



Take-out Menu

phone 250 746 1550 or visit rockcodcafe.com

OPEN FOR LUNCH AND DINNER • Dine In or Take Out • 7 days/week • 1759 Cowichan Bay Road, Cowichan Bay

APPETIZERS

Calamari	\$8.95	Crispy Torpedo	\$8.95
Cod Bites	\$7.95	Prawns	\$6.95
Onion Rings	\$5.95	Sweet Potato Fries	\$8.95
Buffalo Shrimp	\$7.95	Crab Cakes	\$7.95

SIDE ORDERS

Halibut	\$9.95	Gravy (small)	\$1.50
Cod	\$5.95	Gravy (large)	\$3.00
Fries (small)	\$3.00	Tartar Sauce (small)	\$1.50
Fries (large)	\$4.00	Tartar Sauce (large)	\$3.50
Coleslaw	\$1.95		

SOUPS & SALADS

Boston Clam Chowder

Bowl \$4.95 Cup \$3.95

Soup of the Day (please ask your server)

Bowl \$4.50 Cup \$3.50

R.C. Salad

Crisp iceberg lettuce, shredded beets, carrots, mushrooms, red cabbage, sprouts, tomatoes, cucumbers & cheese.

Starter \$5.95 Meal \$9.95

Greek Salad \$9.95

Fresh tomatoes, cucumbers, red onions, Greek olives, bell peppers and feta cheese.

Caesar Salad Starter \$5.95 Meal \$9.95 (w/ garlic toast)

Crisp romaine lettuce, garlic, croutons & parmesan cheese

Top with: Shrimp add \$3.50 / Chicken add \$4.95 / Cajun chicken add \$5.50

Prices subject to change and all applicable taxes.

FISH & CHIPS

Fish & Chip Dinner

Includes fries, coleslaw and tartar sauce.

Choose battered or grilled.

1 piece Halibut	\$12.95
1 piece Cod	\$8.95
1 piece Salmon	\$11.95
2 piece Halibut	\$19.95
2 piece Cod	\$12.95
2 piece Salmon	\$17.95

Mate's Plate

1 piece Cod, 2 prawns, 2 oysters, 2 scallops & fries \$13.95

Captain's Plate

1 piece Halibut, 2 prawns, 2 oysters, 2 scallops, calamari & fries \$19.95

Cod & Prawns

Five prawns served with a single piece of cod & fries \$13.95

Prawn Basket

12 battered prawns with fries & coleslaw \$12.95

Substitutions & Adds:

R.C. or Caesar salad: \$2.50 • Sweet Potato fries: \$3.95

Greek salad: \$3.95 • Onion rings: \$2.95 • Crispy Coating:

\$1.00 • Almond or Coconut Crispy Coating: \$1.50

BURGERS

Deluxe Bay Burger \$10.95

Bay Burger \$8.95

Bacon Pepperjack Burger \$9.95

Chicken Burger \$9.95

West Coast Garden Burger \$10.95

Rock Cod Cafe Burger \$9.95

Oyster Burger \$10.95

Halibut Burger \$13.95

Add cheese or bacon or mushrooms \$1.50

All burgers include fries or coleslaw. Our burgers come with either a white or whole wheat bun. Substitute chicken on any of our beef burgers for \$1.95

Ocean Wise



Recommended by the Vancouver Aquarium as an ocean-friendly seafood choice.