



ROCKETS
It's a Lifestyle

MENU

MENU

TAPAS

85 PERI - PERI CHICKEN LIVERS

Chicken Livers served in Creamy Peri Peri Sauce with dipping rolls

130 MINI SEAFOOD PLATTER

Lightly Coated & Deep-Fried Calamari, Hake, Prawns & Zucchini, separately served with a Citrus Mayo

190 SLICED FILLET OF BEEF

Hand Sliced, Basted & Flamed Grilled Fillet of Beef, served with our Signature Jalapeño & Herb Pesto

135 ROCKETS CHICKEN DRUMSTICKS

4 Plump Drumsticks, served with a flavour choice of

- Rustic BBQ
- Ultra Hot Habanero
- Buffalo Glaze

All served with our Homemade Blue Cheese Aioli

75 FOCACCIA

Thin based pizza topped with a selection of Italian Herbs, extra Virgin Olive Oil & Freshly cut Garlic

175 NACHOS MEXICANA

Crispy Tortilla chips topped with sliced Jalapeño, Mozzarella & Monterey Jack Cheddar, served with homemade Guacamole, Sour Cream & Rancheros Salsa

92 PULLED PORK SLIDERS

Three Juicy Pulled Pork Sliders topped with Emmental Cheese & Spicy Tomato Jam

125 CALAMARI & CHICKEN LIVER FUSION

Calamari Tubes & Chicken Livers simmered in Rockets Signature Peri Peri Sauce, accompanied with Mini Portuguese Rolls

ROCKETS SIGNATURE PRAWNS

Panko Crumbed & Deep-Fried Prawns tossed in a medley of Sriracha, Honey & Sweet Chilli Sauce, finished with Fresh Spring Onion & Toasted Sesame Seeds

- 6 Prawns 199
- 8 Prawns 265

ME NU

TAPAS

130 ROCKETS WINGS

WARNING - Ultra Hot!!!
Habanero Wings Based and Deep
Fried Wings served with Rockets
Blue Cheese Aioli & Celery Batons

110 CHIPOTLE CHICKEN QUESADILLA

Smoked Chipotle Chicken topped
with a melted Cheddar & Mozzarella
Cheese combo, in a folded Tortilla &
finished with a Guacamole &
Rancheros Salsa

85 THAI SATAY SKEWERS

Grilled Tender Chicken Skewers with
Rockets Peanut Satay Dipping
sauce finished with Spring Onion &
Chilli shavings

165 COCKTAIL RIBS

Juicy Beef Ribs marinated in our rich
Smokey BBQ sauce, served with
Rockets mini Prego Rolls

95 SALT & PEPPER CALAMARI

Salt & Pepper dusted Patagonia Squid
fried & served with a Prego Ponzu &
Aioli dipping sauce, topped with
slivered Jalapeño

135 PARMESAN & LEMON CALAMARI

Tender Calamari Tubes simmered in
a Parmesan Lemon Cream Veloute,
served with Garlic Focaccia



85 GOLDEN FRIED HALLOUMI

Halloumi Fingers lightly fried &
served with Rockets Sweet Chilli
Sauce

75 VEGETARIAN SPRING ROLLS

Spring Rolls filled with Onions, Sweet
Cabbage, Carrots & Zucchini, served
with Rockets Sweet Chilli Sauce

MENU

SUSHI

CLASSICS BY ROCKETS

SANDWICHES (8 PIECE) MAKI (6 PIECE)

134 • SALMON

133 • PRAWN

110 • VEG

86 • SALMON

84 • PRAWN

82 • VEG

ROSES (3 PIECE)

96 • SALMON

SASHIMI (4 PIECE)

142 • SALMON

ROCKETS SASHIMI **166**

Salmon - Salmon Sashimi, Spring Onion, Ponzu, Soya Sauce, Toasted Sesame Seeds, Sliced Jalapeño and Lime Aioli

CALIFORNIA ROLL (**130** 8 Piece)

Traditional Japanese Rice Roll filled with Salmon & Avocado

CARB FREE ROLL (**150** 6 Piece)

Salmon & Avocado wrapped in Seaweed

TEMAKI HAND ROLL

Large Hand Rolled Seaweed Cone filled with Salmon, Prawn, or Assorted Fresh Veg, together with Rice, Avocado, Japanese Mayo & finished with Sesame seeds

