

ROCKET BAKERY & FRESH FOOD

ST. JOHN'S • MOUNT PEARL • CHURCHILL SQUARE • 709-700-1336 • ROCKETFOOD.CA

EVERYDAY MENU

Visit us in-store to see any special offers!

BLAST OFF BREAKFAST!

BEST KIND BREAKFAST SANDWICH

Bacon, egg, aged cheddar, spinach and tomato on a butter croissant or aged cheddar green onion biscuit! Want it without the bread? Substitute with our Cosmic Crackers!

They're vegan & no flour added!

OVERNIGHT OATS & CHIA



A fresh chilled breakfast of rolled oats and chia seeds, with oatmilk, a spoonful of maple syrup and topped with seasonal fruit!

OUT-OF-THIS-WORLD GRANOLA

Rocket's popular granola paired with Greek yoghurt and topped with our own seasonal berry coulis (sauce)!

THE CHUMMY!

It's Rocket's breakfast burger! Cheesy baked eggs with bacon, roasted red pepper, crispy fried onions, smoked paprika and sriracha mayo, all snuggled into a toasted brioche bun!

FRESH BAKED PASTRIES

SCONE-OF-THE-DAY

Perfectly paired with a cup o' tea! Our flavours change daily.

ROCKET'S FABULOUS FLAKIE

Rocket's popular Flakies are baked fresh daily and filled with fresh whipped cream and raspberry jam. We offer different flavours every Friday!

CINNAMON BUN

Since we opened in 2011, our Cinnamon Buns have been known as Sinful! Try one and see why!

SCHNECKE

Delicious, honey-glazed croissant dough enfolds lemon curd, white chocolate, coconut, and toasted almonds!

AGED CHEDDAR & GREEN ONION BISCUIT

These soft and buttery biscuits are packed full of aged cheddar cheese and green onions. Try it on its own or as a breakfast sandwich! Yum!

APPLE FLIP

Homemade croissant dough filled with a sweet, cinnamon apple filling!

CHOCOLATE DANISH

A delicious flaky pastry filled with chocolate!

BUTTER CROISSANT

Our classic Butter Croissants are a Rocket staple! Also used for our Best Kind Breakfast Sandwiches.

RAISIN TEA BISCUITS

A Newfoundland classic...especially when paired with a cup 'o tea!

***Note: "No Flour Added" is our way of saying that we don't add flour to a recipe. However, we can't guarantee that any item at Rocket is "Gluten Free" as we are a wheat-based bakery and there may be flour particulates in the air.**

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LOVELY LUNCH!

"THE ROCKET" CLASSIC CHICKEN SANDWICH

Home-roasted chicken, aged cheddar, tomatoes, spinach, Rocket Sauce, mayo on multigrain.

HAM & SWISS

Tomatoes, spinach, mayo and Rocket's seasonal berry coulis on multigrain.

CHICKEN CLUB WRAP

Home-roasted chicken, bacon, Rocket's Ranch Sauce, aged cheddar, tomatoes, spinach and roasted red peppers.

VEGGIE VEGAN SANDWICH



Rocket's Heavenly Hummus topped with zucchini noodles, tomatoes, spinach, roasted red peppers and cucumber on multigrain.

ROCKET'S CUBAN SANDWICH

Pulled pork, black forest ham, swiss cheese, pickles and chipotle mayo, on a house ciabatta bun.

GRILLED CHEESE SANDWICH

Ooey-goopy cheese toasted with spinach and tomato between two slices of sourdough bread.

ROCKET'S NL BUDDY BOWL!



Crave a feed of veggies? Quinoa, spinach, black beans, edamame, tomatoes, zucchini noodles, grated carrot, cucumber topped with pumpkin seeds, crispy fried onions (served on the side) and Rocket's Sunny Vinaigrette! Add a serving of Rocket's home-roasted chicken breast or 2 baked eggs for an additional charge.

SWEET TREATS



Our bakery treats are always changing!
Ask our staff what we have on-the-go today!

ROCKET'S FAMOUS FISH CAKES

Over 425,000 sold! Baked; not fried! No flour added! Served with our homemade tartar sauce!

SPINACH CHICKEN SALAD WITH LIME BASIL DRESSING

Home roasted chicken, spinach, tomatoes, carrots, Rocket's nutty topper and dried cranberries.
no flour added, contains nuts, dressing contains dairy.

PESTO PASTA SALAD

Pasta salad tossed with spinach, tomatoes, walnuts, and bocconcini cheese in a pesto vinaigrette.

VEGGIE DELIGHT SALAD



Colourful veggies (edamame, spinach, corn, black beans, red peppers and green onions!), tossed in a tasty vinaigrette! (Vegan!)

ROCKET'S SOUP-OF-THE-DAY

Happily served with a choice of multigrain bread, or our vegan *no flour* Cosmic Crackers.

HEAVENLY HUMMUS & CRACKERS



Rocket's famous Cosmic Crackers paired with our creamy Heavenly Hummus! *no flour added*