





## All Day Breakfast

### Something Light

#### Berry Compote 9.90

berry compote and ricotta cheese on toasted sourdough glazed with honey

#### Ham and Cheese Croissant 9.50

ham & cheese served on a toasted croissant

#### Raisin Toast or Coconut Mango Banana Bread 5.90

#### Toast with Choice of Spread 5.90

jam/marmalade/honey/vegemite/nutella/peanut butter  
w' sourdough, rye, turkish or gluten free or wholemeal or thin white

### Something Sweet

#### Berry Pancake 18.90

fresh buttermilk pancake, berry compote, maple syrup served with cream or ice cream

#### French Toast 20.90

French toast on brioche with vanilla mascarpone banana compote, seasonal berries and fairy floss with melted Belgium chocolate n almond flake with cream or ice cream

#### Home-made Granola & Panna Cotta 18.90

home-made granola, honey, berries, puffed rice, greek yoghurt, cinnamon & panna cotta

#### Pancake Stack 18.90

fresh buttermilk pancake, strawberries, banana, maple syrup served with cream or ice cream

#### Porridge 18.90

Seasonal fruit & coconut porridge w, chia seeds

#### Breakfast Waffle 18.90

With banana compote, seasonal berries vanilla mascarpone and melted Belgium chocolate with almond flake, cream or ice cream

### Breakfast

#### AvoSmash 20.90

avocado and cherry tomato, raddish glaze dukkah topped with danish feta on toasted sourdough served w' poached eggs

- add chorizo 6.00

- add smoked salmon 6.00

#### Bacon & Egg Roll 9.90

bacon & egg on turkish bread or a milk bun with barbeque or tomato sauce

w' chilli jam 2.00 or

w' any other sauce 1.00 or

w' gluten free toast 1.00

#### Eggs Benedict 20.90

Baby spinach, poached eggs, Italian glaze, hollandaise sauce on sourdough w'bacon or smoked salmon or ham or turkey

#### Crispy Bacon Stack 20.90

bacon, ricotta, avocado, cherry tomato, house-made chilli jam & shaved parmesan w' a toast of sourdough  
- add 2 poached eggs 5.00

#### Eggs on Toast 11.90

choice of eggs w' toasted sourdough bread

#### Haloumi Breakfast 20.90

cyprus haloumi, basil pesto, raddish, dukkah, poached eggs, roast tomato & wilted spinach w' a toast of sourdough

#### Healthy Vegetarian Omelette 19.90

mushrooms, spinach, tomato salsa, asparagus and parmesan cheese served with sourdough  
- smoked salmon 4.50

#### Little Rock Big Breakfast Deal 26.90

eggs, bacon, chipolatas, mushrooms, cherry tomatoes and hash brown w' toasted sourdough and regular coffee or tea

#### Little Rock Omelette 19.90

chorizo, caramelised onions, tasty cheese, kipfler potatoes & cherry tomatoes w' toasted sourdough

#### Pumpkin Bruschetta 18.90

cherry tomato, pumpkin, ricotta cheese, spinach, feta cheese, pomegranate seeds and Italian glaze on sourdough

- add 2 poached eggs 5.00

#### Smoked Salmon Delight 18.90

smoked salmon, ricotta, cucumber, onions, avocado, baby-spinich, capers served on toasted sourdough bread with wedge of lemon & aioli

#### Truffle Mushroom 19.90

haloumi, spinach, mushroom, scrambled eggs on rye bread with chia seeds

#### Grain Bowl 20.90

with quinoa, soft avocado, roasted chickpeas, cucumber, sweet & sour pickles, soft poached eggs n side of tzatziki

#### Vegetarian Breakfast 24.90

eggs, mushrooms, grilled haloumi, cherry tomatoes, hash brown and avocado, served with toasted sourdough

### Sides

Avocado 4.00

Baby spinach 3.50

Cucumber 3.00

Hashbrown 3.50

Fetta cheese 1.50

Bacon 5.00

Baked Beans 3.50

Chipolatas 4.50

Chorizo 6.00

Ham 3.50

Haloumi 5.00

Mushrooms 4.50

Olives 1.00

Pumpkin 4.00

Smoked salmon 6.00

Turkey 4.50

\*Free house wine with Lunch more than \$19.90  
(Mon-Thur between 1.30pm - 4.00pm)