- SALMON **98**

- PRAWN **90**

- VEG **70**

SPICY SALMON CRISPY RICE (**125** 4 Piece)

Deep-Fried Crispy Rice Squares topped with Creamy Sriracha Salmon, finished with Fresh Jalapeño & Caviar

ROCKETS SIGNATURE SUSHI

ROCKETS GUNKAN MAKI (**145** 3 Piece)

Hand Rolled Boat Shaped Sushi Rice, topped with Creamy Prawn & Red Chilli Salsa, wrapped in Seaweed & finished with Chives & Sesame Seeds

FUTUMAKI (**170** 6 Piece)

Hand Roll filled with Crispy Salmon, Avocado & Cucumber, topped with Spring Onion & Caviar, finished with Spicy Mayo, Teriyaki & Sesame Seeds

CRISPY CALIFORNIA ROLL (**140** 5 Piece) (**210** 10 Piece)

Deep-Fried California Roll with a Cream Cheese, Salmon, & Jalapeño Centre, finished with Sweet Sriracha Mayo, Teriyaki & Caviar

BAMBOO ROLL (**138** 4 Piece) (**198** 8 Piece)

Cucumber Roll filled with Sushi Rice, Avocado, Salmon & Cream Cheese, finished with Spicy Mayo, Teriyaki, Tempura Crumb, Spring Onion, Sesame seeds & Caviar

THE ROCKETS RAINBOW (**140** 5 Piece) (**198** 10 Piece)

The Inside & Outside Salmon and Avocado Rolls topped with Teriyaki, Tahini, Spicy Mayo, Spring Onions and Tempura Bits

TEMPURA PRAWN (**142** 5 Piece) (**222** 10 Piece)

Salmon California Rolls topped with Tempura Prawn, finished with Sriracha Mayo & Crispy Onion

A BUNCH OF PINK ROSES (**145** 3 Piece)

Prawn, Caviar & Salmon Roses, sprinkled with Pink Peppercorn, topped with Crispy Tempura Bits, Onion Pearls & finished with Sweet Sriracha Mayo

ME NU

SUSHI

876 ROCKETS SIGNATURE PLATTER
SERVES 4

Rockets Sashimi * 4 Piece
Rockets Rainbow * 10 Piece
Tempura Prawn * 10 Piece
Gunkan Maki * 3 Piece
A Bunch of Pink Roses * 3 Piece

1 400 ROCKETS SIGNATURE PLATTER
SERVES 6

Crispy California roll * 10 Piece
Tempura Prawn * 10 Piece
Futumaki * 6 Piece
Bamboo Roll * 8 Piece
Rockets Rainbow * 10 Piece
A Bunch of Pink Roses * 3 Piece
Salmon Sandwich * 8 Piece
Crispy Salmon Spicy Rice * 4 Piece

569 CLASSIC PLATTER
SERVES 4

Salmon Sandwich * 8 Piece
Maki Prawn * 6 Piece
Salmon Roses * 3 Piece
California Roll * 8 Piece
Spicy Crispy Rice * 4 Piece

MENU

MAINS

385 R I B E Y E C H I M I C H U R R I

Succulent 500g Ribeye Steak flame grilled, served with chopped Spring Onion & Chips, finished with Argentinian Chimchurri

265 M E R L O T & M U S H R O O M F I L L E T

250g Seared Beef Fillet, topped with Emmental Cheese & Finished with a Merlot, Mushroom & Cream Sauce. Served on a bed of homemade Mash Potato & Wild Rocket

295 A R G E N T I N I A N P R A W N S

8 fresh Argentinian prawns, grilled to perfection in a choice of creamy lemon & herb or rockets famous peri peri sauce served with chips

325 S T I C K Y B B Q R I B S

500g of Succulent Beef Ribs marinated in our Rich Smokey BBQ Sauce served with Chips

260 P E P P E R C O R N & F E T A S I R L O I N

250g Tender Cut Sirloin topped with a Creamed Green Peppercorn served on a bed of homemade Mash Potato & Wild Rocket, finished with Creamy Feta Cheese

