

Eating your Greens allows you to eat more SWEETS, really. We're Doctors, trust us.

Leafy Things. They're good for ya!

SXSW :: 15~

Black beans, corn, roasted peppers, toasted pumpkin seeds and pepper jack cheese on baby greens, topped with lime-jalapeño marinated grilled chicken and drizzled with cilantro lime dressing. Substitute smoked trout \$4.50

Desert Oasis :: 15~

Tomatoes, diced red onions, gorgonzola cheese, pine nuts and avocado over baby greens, topped with marinated grilled chicken, then tossed with honey-Dijon vinaigrette. Substitute smoked trout \$4.50



Hidden Canyon Salad :: 13~

Fresh apples, toasted pecans, dried cranberries, tomatoes, red onions and celery over mixed greens. Served with a light lemon vinaigrette. Add chicken \$3.50 Add smoked trout \$5.95

Greek :: 14~

Artichokes, sun-dried tomatoes, feta cheese, chick peas and Kalamata olives on a bed of baby greens, drizzled with Greek herb vinaigrette. Add chicken for \$3.50. Add smoked trout for \$5.95



Caesar :: 10~

Romaine, Parmesan and house-made croutons tossed with Caesar dressing. Add chicken \$3.50. Add smoked trout \$5.95

You have to get into the menu somewhere.

Ready. Set. EAT!

Smoked Trout :: 13~

Hickory smoked trout served with a blend of black, green & Kalamata olives, capers, roasted peppers and pearl onions. Served with pico de gallo, avocado-citrus creme fraiche and pita points.

Killer App :: 8~

Garbanzo beans lightly sauteed with lots of garlic and fresh basil, a quick splash of lemon and garnished with diced tomatoes. High protein and fiber, big flavor and low fat.

Ancho Shrimp :: 13~

Four large shrimp sauteed with ancho chile and southwestern spices. Served on a bed of organic greens with smoked poblano & cilantro salsa.

Hummus and Pita :: 9~

Toasted pita served with house-made red pepper hummus and a zesty lemon mint-cucumber yogurt sauce.

Antipasto Rustica :: 11~

Artichokes, roasted peppers, Kalamata olives, tomatoes, pearl onions and baby greens drizzled with a light vinaigrette. Served with pita points and smoked gouda cheese.

Fresh Mozzarella & Tomatoes :: 10~

Sliced tomatoes & fresh mozzarella drizzled with a balsamic reduction, extra virgin olive oil & topped with fresh, sweet basil.

**Three Cheese & Artichoke Risotto :: 12~**

A superb blend of asiago, romano & Parmesan cheeses combined with artichokes, caramelized onions and Arborio rice. Garnished with chopped tomatoes, basil, garlic & olive oil.

Cravings for Carnivores

Meat!(and Chicken and Fish) It's what's for Dinner.

**Chicken & Mushroom Alfredo :: 18~**

Chef Dan's house-made Parmesan-cream Alfredo sauce with sauteed mushrooms and grilled chicken over linguini.

Almond Crusted Chicken Marsala :: 18~

Grilled, almond and herb-crusted chicken breast topped with a mushroom-cream Marsala sauce. Served with Chef Dan's vegetables and his own super secret, eyes only, marvelous blend of wild, untrainable rice and grains. Threatening to take away the car will not improve the rice's attitude, but the grains are susceptible to peer pressure.

Chicken Escalante :: 18~

Spicy, marinated chicken served over linguini with sweet basil marinara and garnished with tomato concasse



Southwest Cornmeal Crusted Trout :: 22~

Seared mountain ruby red trout, crusted with yellow cornmeal and pumpkin seeds. Topped with a green chile and tomatillo salsa. Served with Chef Dan's veggies and Chef Dan's blend of wild rice and grains. Chef Dan did not catch this fish, but says you will love it. If you don't love it, Chef Dan says you should see a doctor for immediate taste-replacement surgery. This procedure may not be covered by all insurance providers.

Salmon Creole :: 23~

Fresh salmon grilled and served on a bed of creole relish, topped with a Cajun remoulade. Vegetables, wild rice and grains complete this healthy entree.

Mahi Mahi :: 24~

Also known as dolphin fish. NOT Flipper! Flipper was a mammal, not a fish. But we digress. A 6 ounce wild caught Mahi Mahi fillet, grilled, with a spicy Thai orange glaze, then topped with fresh mango salsa. Served with Chef Dan's veggies and coconut jasmine rice. We are unsure as to the exact relationship between these Chef Dan's veggies and those living with the salmon.



