



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 shrimp sautéed in Cajun brown butter served on creamy polenta. 11 ^{GF}
Hummus ~ With 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. 12
~ Ranch and blue cheese dressing \$1
Spicy Corn Dip ~ Corn, cheese, peppers, and onions. Served with homemade tortilla chips. 7.50
~ Add smoky-lime black beans \$3 ~ Add diced marinated chicken breast \$7
Loaded Potato Soup ~ Topped with chopped bacon and shredded cheddar-jack cheese. 6 ^{GF}
Curried Chickpea Stew. 4.50 ^{GF}

~Greens~

- Add 4 sautéed shrimp \$7.50, 6 oz. diced marinated chicken breast \$7,
ground elk sausage** \$5, 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}
Heritage ~ Fresh seasonal greens topped with chilled sautéed onions, chopped dates, and crushed cashews.
Served with our poppy seed dressing. Entrée size 12 ^{GF}

~Sandwiches~

- ~ Add Swiss, cheddar, mozzarella, pepper-jack, blue cheese, -or- jalapenos \$1.5
~ 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, olive tapenade,
and melted Swiss cheese all on a warm flatbread with a side of herbed almond aioli. 14
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, Smoky-Lime Black Beans, 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

Gluten free pasta and bread available for substitution \$1

~Entrées~

- ~ Add 4 sautéed shrimp \$7.50, add ground elk sausage** \$5
~ 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.

Sides: Creamy Polenta, Organic Red Quinoa, Fries, Yukon Gold Mashed Potatoes, Smoky-Lime Black Beans, or
Longs Peak Potatoes (baby red potatoes that are boiled then flash-fried)

Sub a Caesar* or Spinach side salad \$2

~Bowls~

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

- Bison Meatballs** ~ In a creamy garlic gravy with sautéed broccolini and your choice of side. 18
Southwest Chicken Bowl ~ Diced chicken breast sautéed with Cajun seasoning, tomato, onion, garlic,
jalapeno, and black beans, then placed on a bed of mixed greens and topped with sour cream. 21 ^{GF}
Lime-Cream -OR- Pineapple-Serrano Salmon ~ Pan-seared Norwegian salmon placed on a bed of
fresh seasonal greens and organic red quinoa. Topped with your choice of sauce. 22 ^{GF}
Vegetable Medley ~ Roasted butternut squash, tri-colored fingerling potatoes, red and green bell
peppers, mushrooms, spinach, broccolini, and cashews sautéed in vegetable reduction sauce. 15 ^{GF}
Stroganoff ~ Filet tips sautéed in a mushroom and sour cream sauce with
fettuccine noodles. Served with a house salad. 22
Pasta Marinara ~ Fettuccine noodles, mushrooms, roasted tomatoes, onions, and spinach sautéed in our
house-made marinara and topped with shaved Parmesan. Served with a house salad. 15
Fettuccine ~ With sautéed artichoke hearts, spinach, red onion, garlic, and roasted tomatoes
in a white wine sauce. Served with a house salad. 16
Add shaved Parmesan \$1.25

~10" Pizzas~

- Hand-rolled, whole-wheat and honey, 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
Diced marinated chicken breast \$7
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.

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.