265 L A M B A S S I E T T E

Juicy Karoo Lamb Cutlets on a Bed of Whole Grain Mustard Infused Mashed Potato, Lamb Neck Croquette & Pulled Lamb Pie Accompanied by Honey & Cumin Roasted Beets & finished with a Red Wine Jus

285 B E E F & R E E F

250g Tender cut Sirloin topped with Mussels in a Creamy Garlic sauce & Peri Peri Grilled Prawns

245 P O R K B E L L Y

Slow Braised Pork Belly served on a Bed of Wasabi Infused Mashed Potato finished with a Korean BBQ Glaze

50 C A T C H O F T H E D A Y

Line Fish Served with Savoury Rice, finished with a Lemon, Garlic & Parsley Cream Sauce

280 O X T A I L

Traditional South African Favourite Fall Off the Bone Oxtail Braised in Red Wine, Garlic, Herbs & Butter Beans served with Buttery Mashed Potatoes

MENU

MAINS

200 CREAMY FILLET PASTA

Tender Fillet Strips, Mushrooms, Julienned Peppers, Pappardelle Pasta in a creamy Paprika sauce finished with Dill Pickles

140 MUSSEL LINGUINE

Mussels, Red Pepper, Basil & Garlic in a Creamy Blue Cheese Infused Mascarpone Sauce on a Bed of Linguine

180 CHICKEN PESTO PASTA

Tender Chicken Strips tossed in a homemade Basil Pesto, finished with crispy Bacon lardons, Rosa Tomatoes & Danish Feta (Contains Nuts)

230 PRAWN & CHORIZO PASTA

Mozambican Prawns & Spicy Chorizo in Penne Pasta, served with Chilli & Creamy Parmesan, accompanied with Garlic Bruschetta

175 1 / 2 PERI PERI CHICKEN

Half deboned Peri Peri chicken served with Sweetcorn Purée, Mange Tout, roasted baby Carrots & fragrant Coconut Rice

210 PAN FRIED CHICKEN

Chicken Breast sautéed in a Rich Boscaiola Sauce of Creamy Mushroom, Bacon, Dijon & Celery, served with Homemade Mash Potato & Wild Rocket

190 RED CURRIED PRAWNS

Prawns simmered in a Red Curry sauce flavored with Coconut, Lemon Grass & a hint of Paprika accompanied by fragrant Coconut Rice

450 CHIPOTLE RIB-EYE

Flame Grilled Rib-eye Steak, served with Wholegrain Mustard Infused Creamy Mashed Potatoes, & Tender-Stem Broccoli, finished with a Chipotle Cream Sauce

310 BEEF & BONE MARROW FILLET

Flame grilled Fillet of Beef served with Miso Infused Mashed Potato, Tender-Stem Broccoli & an Oven Roasted Marrow Bone, Finished with a Bone Marrow & Herb Butter

590 SEAFOOD PLATTER (SERVES 2)

Grilled Hake finished with a Cajun-Lemon Butter Sauce, Panko Crumbed Prawns, Grilled Calamari, 4 Butterflied King Prawns, & Steamed Mussels in a Lemon, Garlic & Parsley Cream Sauce Served with Dipping Rolls, Spicy Rice & Potato Fries

155 ROCKETS CHICKEN ROSTI

Homemade Sweet Potato Rosti topped with Danish Feta, crisp Rockets & fresh cut Tomato wedges, accompanied with Lemon Infused Sour Cream & homemade Sweet Chilli sauce

MENU

BURGERS & BREADS

145 CLASSIC CHICKEN PREGO

Tender Double - Breasted Chicken grilled & smothered in our authentic spicy Prego sauce, in a classic toasted Portuguese Roll

160 THE SPECIALIST

300g Tender homemade Beef Patty served with caramelized Onions, Lettuce, Tomato & Baby Gherkins, topped with Cheddar & Roasted Garlic Mayonnaise

165 BACON & BLUE CHEESE BURGER

300g Tender homemade Beef Patty topped with Caramelized Onions & Bacon, finished with a Blue Cheese sauce

185 ULTIMATE MAN BUN BURGER

300g Man sized Burger Patty topped with Bacon, Cheese, Avo & Beer battered Onion rings on a Toasted Bun