Southwestern Fish Tacos :: 19~

And you thought fish only lived in the oceans. Well, for your information: we have opened a school in southern Utah and we're having to turn away applicants. Only the best, the brightest and most colorful are accepted. Plus the very tastiest, so there's that. Fish of the day wrapped in a flour tortilla, topped with cabbage, pico de gallo, pepper jack cheese and drizzled with avocado citrus creme fraiche. Smoky black bean salad and jicama slaw on the side.

Homer's Dream Pork Chop :: 24~

Many have mocked Mr. Simpson's interest in the pastry sciences but nobody is laughing at the yellow-headed one's love of porcine delights. This is what the siege of Troy (or perhaps Springfield?) was all about. Topped with chipotle mustard, this mouth-watering 10 ounce, garlic and herb rubbed beauty melts in your pie-hole (Doh! That's later, the pie). That's what it says in the Iliad if you read it carefully. Chef's vegetables and garlic-sour cream Yukon gold mashers complete this entree. Homer, Gomer, whatever your name.....
Ooooooooooooo, pork chopppppps.....Good.

Filet Mignon :: 29~

8 ounce, all-natural beef tenderloin rubbed with our blend of herbs and spices, grilled to your preference and topped with a Uinta Brewery dark ale au jus and crispy onions. Served on a bed of organic greens with garlic-sour cream Yukon gold mashers and broccolini.

Rangeland Ribeye :: 32~

14 -16 ounce, USDA prime, hand cut, choice ribeye rubbed with Southwestern spices, then chargrilled to order. Served with fresh vegetables and garlic-sour cream Yukon gold mashers.

Buffalo NY Strip :: 36~

If you've never eaten buffalo, your life is incomplete. Not only is it delicious and good for you, since it's much leaner than beef, but it has the added advantage of being easier on the rangeland than your average cow. If you don't have a cow, than maybe your neighbor's under-average cow. The taste is close to beef, yet much more tender, because Chef Dan knows what he's doing back there in the kitchen. Aged American bison w/ a burgundy balsamic reduction and topped with bearnaise butter. Served with garlic-sour cream Yukon gold smashers and Chef Dan's veggies.

Vegetabulous & Veganacious

Go Green & Get Lean!

Rocking V Shrimp :: 22~

Yes, we know this is not a vegetarian dish & strictly speaking it should be on the previous menu but we couldn't fit it on the other page so let's call it a Vegaquarium dish and get on with our lives. Four jumbo shrimp sautéed with pine nuts and peas in a light garlic white wine Parmesan cream and served over linguini. If we served them under linguini, we'd have to answer too many questions.

Asian Stir Fry :: 16~

A blend of vegetables sautéed with a sesame-garlic sauce over coconut jasmine rice. Topped with grilled miso-marinated tofu. Substitute chicken \$3.50. Substitute shrimp \$6.

Black Bean & Corn Tacos :: 15~

A superb blend of black beans, corn, onions, red peppers & chargrilled zucchini, tossed with a smoked poblano salsa and our very own southwestern spice blend. This lovely concoction is topped with avocado-soy bean dressing. Served in corn tortillas with jicama slaw.



Chana Masala :: 15~

An Indian style stew of chickpeas, tomatoes, onions, carrots, celery and zucchini. Slow cooked with curry, cloves, ginger, coriander, cumin, turmeric and lemon juice. Served over coconut jasmine rice. Add: tofu \$2 chicken \$3.50 shrimps \$6. YES it IS shrimps, because shrimp would only be 1 and there are more than 1. So there!

Red Canyon Polenta Cakes :: 16~

Yellow cornmeal, fresh corn, black beans and Southwestern spices, shaped into cakes, grilled and then topped with a green chile-tomatillo sauce. Served with Chef Dan's veggies and greens.



Thai Curry :: 16~

Bangkok crash lands in Kanab. Fresh, mixed vegetables sautéed in a spicy yellow curry sauce, over coconut jasmine rice and topped with miso-marinated tofu. Substitute chicken \$3.50. Substitute shrimp \$6. You be The Decider.



