favourites

Beer Battered Fish + Chips // 16.95
Our in house beer battered fish served with fresh coleslaw + tartar sauce.

RC Chicken Fingers Platter // 16.95
Crispy chicken tenders served with sweet Thai chilli sauce or honey dill aioli. Served with fries + garden or caesar salad.

Pork Riblets // 15.95
Served with fries + garden or caesar salad.

Steak Sandwich // 17.95
Topped with onion rings + sautéed mushrooms. Served with fries + garden or caesar salad.

hand stretched pizza



BBQ Chicken Grilled chicken, red onion, red pepper + BBQ sauce. // 17.95

The Smokeshow Pulled pork, mushroom, red onion +BBQ sauce.// 18.95

Pepperoni, Ham + Bacon The name says it all. // 18.95

T- Rex Pepperoni, bacon + mushrooms. // 17.95

Daisy Duke // 18.95

Chicken, bacon, red onion, red pepper + hickory ranch.



steaks + main entrees

Served with fresh roasted veggies and garlic toast. Choice of garlic mashed potatoes, rice, baked potato or fries.

Flame Grilled AAA Sirloin 6 oz // 19.95 8oz // 23.95

Flame Grilled AAA New York - 10 oz // 26.95

Add sauteed mushrooms \$3 or sautéed garlic shrimp \$4.95.

Albuquerque Chicken // 23.95

Sun dried tomatoes in our creole butter sauce served with a starch + roasted veggies.

BBQ Baby Back Ribs // 24.95

Roasted until tender then grilled and glazed with our whisky BBQ sauce.

BBQ Ribs + Chicken // 24.95

Blackened seasoning on a chicken breast with a half rack of ribs smothered with house made BBQ sauce.



lite side menu

RC Chicken Tenders // 12.95

Crispy chicken tenders served with sweet Thai chilli sauce or honey dill aioli. Served with fries or salad.

Beer Battered Fish // 12.95

Our in house beer battered fish served with fresh coleslaw + tartar sauce. Comes with fries.

Cajun Chicken Quesadilla // 11.95

Cajun seasoned chicken, pico de gallo, black beans, Monterey Jack + cheddar in a flour tortilla. Served with fries or salad.

Albuquerque Chicken // 17.95

Sun dried tomatoes in our creole butter sauce served with a starch + roasted veggies.

BBQ Baby Back Ribs // 16.95

Roasted until tender then grilled and glazes with our whisky BBQ sauce. Served with starch + veggies.

Penne Lane Pasta // 12.95

Spinach, sun-dried tomatoes, 3-cheese cream sauce + blackened chicken breast.

8" Pepperoni Pizza // 12.95

Served with fried or a salad.



burgers + sandwiches



Sides - fries or soup or garden salad or Caesar salad. Extra sides - yam fries or onion rings \$1.50 add on. (Gluten free buns available.)

RC Chicken Club // 15.95
Chicken, bacon, ham, cheddar, lettuce, tomato + hickory ranch sauce.

Cali Chicken Wrap // 15.95
Blackened chicken, bacon, guacamole, Monterey Jack cheese, lettuce, tomato with garlic mayo sauce.



Cajun Chicken Quesadilla // 14.95
Cajun seasoned chicken, bell peppers, black beans, pico de gallo, Monterey Jack + cheddar in a flour tortilla.

Pulled Pork Quesadilla // 15.95
With shredded cheese, red onion, bbq sauce.

Crazy Canuck Cheese Burger // 15.95
With double the cheese, fried pickles, red onion, lettuce + tomato.

Zeke's Burger // 16.95
Hickory ranch BBQ sauce, crispy onion rings, thick cut bacon, smoked cheddar, lettuce + tomato.



Pulled Pork Sandwich // 15.95
Shaved + tender on a ciabatta bun, onion rings + house made BBQ sauce.

Stacked Beef Dip // 16.95
Shaved prime rib, Monterey Jack cheese, onion rings, bbq sauce + garlic mayo.

pasta + bowls

Served with garlic toast

Garlic Shrimp Linguini // 17.95
Freshly sauteed and tossed in a creamy alfredo sauce.

Penne Lane // 17.95
Spinach, sun-dried tomatoes, 3-cheese cream sauce + blackened chicken breast.

Butter Chicken // 17.95
Tender chicken in a rich sauce with rice.

Chicken Linguini Alfredo // 17.95
Chicken (blackened or grilled) in a rich and creamy alfredo sauce topped with asiago parmesan cheese.

Baked Chicken Parmesan // 18.95
Topped with marinara sauce + mozza cheese on linguini noodles, baked until golden brown.



beverages

Coffee + Tea // 2.25

Hot Chocolate // 2.25

Pop // 2.95

Juice // 3.25

Milk // 3.25



DREAMFAST

breakfast



RC Classic Breakfast // 9.95

2 eggs with bacon, ham or sausage, hashbrowns + toast.

The Filler' Up Breakfast // 13.95

3 eggs, 3 pieces of ham, 3 peices of bacon, hashbrowns + toast.

The Early Riser // 7.95

2 eggs, hashbrowns + toast.

MLTC Sandwich // 6.95

Meat choice, fried egg, lettuce, tomato + american cheese.



sides

Side Breakfast Meat // 3.95

2 Eggs + Toast // 5.95

Toast + Jam // 3.00

Hash Browns // 4.00



omelettes

All omelettes come with hash browns + toast.

Farmer's Omelette // 13.95

Bacon, ham, mushrooms + cheese.

Bacon + Cheese Omelette // 12.95



french toast + scramblers

French Toast, Eggs + Bacon or Ham // 11.95

French Toast Mountain // 13.95

Don't look down! French toast, bacon, French toast, bacon, French toast, bacon and then 2 eggs.

Southern Scrambler // 13.95

Pulled Pork, diced bacon, peppers, mixed cheese with side of BBQ sauce.

The Backyard Scrambler // 13.95

Shredded chicken, mushrooms, onions, mixed cheese with side of salsa.



kids corner

12 and under includes small milk or juice.

Classic Kids Breakfast // 8.95

1 Egg, 2 pieces of bacon or ham, toast + hash browns.

French Toast + Bacon // 8.95

Omelette // 9.95

Choice of ham, cheese, or both!

ROCK CREEK TAP + GRILL

PROUDLY CANADIAN



Rock Creek
TAP AND GRILL

MENU

kids menu

Served with pop or milk and a kids dessert



Boneless Chicken Wings + Fries // 9.95

Pepperoni Pizza + Fries // 8.95

Grilled Cheese Sandwich + Fries // 8.95

Hamburger or Cheeseburger + Fries // 8.95

Fish + Chips // 9.95



dessert

Wild Berry Chocolate Brownie // 7.95
With ice cream.

Deep Fried Cheesecake // 7.95
With ice cream + caramel sauce.

Ice Cream Sundae // 4.95
With hot fudge and caramel sauce



spiked coffee

Spanish Coffee 1oz // 5.95

RC Big Easy 2oz // 7.95



fresh thinking

It all started with a little neighbourhood eatery called Rock Creek. Opening in Regina in 2006, it was founder Stu Rathwell's dream to create an upscale yet unpretentious restaurant with a casual lounge, a fun upscale menu and an inviting interior.

Rock Creek's appealing West-coast-inspired urban menu and warm contemporary design was just what people were looking for. The concept was such a success he was soon approached by others who wanted to operate their own Rock Creek locations.

Today Rock Creek is expanding across the west with locations scattered across Saskatchewan.



proudly canadian