155 THE RIB BURGER

Succulent deboned BBQ Rib patties, Caramelized Onions, topped off with melted Cheddar Cheese

155 SOUTHERN CHICKEN BURGER

Crumbed and Deep-Fried Chicken Fillet, glazed in our Buffalo Sauce, topped with Gherkins, Tangy Louisiana Slaw, Melted Cheddar Cheese, & finished with a Roasted Garlic Mayo. Served with Cajun Spiced Potato Wedges

ME NU

SALADS

140 GRILLED CHICKEN & PISTACHIO SALAD

Crisp Green Beans, Slow Roasted Red Pepper, Grilled Zucchini, Sun-Dried Tomato, Tender - Stem Broccoli, Grilled Chicken Fillet, on a Bed of Butter Lettuce, finished with Crumbled Feta and a Pistachio & Herb Dressing (Contains Nuts)

135 MEDITERRANEAN COUSCOUS SALAD

Roasted Butternut, Red Onion & Rainbow Peppers Tossed with Fluffy Couscous and Finished with Fresh Avocado, Feta & Toasted Pumpkin Seeds & Sundried Tomato, finished with a Citrus Dressing

130 ROCKETS FAMOUS CHICKEN SALAD

Fresh crisp baby Lettuce topped with Danish Feta, Bacon, Avocado slices, Allumette Carrots, thinly sliced Bell Peppers & Dijon Mustard Chicken strips, finished with a Balsamic Vinaigrette

130 BACON, JALAPEÑO & CORN SALAD

Grilled Corn with hints of Coriander & Tangy Jalapeño in a Creamy Mayo Sauce, on a Bed of Crisp Cos Lettuce, topped with Crumbled Feta & Crispy Bacon, finished with a Lime & Honey Infused Vinaigrette



MEN NU

PIZZA

105 R O C K E T S C L A S S I C M A R G A R I T A

Traditional thin based Pizza with an Italian Herb infused Tomato sauce & Mozzarella

155 J O H N N Y B R A V O

Sweet Chilli Chicken Strips, Pan Fried Mushrooms, Crispy Pancetta, Sundried Tomato's, topped with fresh homemade Guacamole

160 T H E S P I C Y B L U E

Bacon, Avocado, Crumbled Blue Cheese & Green Chilli, finished with a homemade Rockets Roasted Garlic Mayo

165 V E G E T A R I A N

Slow Roasted Red Pepper, Caramelized Onion, Oven Roasted Cherry Tomatoes, finished with Whipped Feta Mousse & Fresh Rocket

145 C H E E K Y T H I E F

Chicken strips, Caramelized Onions, Calamata Olives & fresh Rocket on a classic Margarita base finished with a balsamic reduction drizzle

175 R I B S T E R

Smokey BBQ Beef Rib, fresh Salsa & BBQ sauce, Danish Feta & Fresh Avo

170 S E V I L L A

Traditional Margarita topped with Chicken, Bacon, Cherry Tomatoes, creamy Danish Feta & Fresh Avocado Slices



MENU

DESSERT

95 MILO CHEESE CAKE

Decadent Milo rich Cheese Cake accompanied by Chocolate Mousse and Milo Dusting

90 PARIS CRÈME BRÛLÉE

Brandy Poached Raspberry & Mascarpone Creme Brulee, Served with Vanilla Bean Ice Cream

105 ROCKETS CHOCOLATE WAFFLE

Crispy Golden Brown Waffle, topped with Chocolate Mousse, Chocolate Brownie Pieces & Oreo Crumbs, finished with Vanilla Ice Cream & Nutella

90 ITALIAN TIRAMISU

Traditional Rich Mascarpone Filling Layered with Espresso-Soaked Boudoir Biscuits and Cocoa Powder

90 PEPPERMINT CRISP ECLAIR

Rockets Homemade Eclair filled with a Peppermint Crisp Caramel Mousse, topped with Chocolate Biscuit Crumbs & Chopped Peppermint Crisp Pieces, finished with Cocoa Dust & Vanilla Bean Ice Cream

85 CAKE OF THE DAY

Rockets Homemade Carrot Cake with Cream Cheese Frosting (Contains Nuts)

Black Velvet with Cookies & Cream Frosting

Banana & Peanut Butter Caramel Cake (Contains Nuts)

