

# ROCK'N FISH

From 1960 until 2000, Hibachi Restaurant was an institution in Manhattan Beach at this location. In an effort to maintain some of the history and tradition of that beloved establishment, some of Hibachi's signature items, such as the Navy Grog, Teriyaki Chicken, Sticky Rice, and Hibachi Dressing, have been remembered in our Steak and Seafood Menu. We only use the highest quality beef and freshest fish, which are brought in daily for your pleasure. Enjoy one of our house specialties such as the Oak Grilled Artichoke, Blue Cheese Wedge Salad, Kapalua Rib-eye or BBQ Shrimp. Whether you're looking for an old tradition or a new one, we are here to please.

As a complement to your meal, try a glass of wine from our extensive wine list or one of our signature martinis. Please do not hesitate to ask our professional staff any questions or for recommendations.

Let our spirits lift yours!

The Zislis Family

~We invite you to book reservations online through our website [www.ROCKNFISHMB.com](http://www.ROCKNFISHMB.com).

~We gladly accept Visa, MasterCard, American Express, Discover, and Diner's Club.

~ We are no longer able to accept Travelers Cheques.

~Due to our limited seating, please respect our **two-hour** time limit on all tables.

~We reserve the right to refuse service to anyone, for any reason.

~We are not responsible for any items left behind, lost, or stolen.

~18% Gratuity may be added to parties of 6 or more.

~There is a per person cake cutting fee of \$2.00.

~Corkage fee is \$25.00 per bottle.

# ICE COLD SEAFOOD STARTERS

## Maui Style Ahi Poke

Fresh diced Ahi tuna, shrimp, avocado, and cucumber tossed in sesame vinaigrette.

Served with crispy wontons. \$14.95

## Wild Jumbo Prawns on Ice

Chilled jumbo Mexican prawns served with our signature cocktail sauce & fresh horseradish. \$16.95

## Freshly Shucked Oysters on the Half Shell

Delivered fresh daily and served with lemon, horseradish, Tabasco®, and our signature cocktail sauce on a bed of shaved ice. Half-Dozen \$13.95 Dozen \$19.95

## Fresh Dungeness Crabmeat Cocktail

Served with spicy mustard aioli and our signature cocktail sauce. \$15.95

## Sesame Seared Ahi

Served with Asian slaw and cold noodles. \$14.95

## Spicy Tuna Roll

Fresh ahi, cucumber, and sticky rice rolled in nori.

Served with soy sauce, wasabi, and pickled ginger (served after 6pm). \$11.95

# APPETIZERS and STARTERS

## New England-Style Clam Chowder

Rich and hearty chowder with smoked bacon.

Small bowl \$5.95 Large bowl \$7.95

## Crispy Calamari

Served with tartar sauce and our signature cocktail sauce. \$13.95

## ROCK'N Steamers

Fresh Manila clams steamed in a delicious wine broth with andouille sausage, fire-roasted corn, red pepper, onion, and garlic, served with garlic cheese toast. \$16.95

## ROCK'N Crab Cakes

Pan-sautéed Louisiana crab cakes served with spicy rémoulade and tartar sauce. \$14.95

## Giant Coconut Prawns

Giant prawns lightly coated in shredded coconut and panko, served with pineapple beurre blanc. \$13.95

## Oak Grilled Artichoke

Served with roasted garlic aioli. \$12.95

## Teriyaki Beef Tenderloin Skewers

Served over a bed of sticky rice with "Hibachi" teriyaki sauce. \$16.95

## ROCK'N Spinach and Artichoke Dip

Fresh spinach and artichoke combined with Parmesan cheese, served with veggies, salsa and tortilla chips. \$13.95

## San Francisco Garlic Cheese Toast

Half Order \$4.95 Full Order \$6.95

Add marinara, ranch, or blue cheese dressing for dipping. \$1.00

## Popcorn Shrimp

Beer-battered and served with spicy rémoulade and our signature cocktail sauce. \$13.95

## One and One Quarter Pounds of King Crab Legs

Served with lemon and drawn butter. \$29.95

# FRESHLY PREPARED SALADS

Dressings: *Blue Cheese, Ranch, Caesar, Balsamic Vinaigrette, Sesame Vinaigrette, Louie, or "Old Hibachi"*.  
Add grilled chicken \$4.95, grilled salmon \$5.95, chilled shrimp \$5.95, or seared Ahi \$6.95.

