



# Welcome to the Rock Inn Mountain Tavern

## ~Starters~

- Devils on Horseback** ~ Garlic-stuffed, bacon-wrapped dates served with homemade aioli. **8**
- Smoked Elk Sausage** ~ Smoked elk sausage served with honey mustard, warm bread, and pickles. **10**
- Cajun Shrimp** ~ 4 shrimp sautéed with butter, onion, garlic, and Cajun spice on creamy polenta. **11** <sup>GF</sup>
- 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** <sup>GF</sup>
- Potato Corn Chowder** ~ Topped with shredded cheddar-jack cheese. **6** <sup>GF</sup>
- Butternut Squash Soup** ~ Vegan, wholesome, topped with balsamic reduction and croutons. **7**  
Warm French bread with whipped cinnamon honey butter. **3**

## ~Greens~

- Add 4 sautéed shrimp \$8, 6oz. diced marinated chicken breast \$7, smoked elk sausage\*\* \$7,  
bacon \$3, sautéed tenderloin tips \$10, anchovies \$2, -or- a 4 oz. salmon filet \$8
- Salad Dressings:** ranch, blue cheese, Caesar\*, honey mustard, herb vinaigrette, or poppy seed
- Caesar** ~ Romaine hearts and croutons tossed in our classic Caesar\* dressing  
And topped with shaved Parmesan. **Entrée size 9** (small 5)
- Heritage** ~ Fresh seasonal greens topped with chilled sautéed onions, chopped dates, and crushed cashews.  
Served with our poppy seed dressing. **Entrée size 12** (small 6) <sup>GF</sup>
- House** ~ Mixed greens with shredded carrots, chopped cabbage, and dressing of choice. **Entrée size 9** (small 5)

## ~Entrées~

- Entrées served with sautéed vegetables, warm bread, and a side of your choice.**  
~ Add 4 sautéed shrimp \$8, add smoked elk sausage\*\* \$7  
~ 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** <sup>GF</sup>
- Honey Almond Norwegian Salmon** ~ Pan-seared and baked to finish. **27** <sup>GF</sup>
- Roasted Red Pepper Salmon** ~ Pan-seared and topped with a roasted red pepper cream sauce. **27** <sup>GF</sup>
- New York Strip** ~ Char-grilled, 10-ounce, Gold Canyon Natural Gourmet Angus steak. **33** <sup>GF</sup>
- Filet Mignon** ~ Char-grilled, 7-ounce, Gold Canyon Natural Gourmet Angus steak. **35** <sup>GF</sup>
- Add a House side salad \$5, -or- Add a Caesar side salad \$5, -or- Add a Heritage side salad \$6
- Sides:** Creamy Polenta, Organic Red Quinoa, Fries, Yukon Gold Mashed Potatoes,  
-OR- Smoky-Lime Black Beans available à la carte ~ \$3.50 (each)

Please note any food allergies ahead of time. We do not carry any peanuts or peanut products.

## ~Bowls~

*Add 4 sautéed shrimp \$8, 6 oz. diced marinated chicken breast \$7,*

*sautéed tenderloin tips \$10, smoked elk sausage\*\* \$7, bacon \$3, -or- a 4 oz. salmon filet \$8*

**Bison Meatballs\*\*** ~ *In a creamy garlic gravy with sautéed vegetables and your choice of side. 18*

**Greens & Grains Bowl** ~ *Fresh mixed greens with red quinoa, black beans, roasted tomatoes and butternut squash with choice of: pineapple-serrano -or- dill-horseradish cream sauce. 17 <sup>GF</sup>*

**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 <sup>GF</sup>*

**Salmon Bowl** ~ *Norwegian salmon filet on a bed of fresh seasonal greens and organic red quinoa. Served with choice of: pineapple-serrano -or- dill-horseradish -or- roasted red pepper sauce. 25 <sup>GF</sup>*

**Stroganoff** ~ *Filet tips sautéed in a mushroom and sour cream sauce with fettuccine noodles.*

*Topped with shaved Parmesan cheese. 21*

**Pasta Marinara** ~ *Fettuccine noodles, mushrooms, roasted tomatoes, onions, and mixed greens sautéed in our house-made marinara and topped with shaved Parmesan. 15*

**White Wine Pasta** ~ *Fettuccine noodles with sautéed artichoke, mixed greens, onion, garlic, and tomatoes in a white wine sauce. 15 Add shaved Parmesan \$1.25*

*All Bowls served with warm bread and cinnamon honey butter.*

*Gluten free pasta and toast available for substitution \$1*

## ~Sandwiches~

*~ Add Swiss, cheddar, pepper-jack, blue cheese, -or- jalapenos \$1.5*

*~ Add roasted tomatoes, sautéed mushrooms -or- sautéed onions \$1.75*

*~ Add bacon \$3 ~ Add small creamy dill-horseradish sauce \$1.5*

**Flatbread Chicken** ~ *Diced marinated chicken breast with sautéed onions, tomatoes, olive tapenade, and melted Swiss cheese all on a warm pita 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 brioche bun. (Burgers come fully cooked.) 14*

**Portabella Pita** ~ *Homemade cashew cheese, mixed greens, and house-pickled cabbage with sautéed portabella mushrooms, herbs, onions, shredded carrots, and roasted tomato in a warm pita with balsamic reduction. 16*

*All sandwiches served with fries. Sub choice of side for \$1.*

*Sub a Caesar\* -or- House side salad \$2. Sub Heritage salad \$3.*

## ~10" Pizzas~

**Hand-rolled, oat and honey, thin-crust cheese pizza with red sauce. 12.50**

*Onion, Jalapeno, Pepperoncini, Mushroom, -or- Black Olive \$1.25*

*Artichoke, Anchovy, Roasted Tomato, -or- Pepperoni \$2*

*Bacon -or- Chopped Dates \$3 Smoked Elk Sausage\*\* \$7 Diced marinated chicken breast \$7*

*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 bacon and pork come from free-range, pasture-raised pigs.*

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

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

*We only use cage-free eggs. Our chicken is all-natural and Colorado raised.*

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.*

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