

Appetizers

Crispy Calamari	12
Marinara Sauce, Lemon	
Buffalo Wings	10
Served Traditional or Teriyaki, Celery Sticks, Bleu Cheese	
Grilled Margarita Shrimp Cocktail	15
Citrus Marinated Shrimp, Cocktail Sauce	
Charred Corn Guacamole	12
Tortilla Chips, House Made Salsa	

Flat Bread Pizza	12
<i>Your choice of any or all:</i> Pepperoni, Shrimp, Chicken, Prime Rib, Arugula, Goat Cheese, Caramelized Onions	
Cap Rock's Chilaquiles	12
Tortilla Chips, Grilled Chicken, Salsa, Avocado, Queso Fresco, Jalapeños, Cheddar Cheese	
Avocado Chile Con Queso	10
Corn Chips	

Soup & Salads

Corn Bisque	7
Sweet Corn Soup, Crème Fraiche, Bacon	
Bibb and Arugula Salad	11
Bacon, Onion Rings, Tomatoes, Red Peppers, Carrots, Jalapeño Ranch	
Caesar Salad	11
Romaine Hearts, Tomatoes, Parmesan Cheese, Traditional Dressing	

Chopped Salad	13
Chopped Romaine, Italian Peppers, Provolone Cheese, Salami, Turkey, Garbanzo Beans, Oregano Vinaigrette	
Build Your Own	11
<i>Choice of two:</i>	
Soup - Corn Bisque	
Salad - Bibb and Arugula, Caesar or Chopped	
½ Sandwich - Ham and Cheese	

Burger & Sandwiches

Half Pound Angus Ram Burger	11
Shaved Onion, Tomato, Lettuce, Tillamook Cheddar Cheese, Packo Pickles, Sesame Bun	
Grilled Ham and Cheese	10
Ham, Tillamook Cheddar Cheese, White Bread	
Chicken Salad Sandwich	10
Chicken Salad with Celery and Onion, Wheat Bread	
Cap Rock Club Sandwich	12
Ham, Turkey, Bacon, Cheddar Cheese, Tomato, Sourdough	
BLT	10
Bacon, Lettuce, Tomato, Toasted White Bread	

Prime Rib Sandwich	12
Shaved Prime Rib, Horseradish-Boursin Cheese, Fried Onions, Toasted Hoagie Roll	
Turkey Melt	12
Smoked Turkey, Bacon, Avocado, Tomatoes, Cream Cheese, Provolone, Toasted Bagel	
Jumbo Kosher Hot Dog	8
All Beef Jumbo Hot Dog, Toasted Bun	
Turkey Wrap	12
Turkey, Bacon, Avocado, Romaine Lettuce, Tomato, Ranch Dressing, Spinach Tortilla	

CAP ROCK GRILL & BAR

Entrées

Served with one side selection.

Grilled Organic Chicken	22	Spicy Shrimp Scampi	24
Herb Marinated Chicken		Shrimp Sautéed with Garlic, Scallions, Jalapeños and Lemon Butter, French Bread	
Down Home Fried Chicken	15.95	Ribeye Steak	28
Traditional Fish and Chips	18	10 oz Ribeye, Balsamic Glazed Mushrooms	
Beer Battered Red Fish, French Fries, Malt Vinegar, Tartar Sauce		Fettuccini Alfredo	18
Carne Asada	21	Garlic Cream Sauce, Parmesan Cheese, Black Pepper	
Skirt Steak, Sautéed Peppers and Onions, Tomatoes, Monterey Jack Cheese, Guacamole		Add Beef, Chicken or Shrimp	7
Turkey Piccata	19.95		
Sautéed with Lemon Butter, Capers Berries			

Member Specials

Sunday Slow Roasted Prime Rib

8 oz **24.95**

12 oz **27.95**

Side Salad, Baked Potato, Vegetables, Creamy Horseradish Sauce

Monday "All You Care to Eat" Down Home Fried Chicken

15.95 per person

Choice of One Side Selection

Served after 5pm. Please, no split or shared entrées with specials.

Sides Selections

7 each

Fried Lobster Macaroni & Cheese

French Fries

Side Salad

Onion Rings

Vegetable of the Day

Mashed Potatoes

Guacamole & Chips

Fresh Fruit

Desserts

Peanut Butter Pie	8	Humongous Chocolate Cake	8
Peanut Butter Mousse, Pecan Crust, Rich Ganache		Raspberry Chambord Crème Anglaise	
Texas-Sized Bread Pudding	8	Chocolate Chip Cookie	6
Maker's Mark Bourbon Sauce		Vanilla Ice Cream	
Strawberry Cheesecake	8	Brownie Sundae	8

