



Welcome to the Rock Inn Mountain Tavern

~Starters~

- Devils on Horseback** ~ Garlic stuffed, bacon wrapped dates served with aioli dipping sauce. **7**
- Blue Cheese and Date Dip** ~ Baked and topped with a balsamic reduction, served hot with warm bread. **8**
- Cajun Shrimp** ~ 4 jumbo shrimp sautéed in Cajun brown butter served on creamy polenta. **10.50** ^{GF}
- Hummus** ~ With 3-olive tapenade, herbed extra virgin olive oil, celery, carrots, and warm flatbread. **8**
- Chuck's Buffalo Wings** ~ Served with homemade blue cheese dressing, carrots, and celery. **10.50**
- Spicy Corn Dip** ~ Corn, cheese, peppers, and onions. Served with homemade tortilla chips. **7.50**
- Curried Chickpea Stew** **4.50** ^{GF}

~Greens~

Add 4 sautéed jumbo shrimp \$7.50, a 6 oz. grilled chicken breast \$7,
ground elk sausage** \$3, bacon \$3, a 5 oz. Flat Iron steak \$10.50, anchovies \$2, or a 4 oz. salmon filet \$7

- Salad Dressings:** ranch, blue cheese, balsamic, Caesar*, honey mustard, herb vinaigrette, or poppy seed
- Caesar** ~ Romaine hearts and croutons tossed in our classic Caesar* dressing with fresh grated Parmesan. **Entrée size 9** (small 5)
- Spinach** ~ Fresh baby spinach, sunflower seeds, blue cheese crumbles, and red onion with our balsamic vinaigrette. **Entrée size 9** (small 5) ^{GF}
- Spring** ~ Mixed greens topped with chilled sautéed onions, chopped dates, and crushed cashews. Served with poppy seed dressing. **Entrée size 12** ^{GF}

~Sandwiches~

- ~ Add American, cheddar, Swiss, mozzarella, pepper-jack, blue cheese, -or- jalapenos **\$1.25**
- ~ Add roasted tomatoes, sautéed mushrooms -or- sautéed onions **\$1.75**
- ~ Add bacon **\$3** ~ Add creamy dill-horseradish sauce **\$3**
- French Dip** ~ Sliced oven-roasted ribeye on French bread with Swiss and fresh rosemary au jus. **16**
- Flatbread Chicken** ~ Diced marinated chicken breast with sautéed onions, diced tomatoes, melted Swiss, olive tapenade, and cilantro-almond aioli on a warm flatbread. **14**
- Veggie Flatbread** ~ A blend of black beans, sweet potatoes, lime, quinoa, oats, herbs, and spices portioned and baked. Served in a warm flatbread with fresh greens and a homemade cilantro-tahini sauce. **13**
- Char-Grilled Marinated Chicken** ~ Butterflied All-natural Colorado chicken breast served on locally made, non-GMO bun. (Plain, Pineapple-Serrano (mildly spicy), Buffalo, BBQ, or Cajun). **12**
- Char-Grilled Beef Burger** ~ 100% Gold Canyon Natural Gourmet Angus 7-ounce patty served on a locally made, non-GMO bun. **12** (Burgers come fully cooked)

All sandwiches served with fries

- Sub a Caesar*, Spinach, or house side salad **\$2** -or- sub choice of side for **\$1**
- Sides:** Creamy Polenta, Organic Red Quinoa, Fries, Yukon Gold Mashed Potatoes, Mashed Sweet Potatoes, or Longs Peak Potatoes (baby red potatoes that are boiled then flash-fried) available à la carte ~ **\$3.50 (each)**
- Basket of warm French bread with whipped cinnamon honey butter** **\$3**

~Entrées~

- ~ Add 4 sautéed jumbo shrimp \$7.50, add ground elk sausage** \$3
- ~ Add roasted tomatoes, sautéed mushrooms -or- sautéed onions **\$1.75**
- ~ Add blue cheese crumbles **\$1.25**
- ~ Add creamy dill-horseradish sauce **\$3**

- Pan-Seared Trout** ~ Prepared with dill butter and fresh lemon or Cajun style. **24** ^{GF}
- New York Strip** ~ Char-grilled, 12-ounce, Gold Canyon Natural Gourmet Angus steak. **34** ^{GF}
- Filet Mignon** ~ Char-grilled, 7-ounce, Gold Canyon Natural Gourmet Angus steak. **34** ^{GF}
- Honey Almond Norwegian Salmon** ~ Pan-seared and baked to finish. **25** ^{GF}
- Flat Iron** ~ Char-grilled, 10-ounce, shoulder cut, Gold Canyon Natural Gourmet Angus steak. **28** ^{GF}
- Entrées served with sautéed vegetables, house side salad, warm bread, and a side of your choice.**
Sub a Caesar* or Spinach side salad **\$2**

~Bowls~

Add 4 sautéed jumbo shrimp \$7.50, a 6 oz. diced chicken breast \$7, a 5 oz. Flat Iron steak \$10.50,
ground elk sausage** \$3, bacon \$3, or a 4 oz. salmon filet \$7

~Served with warm bread~

- Vegetable Medley** ~ Roasted butternut squash, tri-colored fingerling potatoes, red and green bell peppers, mushrooms, spinach, broccolini, and cashews sautéed in mushroom sauce. **15** ^{GF}
- Bison Meatballs**** ~ In a creamy garlic gravy with sautéed broccolini and your choice of side. **18**
- Stroganoff** ~ Filet tips sautéed in a mushroom and sour cream sauce with fettuccine noodles. Served with a house salad. **19**
- Lime-Cream Salmon** ~ Pan-seared Norwegian salmon placed on a bed of urban greens and organic red quinoa and topped with a lime-cream sauce. **22**
- Fettuccine** ~ With sautéed artichoke hearts, spinach, red onion, garlic, and roasted red and yellow tomatoes in a white wine sauce. Served with a house salad. **16**
- Pasta Marinara** ~ Fettuccine noodles, mushrooms, roasted tomatoes, onions, and fresh greens sautéed in our house-made marinara and topped with shaved parmesan. Served with a house salad. **15**

~10" Pizzas~

Hand-rolled whole-wheat and honey crust

- Traditional thin-crust cheese pizza with red sauce.** **12.50**
- Onion, Green Pepper, Jalapeno, Pepperoncini, Mushroom, Black Olive, or Spinach **\$1.25**
- Artichoke Heart, Anchovy, Roasted Tomato, or Pepperoni **\$2**
- Chopped Dates, Bacon, or Ground Elk Sausage** **\$3**
- Add a house side salad for **\$3.75** -or- Add a side Caesar* or Spinach side salad for **\$5**

We only use cage-free eggs. Our chicken is all-natural and Colorado raised.
Our bison is sourced from Rocky Mountain farmers who follow Certified Humane practices.
The elk we serve is sourced from free-range, grass-fed farms.

**Our bison meatballs and elk sausage are prepared in-house and contain ground pork.

*Our Caesar dressing is made in a traditional style with raw eggs and anchovies.

Gluten free pasta and bread available for substitution \$1

Please note any food allergies ahead of time. We do not carry any peanuts or peanut products.
Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.