## Garden Fresh Dinner Salad

Chopped romaine lettuce, cucumber, red cabbage, carrots, and garlic croutons. \$6.95

### Fresh Watermelon, Arugula & Jumbo Prawns

Spicy arugula salad tossed with savory lemon vinaigrette, red onion, carrots, red pepper, seedless watermelon, chilled Jumbo Mexican Prawns and pepita crusted goat cheese. Finished with balsamic reduction. \$16.95

## ROCK'N Cashew Chicken

Shredded iceberg lettuce with carrots, red cabbage, wontons, green onions, and noodles tossed in a sesame vinaigrette and topped with cashews and grilled chicken. \$14.95

## Fork and Knife Caesar

Whole Romaine hearts, garlic croutons, and Parmesan tossed in our Caesar dressing. \$12.95

## Napa Sonoma

Mixed baby lettuce, sun-dried tomatoes, cucumbers, and red onion tossed with balsamic vinaigrette then garnished with fresh mozzarella and toasted pine nuts. \$12.95

## Blue Cheese Wedge

Iceberg lettuce topped with blue cheese dressing, red onions, crumbled bacon, and candied walnuts. \$13.95

## Seattle-Style Shrimp and Avocado Louie

Shrimp, avocado, tomato, green olives, and hard-boiled eggs atop a bed of iceberg lettuce and red cabbage tossed in our Louie dressing. \$14.95     Shrimp and Crab Louie \$16.95     Crab Louie \$18.95

## Classic Cobb

Bacon, avocado, egg, tomato, green onions and blue cheese crumbles on a bed of chopped romaine lettuce tossed in your choice of dressing, topped with your choice of freshly grilled chicken or chilled shrimp. \$14.95

## Oak Grilled Tuna Niçoise

Presented on a bed of baby lettuces topped with Kalamata olives, marinated green beans, tomatoes, red onion, hard-boiled egg, and red potatoes, tossed in a balsamic vinaigrette dressing. \$17.95

# SANDWICHES

*Sandwiches are served on a sesame-poppy seed bun and come with one ROCK'N side.*

### Memphis BBQ Pulled Pork Sandwich

Tender, slow roasted pork simmered in homemade BBQ sauce garnished with creamy coleslaw. \$12.95

### ROCK'N Crab Cake Sandwich

Served with spicy rémoulade, lettuce, tomato, and red onion. \$16.95

### Oak Grilled Blackened Salmon Sandwich

Served with spicy rémoulade, lettuce, tomato, and red onion. \$14.95

### Grilled Portabella and Roasted Red Pepper Sandwich

Served with melted fontina, caramelized onions, mixed baby lettuce, tomato, and avocado aioli. \$13.95

### Half-Pound Oak Grilled Angus Burger or Chicken Sandwich

Served with lettuce, tomato, red onion, dill pickle slices and your choice of cheese. \$14.95

### Oak Grilled Seared Ahi Sandwich

Served with mixed baby lettuce, tomato, red onion, and wasabi mayo. \$16.95

### Oak Grilled Santa Maria-Style Tri Tip Sandwich

Featured on freshly baked sourdough baguette with roasted garlic aioli, caramelized red peppers and sweet onions. Served with bbq sauce or salsa. \$15.95

*Add double thick melted cheddar, Swiss, fontina, or blue cheese. \$1.00*

# FRESHLY PREPARED ROCK'N SIDES

Oak Grilled Vegetables, Cup of Soup, Cole Slaw, Shoestring Fries, Sautéed Spinach, Spicy Mac 'N Cheese, Sweet Potato Fries, Garlic Mashed Potatoes, Sticky Rice, Cajun Corn on the Cob, Steamed Broccoli, Baked Potato\* (after 6PM) \*\$1.00 for loaded baked potato

# OAK GRILLED SEAFOOD

*Each seafood entrée is lightly seasoned and includes your choice of two freshly prepared ROCK'N Sides.*

<b>Fresh Atlantic Salmon</b>	<b>Lunch</b>	<b>\$15.95</b>	<b>Dinner</b>	<b>\$19.95</b>
<b>Fresh Wild King Salmon</b>	<b>Lunch</b>	<b>\$19.95</b>	<b>Dinner</b>	<b>\$24.95</b>
<b>Fresh Mahi Mahi</b>	<b>Lunch</b>	<b>\$18.95</b>	<b>Dinner</b>	<b>\$23.95</b>
<b>Fresh Seared Ahi Tuna</b>	<b>Lunch</b>	<b>\$18.95</b>	<b>Dinner</b>	<b>\$23.95</b>
<b>Fresh Alaskan Halibut</b>	<b>Lunch</b>	<b>\$23.95</b>	<b>Dinner</b>	<b>\$28.95</b>
<b>Fresh Swordfish</b>	<b>Lunch</b>	<b>\$19.95</b>	<b>Dinner</b>	<b>\$24.95</b>

# SEAFOOD SPECIALTIES

## **ROCK'N Crab Cakes**

Pan-sautéed Louisiana crab cakes served with spicy rémoulade and two ROCK'N Sides.

