

# Body n' Sole

## STARTERS

### MEXICAN SHRIMP MARTINI

Loads of shrimp, avocado, pico de gallo and salsa. Served with celery sticks.  
Calories - 271 Fat - 6.5g Carbs - 26g Protein - 28g Fiber - 5g

### TRADITIONAL SHRIMP COCKTAIL

Large, chilled shrimp.  
Six - Calories - 162 Fat - 3g Carbs 11g Protein - 24g Fiber 0g  
Twelve - Calories 287 Fat - 5g Carbs 14g Protein 48g Fiber 1g

### AHI TUNA NACHOS\*

Blackened seared Ahi Tuna served on fresh cucumber slices with wasabi aioli and mango ginger relish.  
Calories - 259 Fat -10g Carbs -13g Protein - 30g Fiber - 3g

## SOUP AND SALADS

### LOUISIANA GUMBO

Our made from scratch honest to goodness gumbo. Served with white rice.

#### Cup

Calories - 236 Fat - 8.6g Carbs - 24g Protein - 13g Fiber - 1.7g

#### Bowl

Calories - 470 Fat - 17g Carbs - 48g Protein - 26g Fiber - 3.3g

### ROCKFISH HOUSE SALAD

Mixed greens, apples, candied nuts and tomatoes.  
Calories - 107 Fat- 3.6g Carbs - 17g Protein - 1.7g Fiber - 3.1g [Dressing Additional]

### ASIAN SALAD WITH SEARED AHI TUNA\*

Mixed greens with mangoes, shredded cabbage, edamame, tomatoes, sliced cucumbers, and wonton strips.  
Calories - 342 Fat - 8g Carbs - 33g Protein - 34g Fiber - 7g [Dressing Additional]

### GRILLED SALMON SALAD\*

Grilled salmon fillet on top of mixed greens with diced tomatoes and cucumbers.  
Calories - 309 Fat - 19g Carbs - 10g Protein - 25g Fiber - 4g [Dressing Additional]

#### • Dressings •

All dressings are 1.5 ounces and served on the side.

Calories listed after dressing.

- Hidden Valley Ranch® Buttermilk Ranch: 164
- Bleu Cheese: 182
- Asian Vinaigrette: 213
- Fat Free Sundried Tomato Vinaigrette: 90

## LUNCH ON THE FLY!

### Cup of Gumbo and Rockfish House Salad

Calories- 368 Fat - 13g Carbs - 45g Protein - 15g Fiber - 5g

### Tilapia Po Boy

Served with choice of one side. Side calories listed separately.  
Calories - 427 Fat - 6g Carbs - 50g Protein - 42g Fiber - 4.3g

### North Atlantic Salmon\*

Lunch portion served grilled [or blackened add 5 calories] with choice of two sides and sauce. Sides and sauce calories are listed separately.  
Calories - 209 Fat - 12g Carbs - 2g Protein - 23g Fiber - .7g

## BEVERAGES



## THE FISH MARKET

Our fish served grilled [or blackened, add 5 calories] are served with choice of two side dishes. Side and sauce calories listed separately.

### NORTH ATLANTIC SALMON\*

Robust and moist flavor  
Calories - 446 for 7oz Fat - 31g Carbs - 2g Protein - 40g Fiber - .5g

### TILAPIA

Our mildest fish, flaky with medium firm texture  
Calories - 275 for 1 fillet [6oz] Fat - 12g Carbs - 2g Protein - 40g Fiber - .4g

### JUMBO SHRIMP

Plump, moist with firm texture  
Calories - 310 for 8 shrimp Fat - 18g Carbs - 1g Protein - 62g Fiber - .4g

### US FARMED CATFISH

Sweet, mild taste with firm texture  
Calories - 390 for 7oz Fat - 27g Carbs - 2g Protein - 35g Fiber - .4g

### FLOUNDER

Pure, white, lean and delicate  
Calories - 250 for 7oz Fat - 11g Carbs - 2g Protein - 38g Fiber - .4g

### RAINBOW TROUT

Delicate nutty flavor with a soft texture  
Calories - 282 for 7 oz Fat - 15g Carbs - 1g Protein - 35g Fiber - .4g

### MAHI MAHI

Flaky, mild-flavored, firm  
Calories - 276 for 8oz Fat - 11g Carbs - 2g Protein - 42g Fiber - .4g

### AHI TUNA\*

Bold and meaty flavor  
Calories - 326 for 8oz Fat - 12g Carbs - 2g Protein - 53g Fiber - .4g

### JUMBO SEA SCALLOPS

Sweet, mild flavor  
Calories -194 Fat - 2g Carbs - 6g Protein - 38g Fiber - .4g

#### Choice of sauces

All are 1.5 ounces and served on the side. Calories listed after sauce.

