

# 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.

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

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



120 Manhattan Beach Blvd., Manhattan Beach, CA 90266  
(310) 379-9900 • (310) 379-9986 fax • [www.ROCKNFISHMB.com](http://www.ROCKNFISHMB.com)

# 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. \$14.95

## 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 \$14.95 Dozen \$22.95

## Fresh Dungeness Crabmeat Cocktail

Served with spicy mustard aioli and our signature cocktail sauce. \$16.95

## 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). \$12.95

# APPETIZERS & STARTERS

## New England Style Clam Chowder

Rich and hearty chowder with smoked bacon.  
Small bowl \$6.95 Large bowl \$8.95

## Coconut Crusted Mahi Mahi Sliders

Served on housemade slider buns with tropical mango slaw & sweet chili aioli. \$12.95

## Crispy Calamari

Served with tartar sauce and our signature cocktail sauce. \$14.95

## 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. \$16.95

## Giant Coconut Prawns

Giant prawns lightly coated in shredded coconut and panko, served with pineapple beurre blanc. \$14.95

## 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. \$14.95

## One and One Quarter Pounds of King Crab Legs

Served with lemon and drawn butter. \$34.95

# 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 \$7.95, or seared Ahi \$8.95.

## **Garden Fresh Dinner Salad, Starter Size**

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

## **Chopped Caesar Salad, Starter Size**

Chopped Romaine hearts, garlic croutons & Parmesan cheese tossed in our Caesar dressing. \$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. \$17.95

## **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. Starter Size \$9.95 Full Size \$12.95

## **Blue Cheese Wedge**

Iceberg lettuce topped with blue cheese dressing, red onions, crumbled bacon, tomatoes, and candied walnuts. Starter Size \$9.95 Full Size \$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. \$18.95 Crab Louie \$18.95 Shrimp and Crab Louie \$24.95

## **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. Starter Size \$12.95 Full Size \$16.95

## **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. \$18.95

# SANDWICHES

*Sandwiches are served on a sesame-poppy seed bun or a French roll 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. \$14.95

## **ROCK'N Filet'n Cheese Sandwich**

Tender pieces of filet mignon sautéed with peppers and sweet onions; topped with pepper Jack cheese. Served on a French Roll with roasted garlic aioli. \$15.95

## **Mediterranean Grilled Vegetable Sandwich**

Grilled zucchini, eggplant, red onion, roasted red peppers and portobello mushroom on a toasted French roll with pesto, goat cheese, sundried tomatoes, and glazed with balsamic and garlic aioli. \$12.95

## **Oak Grilled Cajun Spiced Swordfish Sandwich**

Served on a grilled French roll with baby field greens, roasted peppers, grilled onions. Finished with sweet chili aioli. \$15.95

## **Dungeness Crab Po Boy**

Fresh Dungeness Crab meat, avocado, sweet tomato, and baby field greens on a French roll with lemon basil aioli. \$18.95

## **Oak Grilled Blackened Salmon Sandwich**

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

## **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 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>\$20.95</b>
<b>Fresh King Salmon</b>	<b>Lunch</b>	<b>\$20.95</b>	<b>Dinner</b>	<b>\$24.95</b>
<b>Fresh Mahi Mahi</b>	<b>Lunch</b>	<b>\$19.95</b>	<b>Dinner</b>	<b>\$24.95</b>
<b>Fresh Seared Wild Ahi Tuna</b>	<b>Lunch</b>	<b>\$21.95</b>	<b>Dinner</b>	<b>\$26.95</b>
<b>Fresh Wild Swordfish</b>	<b>Lunch</b>	<b>\$19.95</b>	<b>Dinner</b>	<b>\$24.95</b>
<b>Wild Alaskan Halibut</b>	<b>Lunch</b>	<b>\$24.95</b>	<b>Dinner</b>	<b>\$31.95</b>

# SEAFOOD SPECIALTIES

## **ROCK'N Crab Cakes**

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

Lunch \$19.95 Dinner \$26.95

## **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 \$22.95

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

Grilled tiger shrimp and garlic skewers with tomatillo salsa and two ROCK'N Sides. \$22.95

## **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 \$19.95

## **“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 \$31.95

## **Macadamia Nut Crusted Mahi Mahi**

Served with pineapple beurre blanc and two ROCK'N Sides. Lunch \$19.95 Dinner \$26.95

# 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. \$25.95

## **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

## **Fresh Dungeness Crab Penne**

Dungeness Crab and penne pasta tossed in white corn cream sauce. Garnished with roasted red peppers and fresh herb. \$24.95

## 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. \$27.95

### Aged Prime Sirloin Steak

USDA Prime 8 oz Coulotte steak, aged for 30 days, Midwest, grain fed. \$22.95

### Dry Aged Prime New York Strip

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

### Aged Filet Mignon

10 oz center cut Greater Omaha Filet, aged for 30 days, grain 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 free range, hormone free Shelton's Farm chicken breast served with "Hibachi" teriyaki sauce.

Lunch \$16.95 Dinner \$20.95

### Teriyaki Beef Tenderloin Skewers

Mid Western, grain 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 \$26.95

## LOBSTER & 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 \$39.95

## 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 \$59.95

Top Sirloin and Australian Cold Water Lobster Tail \$59.95

Filet Mignon and 1 1/4 lbs. of King Crab Legs \$69.95

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

*Desserts \$9.95*

*Add a la mode to any dessert \$2.95*

## 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.

## New Orleans' Style Bread Pudding

Served with Jack Daniels Sauce and whipped cream.

## House Specialty Desserts

**\$14.95 (serves two)**

### Bananas Foster

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

### Kona Pie

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

# BEVERAGES

## Bottomless Beverages

Coke, Diet Coke, Sprite, Barq's Rootbeer, Ginger Ale, Hi-C Fruit Punch, Minute-Maid Lemonade, Fresh Brewed Passion Fruit Iced Tea, Arnold Palmer. \$2.95

## Juices

Fresh Squeezed Orange Juice, Fresh Squeezed Grapefruit Juice, Cranberry Juice. \$3.95

## Coffee and Tea

Hot Tea, Regular or Decaf French Roast. \$3.95

## Water

San Pellegrino (Sparkling) 1.0L, Fiji (Still) 1.0L. \$5.50

## Energy Drinks

Red Bull or Sugar-Free Red Bull. \$4.25

# BEER

<i>Draught</i>	<i>Pint (16 oz.)</i>	<i>Schooner (23 oz.)</i>	<i>Bottles</i>	
Bud Light	\$5.00	\$6.50	O'Doul's (Non-alcoholic)	\$5.00
Widmer Hefeweizen	\$6.00	\$7.50	Hoegaarden	\$6.00
Drop Top Amber	\$6.00	\$7.50	Amstel Light	\$6.00
Blue House India Pale Ale	\$6.50	\$8.00	Victoria	\$6.00
Firestone Double Barrel Ale	\$6.50	\$8.00	Fat Tire Ale	\$6.50
Stella Artois	\$6.50	\$8.00	Corona	\$7.00
<b>Signature Beer</b>			<b>16oz. Bottles</b>	
Chimay Triple White	\$9.00 (8 oz.)		Budweiser (Aluminum Bottle)	\$6.50
Goose Island Matilda	\$10.00 (12 oz.)		Green's Tripel Blonde Ale	\$6.50
Stone Cali-Belgique IPA	\$10.00 (22 oz bottle)			