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## Lunch

### Something Light

#### Beef Nachos 19.90

crispy tortilla corn chips served with beef mince, guacamole, tomato salsa, jalapeno, sour cream & tasty cheese

#### Fish Tacos 19.90

red slaws, three flathead fish, tomato salsa, sour cream & chilli mayo

#### Tomato Bruschetta 15.90

cherry tomatoes, basil, fetta, spanish onions & garlic on toasted sourdough glazed with balsamic vinaigrette

#### Veggie Nachos 19.90

crispy tortilla corn chips served with black beans, guacamole, tomato salsa, jalapeno, sour cream & tasty cheese

### Vegan Food

#### Vegan Salad 22.90

with seasonal greens, mixed herbs, cherry tomatoes, onion, cucumber, avocado & falafel Falafel with green goddess dressing

#### Vegan Burger 21.90

vegan garden patty, cos lettuce, tomato, pickle cabbage & vegan chilli mayo on vegan bun served with chips

### Salads

#### Pumpkin Salad 20.90

Spiced pumpkin, chickpeas, fetta, pepita seeds, walnuts, seasonal greens with honey mustard dressing

Add chicken- 5.00

#### Caramelised Beetroot &

#### Chicken Salad 23.90

roasted walnuts, feta, baby spinach, wild rocket caramelised onions, roasted capsicum, fresh pineapple & glaze

#### Grilled Salmon & Asparagus Salad 24.90

atlantic salmon, wild rocket, semi dried tomatoes, grilled asparagus, caramelised onion w' lemon cream vinaigrette

#### Salt & Pepper Calamari Salad 22.90

house crumbed calamari with baby spinach, spanish onion & cherry tomato with aioli and parmesan cheese

#### Thai Salad 22.90

mix slaw salad, roasted cashews, cherry tomato, mesclun lettuce, crispy noodles coriander & thai dressing w' choice of steak or chicken or haloumi

### Mains

#### Chicken Schnitzel 24.90

home crumbed chicken breast served with chips, garden salad & mushroom sauce

#### Crispy Skin Atlantic Salmon

#### Fillet Gluten Free 27.90

roasted walnuts, grilled kipfler potatoes, tzatziki, fresh herbs, Spanish onion salsa, lemon wedge

#### Moroccan Chicken and Quinoa 24.90

pan fried Moroccan marinated chicken breast with home made beetroot, quinoa, spinach, tzatziki, sweet n sour pickle with pomegranate dressing

#### Scotch Fillet 33.90

250gm premium scotch fillet cooked to your liking and served with super crunch chips, garden salad with mushroom sauce

#### Tempura Battered Flat Head Fillet 24.90

Three flathead fish served with super crunch chips, garden salad and aioli sauce

### Burger

#### Beef Burger w' super crunch chips 23.90

House made beef patty, bacon, beetroot, American cheese, sweet n sour pickle, caramelised onion, lettuce, tomato, aioli sauce on milk bun

#### Peri Peri Chicken Burger w' super crunch chips 22.90

Lettuce, tomato, pickle cabbage, American cheese and peri peri sauce

#### Southern Fried Chicken Burger w' super crunch chips 22.90

southern fried chicken, creamy slaw, home-made chilli sauce on milk bun

#### Veggie Burger w' super crunch chips 21.90 <sup>NEW</sup>

garden veggie pattie, creamy slaw, chilli mayo w' milk or vegan bun

#### Scotch Fillet Steak Sandwich w' super crunch chips 22.90

scotch fillet on rye or turkish bread with aioli, tomato relish, beetroot, caramelised onion, fresh tomato & mixed leaf

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(Mon-Thur between 1.30pm - 4.00pm)**

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## Wrap & Panini

### BLT Panino 15.90

bacon, mesclun lettuce, tomato & mayo on a panini bread

-add avocado 4.00

### Crispy Chicken Wrap 16.90

house crumbed chicken schnitzel with cos lettuce, tomato spanish onions & chilli mayo

### Smoked Salmon Wrap 16.90

smoked salmon, finely sliced baby cos, capers, spanish onions & lemon mayo

### Turkey Twist Wrap 16.90

mesclun lettuce, avocado, tomato & cranberry sauce

### Vegetarian Panini 16.90

grilled hallumi, pickle cabbage, capsicum, zucchini, fresh rocket with homemade basil pesto & aioli on panini bread

