BLUE ROCK RESTAURANT BAR & LOUNGE

Menu

Address: 110 Heron Place
Phone: 1 (345) 945 7625

Cuisine: Sports Bar and Lounge

SOUPS AND APPETIZERS

Black Bean Soup

Avocado, mango, chips (small CI$5.50 /large CI$8.50)

Conch Chowder **6/9**

Chives, crackers (small/large)

Pot Stickers **CI$7.5**

Vegetables or chicken ponzu sauce

Coconut Shrimp **CI$11.5**

Orange, ginger sauce, chili mayo

MAINS

All sandwiches are accompanied by fries, onion rings or salad.

BLT **CI$11**

Bacon, lettuce, tomato on toasted white or wheat bread

Burger **CI$14**

Beef, lamb, chicken or vegetarian, served with grilled onions, mushrooms, tomatoes, lettuce and a choice of cheddar or Swiss cheese. Add bacon CI$3

Chicken Tikka Masala **CI$21.95**

Chicken Tikka Simmered in Rich Buttery Tomato Gravy. From North India

Pasta Alfredo **CI$12.5**

Creamy White Sauce, Parmesan Cheese. Add Vegetable (CI$5), Chicken (CI$7.95) or Shrimp (CI$9)

SALADS

Asian Chopped Salad **CI$9.5**

Crispy noodles, carrots, broccoli, scallion, black beans, teriyaki sauce

Caesar Salad **CI$8.5**

Bacon, parmesan, bread croutons, Caesar dressing

DESSERTS

Sticky Toffee Pudding **CI$8.5**

Toffee sauce. Add vanilla ice-cream CI$3.50

Key Lime Pie **CI$7.95**

Lime Cream

SIDES

Mexican Corn Lollipop **CI$6.5**

Lime chilly, Cotija cheese

Edamame **CI$5.5**

Chili sea salt

Nachos & Chips **CI$7**

With or without salsa

Fries **CI$7**

Special fries with BBQ dry rub and Heinz ketchup

This is sample menu. Prices and dishes may change at any time.

Last updated: Tue 20 Jan, 2026