Lunch \$17.95                      Dinner \$24.95

## **San Francisco Style Cioppino**

Clams, halibut, swordfish, scallops, and prawns simmered in a broth of vegetables, tomatoes and herbs.  
Garnished with a King crab leg and garlic cheese toast.    \$29.95

## **New Orleans BBQ Shrimp**

HOT, HOT, HOT, but also SWEET. Shrimp sautéed with bell peppers, onions, tomatoes, mushrooms, and lemon, served over sticky rice.    Lunch \$17.95                      Dinner \$20.95

## **Oak Grilled Shrimp and Garlic Brochettes**

Grilled tiger shrimp and garlic skewers with tomatillo salsa and two ROCK'N Sides.    \$19.95

## **Beer Battered Fish and Chips**

Alaskan cod beer-battered and served with shoestring fries, cole slaw, tartar sauce, and our signature cocktail sauce.    Lunch \$16.95                      Dinner \$18.95

## **“Big Easy” Shrimp and Sausage Gumbo**

Spicy Creole classic with sautéed shrimp and andouille sausage served over sticky rice.  
Lunch \$16.95                      Dinner \$19.95

## **Blackened Halibut**

Served with avocado aioli and two ROCK'N Sides.    Lunch \$24.95                      Dinner \$29.95

## **Macadamia Nut Crusted Mahi Mahi**

Served with pineapple beurre blanc and two ROCK'N Sides.    Lunch \$19.95                      Dinner \$24.95

# PASTA CREATIONS

*All of our pasta dishes are topped with shredded Parmesan cheese.*

## **Seafood Jambalaya**

Clams, shrimp, fresh fish, andouille sausage and mushrooms in spicy Cajun cream sauce over rice or linguini.    \$24.95

## **Blackened Salmon with Penne**

Blackened salmon atop penne tossed in creamy pesto with Kalamata olives, sun-dried tomatoes, mushrooms and toasted pine nuts.    \$22.95

## **ROCK'N Shrimp Scampi**

Giant prawns lightly dusted in seasoned flour and sautéed with garlic, butter, and mushrooms, served with linguini pasta tossed with our marinara sauce.    \$24.95

## **Linguini Del Mar**

Shrimp, clams, calamari, and fresh fish in a marinara sauce, served with garlic cheese toast.    \$23.95

## **Dungeness Crab with Tortellini in Gorgonzola Cream**

Cheese stuffed tortellini tossed in a Gorgonzola cream sauce with red bell peppers and Dungeness crab.    \$22.95

## **Pasta Marinara with Oak Grilled Vegetables**

Linguini tossed in our spicy marinara sauce, topped with oak grilled vegetables.    \$14.95

# OAK GRILLED STEAKS

*Each entrée includes your choice of two freshly prepared ROCK'N Sides.*

*Add an oak grilled Shrimp Brochette for \$6.95.*

## **Kapalua Rib-Eye**

Hand cut, then marinated for 72 hours in our pineapple-soy marinade, served with "Hibachi" teriyaki sauce. \$25.95

## **Aged Prime Top Sirloin Steak**

USDA PRIME 10 oz center cut Top Sirloin Coulotte, aged for 30 days, Midwest, corn fed. \$29.95

## **Dry Aged Prime New York Strip**

USDA PRIME 14 oz center cut steak, Dry Aged 28 days, all natural, corn fed. \$39.95

## **Aged Filet Mignon**

10 oz center cut Greater Omaha Filet, aged for 30 days, corn fed. \$39.95

# AMERICAN REGIONAL SPECIALTIES

*Each American Regional Specialty entrée includes your choice of two freshly prepared ROCK'N Sides.*

## **Hibachi Teriyaki Chicken**

Marinated whole fresh breast served with "Hibachi" teriyaki sauce. Lunch \$16.95 Dinner \$19.95