## Open Grills

### Aussie Open Grill 18.90

bacon, avocado & cheese on sourdough bread

### Little Rock Open Grill 19.90

bacon, olive, avocado, tomato, spanish onion & tasty cheese on sourdough bread

### Vegetarian Open Grill 19.90

roasted capsicum, olives, semi dried tomato, caramlised onion w'pesto and tasty cheese on sourdough bread

add chicken 4.00

## Pasta & Risotto

(Choice of Linguine or Penne)

### Boscaiola 22.90

pan fried bacon, mushroom & baby english spinach with garlic in a light cream sauce

### Homemade Gnocchi 23.90

with confit garlic, butter sauce, pumpkin, spinach with parmesan cheese & roasted walnut

### Chicken & Pesto 23.90

chicken, fresh basil pesto, walnut, semi dried tomato and parmesan cheese

### Chicken & Mushroom Risotto

#### Gluten Free 24.90

chicken breast, risotto, mushroom, red chilli and fresh basil in creamy sauce

### Linguine Bolognese 21.90

home-made beef mince, shallots, parmesan cheese, tomato-based with linguine

### Pumpkin and Spinach Risotto 23.90

roasted pumpkin, spinach, semi-dried tomatoes, feta and parmesan cheese

- add chicken 4.00

### Vegetarian Delight 23.90

capsicum, cherry tomato, Spanish onion, mushroom, olives & baby spinach cooked in pink creamy sauce

## Sides

### Bowl of Chips 9.90

### Bowl of Potato Wedges 11.90

served with sour cream & sweet chilli sauce

### Garden Salad Large 10.00

mixed lettuce, cherry tomato, cucumber, olives & Spanish onion

### Garlic Bread 6.00

### Sweet Potato Chips + Aioli Sauce 11.90

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# Beverages

## Hot

| COFFEE                  | REG  | LARGE |
|-------------------------|------|-------|
| Ristretto               | 3.50 |       |
| Long black              | 4.50 | 5.50  |
| Short black             | 3.50 |       |
| Cappuccino              | 4.50 | 5.50  |
| Flat white              | 4.50 | 5.50  |
| Café latte              | 4.50 | 5.50  |
| Chai Latte              | 4.50 | 5.50  |
| Macchiato               | 3.80 | ---   |
| Mocha                   | 4.50 | 5.50  |
| Hot cho. & marshmallows | 4.50 | 5.50  |
| Piccolo                 | 3.80 | ----  |
| Dirty Chai              | 5.00 | 6.00  |
| Matcha                  | 4.50 | 5.50  |

### Coffee Syrup 0.80

Hazelnut | Vanilla | Caramel

### Gourmet Coffee

|                           | REG  | LGE  |
|---------------------------|------|------|
| Vienna Chocolate          | 4.80 | 6.00 |
| Vienna Coffee             | 4.80 | 6.00 |
| Vienna Bianca             | 4.80 | 6.00 |
| Vienna Mocha              | 4.80 | 6.00 |
| Affogato                  |      |      |
| (Short Black + Ice cream) | 4.80 | 6.00 |

### Soft Drinks 4.50

(Coke, Coke Zero, Diet Coke Lemonade, Lemon Squash Fanta, Soft Drink Spider (ice cream) +0.50)

### Cocktails 18.90

Classic Mojito, Strawberry Daiquiri Passionfruit Martini, Espresso Martini

### Mocktails 14.50

Virgin mojito, Passion fruit mojito, watermelon mojito

### Milk Shakes 6.90

Chocolate | Coffee | Caramel | Vanilla | Lime | Mocha | Banana | Strawberry  
Malt +0.50

### Thick Shakes 8.50

Chocolate | Coffee | Caramel | Vanilla | Lime | Mocha | Banana | Strawberry  
Malt +0.50

### Juices 5.90

Orange | Apple | Pineapple | Mango Nectar | Cranberry

### Tea Pot

English Breakfast 4.50  
Irish Breakfast 4.50  
Earl Grey 4.50  
Green 4.50  
Peppermint 4.50  
Chamomile 4.50  
Chai Tea 4.50