Deep Dish Enchilada :: 17~

Back by popular demand and mild rioting, one of our most requested and deepest dishes. The return of this entree to our menu required 12 brokered treaties involving 17 countries and territories, as well as several rounds of blackjack and the ultimate annexation of the little-known principality of Is-Dan-A-Stan?. What could be better than roasted peppers, grilled zucchini, squash, purple onions and green chiles

stacked as high as the North Rim with corn tortillas and baked w/ pepper jack cheese? We'll tell ya what: something topped w/ delicious tomatillo salsa, pico de gallo and avocado citrus creme fraiche. Oooo baby, this is GREAT! BLM scientists & researchers have still not been able to accurately measure the true depth of this dish. Despite budget cuts, field studies continue, thanks to the tireless efforts of numerous dogged men & women of science. NPR's "Science Friday" should do a story on this thang. Add: chicken \$3.50 or shrimp \$6

Tomato Pesto Couscous Cakes :: 16~

Our chef, Chef Dan or someone wearing a big white hat back there in the kitchen, combines fresh herbs, tomatoes, Asiago cheese, spices, vegetables and couscous are hand-formed into cakes, grilled and served on a sleep number bed of sauteed vegetables with greens. Whew! An outside contractor is then brought in at government expense to top the creation with creamy basil & roasted pine nuts. The outside contractor has offices in Houston and throughout the Middle East.

Sweets make you smarter AND allow you to hike happily for 12 hours with no food, water or outerware.

Desserts are all made from scratch by Vicky. Finding the right scratch is exhausting work. So don't get your hopes up about her coming out of the Bake-Y-Torium to say Hi. Ask your server about other dessert specials. We bake according to seasonally available fruits and sometimes a whim. Enjoy life. Eat dessert early and often

Key Lime Pie :: 7.95~

Tart and sweet, velvety cool, with a graham crust. Topped with freshly whipped cream. Perfect. Even if you're from Florida, this is THE BEST Key Lime pie you've EVER eaten! Just ask Ken Mitchell & his Key Westies. They had to grovel before us after losing the Sept 21, 2007 Sunshine State Dessert Smackdown. This non-televvised event was held at The Rocking V & the Florida 5 were compelled to admit (On Camera!) that Vicky's Key Lime Pie is THE Best. It may be winter but this is a warm reminder of summer. Ken is now living in seclusion on "Oooo, my Florida key lime pie isn't up to much" Key, southwest of Bimini.

Creme Brulee :: 7.95~



Oooooooooooooo! YUM! The perfect recipe, graciously given to us by French chef Georges LaForge. Fresh cream, eggs, sugar and pure vanilla swirled together, then baked and cooled. Before serving, we sprinkle with sugar and torch for that golden crust. Delicieux!

Chocolate Silk Pie :: 7.95~

The chocoholic train is leaving the station! We start with an almond-graham crust, then fill with a smooth and "silky" whipped bittersweet chocolate mousse. The pie is topped with a thin layer of chocolate and served with freshly whipped cream. Banned by

Chocoholics Anonymous, but a Rocking V Cafe favorite.



Bread Pudding :: 7.95~

It was requested by a frequent diner a few years back. It became so popular we added it to the permanent dessert menu. Saigon cinnamon, whole nuts, raisins and lots of cream make our bread pudding fabulous. Your choice of caramel, chocolate or house-made whiskey sauce. Whipped cream on the side. We are NOT responsible for chemical reactions resulting from the mixture of whiskey, chocolate and caramel sauces. You pays your money, you takes your chances.

Chocoholic Mousse :: 5.95~

If you were going to die by chocolate, this would be the way to do it. Belgian bittersweet chocolate, sweetened with a touch of maple syrup. AND...it's dairy-free. Thanks JK! We've made the portion smaller so you don't buy the farm before you've paid the bill.

Hot Fudge Molten Lava Cake w/ Vanilla Bean Ice Cream :: 9.95~

Warm, gooey chocolate cake served next to vanilla ice cream. You may have to go into a 12 step program after this one. That is, if you're still alive..... the center of the cake is actually filled with REAL lava. It is HELL keeping that volcano going in the basement year round. But nothing is too good for our customers. ROCK ON!

Ice Cream :: 4.50 / 7 / 9 / 1,566.25~

One Scoop, Two Scoops, Three Scoops or 52.5 Scoops, it is delicious!

Seasonal Fresh Fruit :: 5 / 7.50~

small or LARGE bowl to help offset unhealthy menu choices at other restaurants