- Cocktail Sauce - 57
- Pico de Gallo -10
- Lemon Butter -123
- Marinara Sauce -38
- Pontchartrain Sauce -72

## CHICKEN

Calories -228 for 6oz Fat - 7g Carbs - 1g Protein - 38g Fiber - .2g

## SIDES

### Steamed Spinach [3oz]

Calories - 26 Fat - 0g Carbs - 3g Protein - 3g Fiber - 2g

### Apple Cider Slaw [4oz]

Calories - 79 Fat - 1g Carbs - 16g Protein - 1g Fiber - 1g

### Hearty Black Beans [7oz]

Calories - 158 Fat - 1g Carbs - 28g Protein - 9g Fiber - 7g

### Boiled New Potatoes [6oz]

Calories - 152 Fat - 0g Carbs - 33g Protein - 4g Fiber - 4g

### White Rice [4oz]

Calories - 149 Fat - 4g Carbs - 25g Protein - 3g Fiber - 0g

### Rice Pilaf [4oz]

Calories - 169 Fat - 5g Carbs - 27g Protein - 3g Fiber - 1g

### Steamed Asparagus [6 Pieces]

Calories - 22 Fat - 0g Carbs - 3g Protein - 2g Fiber - 2g

\*Please see other side



# Gluten Free

## STARTERS

### MEXICAN SHRIMP MARTINI

Loads of shrimp, avocado, pico de gallo and salsa. Served with celery sticks.

### TRADITIONAL SHRIMP COCKTAIL

Six or twelve large, chilled shrimp. Accompanied by our spicy cocktail sauce.

### AHI TUNA NACHOS\*

Blackened seared ahi tuna served on fresh cucumber slices with wasabi aioli and mango ginger relish.

## SOUP AND SALADS

### ROASTED JALAPEÑO CREAM SOUP

### SOUP - N - SALAD

Bowl of Jalapeño Cream Soup with a Rockfish House Salad.

### ROCKFISH HOUSE SALAD

Mixed greens, apples, candied nuts and tomatoes.

### COBB SALAD

Mixed greens with avocados, tomatoes, blue cheese, grated hard boiled eggs and bacon. With blackened shrimp or chicken.

### ASIAN SALAD WITH SEARED AHI TUNA\*

Mixed greens with mangoes, shredded cabbage, edamame, tomatoes, and sliced cucumbers.

### GRILLED SALMON SALAD\*

Grilled salmon fillet on top of mixed greens with diced tomatoes and cucumbers.

#### Dressings

- Hidden Valley Ranch® Buttermilk Ranch
  - Bleu Cheese
  - Honey Mustard
  - Herb Vinaigrette
  - Remoulade Sauce
- Fat Free Sundried Tomato

## SIDES

Homemade Mashed Potatoes

Steamed Spinach

Apple Cider Slaw

Homemade Creamed Corn

Red Beans and Rice

Steamed Asparagus

Boiled New Potatoes

White Rice

Applesauce

Rice Pilaf

Hearty Black Beans

## BEVERAGES



## DESSERT

### BLUE BELL HOMEMADE VANILLA ICE CREAM

add chocolate sauce

## THE FISH MARKET

Your fish, served either grilled or blackened, served on seasoned rice with choice of two side dishes.

### NORTH ATLANTIC SALMON\*

Robust and moist flavor

### TILAPIA

Our mildest fish, flaky with medium firm texture

### JUMBO SHRIMP

Plump, moist with firm texture

### US FARMED CATFISH

Sweet, mild taste with firm texture

### FLOUNDER

Pure, white, lean and delicate

### RAINBOW TROUT

Delicate nutty flavor with a soft texture

### MAHI MAHI

Flaky, mild-flavored, firm

### AHI TUNA\*

Bold and meaty flavor

### JUMBO SEA SCALLOPS

Sweet, mild flavor

#### Choice of sauces

- Pontchartrain Sauce
- Marinara Sauce
- Lemon Butter
- Garlic Butter
- Pico de Gallo

## ROCKFISH PLATTERS

### CEDAR PLANK SALMON\*

Fresh salmon grilled on a cedar plank, topped with roasted corn salsa and blackened shrimp. Served with choice of two side dishes.

### FLAT IRON STEAK\*

An 8 oz aged, flat iron steak seasoned with our signature Rockfish Spice. Served with homemade mashed potatoes and choice of one side dish.

### CATFISH & SHRIMP COMBO

Grilled or blackened. Served with choice of two side dishes.

### FIELD AND STREAM\*

Our version of the classic Surf and Turf. 8 oz aged flat iron steak seasoned with our signature Rockfish Spice and paired with your choice of grilled or blackened jumbo shrimp or jumbo sea scallops. Served with homemade mashed potatoes and choice of one side.

### CHICKEN

6 oz grilled or blackened chicken breast. Served with choice of two side dishes.

Steamer Platters may include any combination of snow or king crab, shrimp or crawfish served with boiled new potatoes and corn on the cob. Please ask your server for today's availability

\*The nutritional and allergen information disseminated by Rockfish Seafood Grill (Rockfish) was prepared by Nutritional Information Services (NIS, www.nittn.com). Rockfish cannot guarantee no cross-contamination. All menu items listed herein were examined for the presence of wheat [Be further advised that the designation "wheat" includes the grains barley, oats, rye and Triticale.] Rockfish and NIS assume no responsibility for errors in labeling or changes in ingredients or prepared products used in recipes and menu items that are the direct or indirect result of the actions and activities of the suppliers, distributors, and purveyors of said ingredients and products. If you have any questions or concerns about this nutritional and allergen information, or if you are sensitive to specific ingredients, please speak directly with your physician. There is a risk associated with consuming raw oysters, raw or undercooked beef, poultry, seafood, shellfish and eggs or any other animal proteins. If unsure of your risk, consult your physician as consuming may increase your risk of food-borne illness.