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### Extra

Soy Milk 0.80      Oat Milk 0.80  
Zymil Milk 0.80      Almond Milk 0.80

### Smoothies

Banana | Berry | Mango  
| Mixed

9.00

### Water

Soda Water 4.50  
Tonic Water 4.50  
Still Water 4.50  
Sparkling Water 4.50

### Other Drinks

Ginger Ale 4.50  
Lemon Lime Bitters 6.00

### Gourmet Delights 7.50

Iced Coffee | Iced Mocha  
Iced Chocolate | Iced Caramel | Iced Banana |  
Iced Strawberry

\*\*Iced Drinks served with whipped cream & scoop of ice cream

### Iced Tea

Lemon | Peach 6.00

### Protein Shakes

#### Mango Shake 11.50

mango, vanilla whey protein powder in full cream milk

#### Banana Berry Healthy Shake 12.50

banana, blueberries, organic coconut oil, vanilla whey protein powder in full cream milk

#### Big Healthy Shake 12.50

oats, honey, banana, peanut butter, chocolate whey protein powder in light milk

#### Custom Healthy Shake 12.50

mango, banana, blueberries, organic coconut oil, peanut butter, honey  
- choice of chocolate or vanilla whey protein powder  
- choice of light or full cream milk

### Fresh Juice 9.50

#### Fresh Start

apple, orange, ginger

#### Melon Heaven

orange, pineapple, watermelon

#### Custom Juice

Choice of up to 3 from orange, apple, pineapple, watermelon or ginger

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## Beer n Spirits

### Beer 9.50

Tooheys Extra Dry  
Crown Lager  
Corona



Pure Blonde  
Heinken

### Red Wine

#### Shiraz

**Glass - 9.50 Bottle - 32.00**

Fresh, crisp and fruit driven, Wild Oats Shiraz is a supple, rounded Shiraz with appealing plummy fruits & touch of spice

### Spirits 11.50

Johnny Walker Red Vodka  
Midori  
Baileys  
Bacardi

Jim Beam  
Jack Daniels  
Gordon's Gin

### White Wine

#### Chardonnay

**Glass - 9.50 Bottle - 32.00**

Ripe peach & melon aromas with nuances of oak, mouth filling & generous, a fruit - driven style, with light oak influence & a sustained finish

#### Sauvignon Blanc

**Glass - 9.50 Bottle - 32.00**

Tropical fruit notes including passionfruit and guava & hints of straw. Bright & juicy with generous fruit salad flavours, crisp & dry

**\*ALCOHOL ONLY IF ORDERING A MEAL, AFTER MIDDAY**

**B.Y.O. WINE ONLY,**

**\*CORKAGE PER PERSON 2.50**

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## Kids Menu

### All Day Breakfast

#### Pancake 9.50

pancake & maple syrup with cream or ice cream

#### Mini Breakfast 12.90

bacon, egg & hash browns with toast

### Snacks

#### Bowl of Fries 6.90

served with tomato or bbq sauce

### Drinks

#### Babycino 2.00

#### Plain Milk 3.50

warm milk in take away cup

#### Mini Juice 4.00

orange | apple | pineapple | mango | cranberry

#### Mini Milk Shake 4.00

chocolate | caramel | vanilla | strawberry | banana | lime

### Lunch

#### Chicken Breast Nuggets 9.90

served with chips & sauce

#### Sausage 10.90

served with chips & sauce

#### Cheese Burger 12.90

beef patty with tasty cheese & sauce served with fries

#### Chicken Burger 12.90

chicken breast with lettuce & tomato sauce served with fries

#### Battered Fish & Chips 12.90

served with battered fish and chips

#### Napoli Linguini 9.90

pasta tossed through house-made napoli sauce

### Treats

#### Smartie Cookie 3.90

#### Soft Drink Spider (with ice cream) 5.00

coke | coke zero | diet coke | lemonade | orange | lemon squash

#### Ice Cream & Topping 5.50

chocolate | caramel | vanilla | strawberry | banana | lime



A central graphic element consisting of a solid orange circle. Inside the circle, the words "Little" and "ROCK" are written in a white, elegant script and a bold, sans-serif font, respectively. Below the text, the words "Café • Bar • Restaurant" are written in a smaller, white, sans-serif font. The entire logo is framed by a white, hand-drawn circular border.