## **Spice Rubbed Santa Maria-Style Angus Tri Tip**

Served with ROCK'N BBQ sauce and salsa. Lunch \$16.95 Dinner \$19.95

## **Teriyaki Beef Tenderloin Skewers**

Mid Western, corn fed, Aged 30 days. Served with red peppers, onions, and "Hibachi" teriyaki sauce.  
Lunch \$18.95 Dinner \$22.95

## **Prime Rib Beef Bones**

Served with ROCK'N BBQ Sauce. \$19.95

## **Memphis Style Oak Grilled BBQ Pork Ribs**

Served with ROCK'N BBQ sauce. Half Rack \$17.95 Full Rack \$24.95

# LOBSTER and KING CRAB LEGS

*Each Lobster and Crab entrée includes your choice of two freshly prepared ROCK'N Sides.*

*Add an oak grilled Shrimp Brochette for \$6.95!*

**Australian Cold Water Lobster Tail** \$39.95

**One and One Quarter Pounds of King Crab Legs** \$34.95

# MANHATTAN BEACH SURF'N TURF

*Each Surf'N Turf entrée includes your choice of two freshly prepared ROCK'N Sides.*

*New York Steak can be substitute for Filet Mignon.*

**Top Sirloin and 1 1/4 lbs. of King Crab Legs** \$49.95

**Top Sirloin and Australian Cold Water Lobster Tail** \$54.95

**Filet Mignon and 1 1/4 lbs. of King Crab Legs** \$65.95

**Filet Mignon and Australian Cold Water Lobster Tail** \$69.95

# FRESHLY PREPARED ROCK'N SIDES

Oak Grilled Vegetables, Cup of Soup, Cole Slaw, Shoestring Fries, Sautéed Spinach, Spicy Mac 'N Cheese, Sweet Potato Fries, Garlic Mashed Potatoes, Sticky Rice, Cajun Corn on the Cob, Steamed Broccoli, Baked Potato\* (after 6PM) \*\$1.00 for loaded baked potato

# DESSERTS

\$9.95

A la Mode \$1.95

## Sticky Toffee Pudding

Warm, moist toffee-cake topped with a decadent caramel sauce.

## Crème Brûlée

Creamy vanilla bean custard with a crunchy caramelized sugar shell.

## Warm Chocolate Lava Cake

Rich chocolate cake with a molten ganache center.

## House Specialty Desserts

(serves two)

\$14.95

### Bananas Foster

Sliced bananas flambéed in a dark caramel-um sauce, topped with candied walnuts and ice cream.

### Kona Pie

Chocolate, vanilla, and coffee ice cream layered with Butterfinger, toffee, and Oreo crumbs, topped with sliced almonds and whipped cream.

# BEVERAGES

## Bottomless Beverages

\$2.95

Coke, Diet Coke, Sprite, Barq's Rootbeer, Ginger Ale, Hi-C Fruit Punch, Minute-Maid Lemonade, Fresh Brewed Passion Fruit Iced Tea, Arnold Palmer

### Juices

\$3.95

Fresh Squeezed Orange Juice

Fresh Squeezed Grapefruit Juice

Cranberry Juice

### Water

\$5.50

San Pellegrino (Sparkling) 1.0L

Fiji (Still) 1.0L

### Coffee and Tea

\$3.95

Hot Tea

Regular or Decaf French Roast

### Energy Drinks

Red Bull or Sugar-Free Red Bull

\$4.25

180°Citrus Blast (12oz.) \$5.50

# BEER

## Draught

Bud Light

Michelob Ultra Light

Red Hook India Pale Ale

Red Hook Extra Special Bitter

Widmer Hefeweizen

Drop Top Amber

Firestone Double Barrel Ale

Stella Artois

## Pint (16 oz.)

\$5.00

\$5.00

\$6.00

\$6.00

\$6.00

\$6.00

\$6.50

\$6.50

## Schooner (23 oz.)

\$6.00

\$6.00

\$7.00

\$7.00

\$7.00

\$7.00

\$7.50

\$7.50

## Bottles

Bass Ale

Amstel Light

Corona

Guinness "Draught" 11oz.

Fat Tire Ale

Hofbräu München Original

Redbridge Gluten-Free

O'Doul's (non-alcoholic)

## Aluminum 16oz. Bottles

Budweiser

\$6.00

\$6.00

\$6.50

\$6.50

\$6.50

\$6.50

\$5.50

\$5.00

\$6.50