



Welcome to the Rock Inn Mountain Tavern

~Starters~

- Devils on Horseback ~ *Garlic-stuffed, bacon-wrapped dates served with homemade aioli.* 8
Smoked Elk Sausage ~ *served with honey mustard, warm bread, and pickles.* 10
Roasted Red Pepper Hummus ~ *With olive tapenade, celery, carrots, and warm flatbread.* 8
Cajun Shrimp ~ *4 shrimp sautéed with butter, onion, garlic, and Cajun spice on creamy polenta.* 11 ^{GF}
Chuck's Buffalo Wings ~ *Served with homemade blue cheese dressing, carrots, and celery.* 14
~ 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}
Potato Corn Chowder ~ *Topped with shredded cheddar-jack cheese.* 6 ^{GF}
Chili-Lime Sweet Potato and Black Bean Soup ~ *Vegan. Topped with corn tortilla strips.* 7 ^{GF} (option)
Warm French bread with whipped cinnamon honey butter. 3

~Greens~

- Add sautéed tenderloin tips \$10, 4 oz. salmon filet \$8
4 sautéed shrimp \$8, grass-fed Happy Cow (Estes Park raised) seasoned ground beef \$8,
diced marinated chicken breast \$7, smoked elk sausage** \$7,
bacon \$3, anchovies \$2, blue cheese or feta crumbles \$1.5*
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)*
House ~ *Mixed greens with shredded carrots, chopped cabbage, and dressing of choice. 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) ^{GF}*
Mediterranean ~ *Mixed greens with olive tapenade, pepperoncini, feta and
herbed vinaigrette dressing. Entrée size 12 (small 6)*

~Entrées~

- Entrées served with sautéed vegetables, warm bread, and a side of your choice.
~ Add 4 sautéed shrimp \$8, grass-fed Happy Cow (Estes Park raised) seasoned ground beef \$8, smoked elk sausage** \$7
~ Add roasted tomatoes, sautéed mushrooms -or- sautéed onions \$1.75
~ Add blue cheese crumbles or feta \$1.5 ~Add creamy dill-horseradish sauce \$3*
Pan-Seared Trout ~ *Prepared with dill butter and fresh lemon or Cajun style.* 24 ^{GF}
Honey Almond Norwegian Salmon ~ *Pan-seared and baked to finish.* 27 ^{GF}
Roasted Red Pepper Salmon ~ *Pan-seared and topped with a roasted red pepper cream sauce.* 27 ^{GF}
New York Strip ~ *Char-grilled, 10-ounce, Gold Canyon Natural Gourmet Angus steak.* 33 ^{GF}
Filet Mignon ~ *Char-grilled, 7-ounce, Gold Canyon Natural Gourmet Angus steak.* 35 ^{GF}
*Sides: Creamy Polenta, Organic Red Quinoa, Fries, Yukon Gold Mashed Potatoes,
-OR- Smoky-Lime Black Beans available à la carte ~ \$3.50 (each)*

Add a House -or- Caesar side salad \$5

Add a Heritage -or- Mediterranean side salad \$6

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

~Bowls~

Add sautéed tenderloin tips \$10, 4 oz. salmon filet \$8

*4 sautéed shrimp \$8, grass-fed Happy Cow (Estes Park raised) seasoned ground beef \$8, diced marinated chicken breast \$7, smoked elk sausage** \$7, bacon \$3, anchovies \$2, feta cheese \$1.5*

- 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 sweet potato with choice of: pineapple-serrano -or- dill-horseradish cream sauce. **17** ^{GF}
- 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}
- 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** ^{GF}
- Stroganoff** ~ Filet tips sautéed in a mushroom and sour cream sauce with fettuccine noodles. Topped with shaved Parmesan cheese. **22**
- 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 or crumbled feta \$1.5
- 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, feta -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**
- Bella Pita** ~ Homemade cashew cheese, mixed greens, and house-pickled cabbage with sautéed baby bella 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, Mediterranean -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 \$1.50
Feta, Artichoke, Anchovy, Roasted Tomato, -or- Pepperoni \$2
*Bacon -or- Chopped Dates \$3 Smoked Elk Sausage** \$7 Diced marinated chicken breast \$7*
Grass-fed Happy Cow (Estes Park Raised) seasoned ground beef \$8

Happy Cow is Estes Park raised, free-range, grass-fed, all-natural beef.

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.