



WHAT'S FOR LUNCH...

SAMPLE MENU

PRE STARTERS

Assorted Breads & Oil	£2.50
Garlic Bread	£3.00
Cheesy Garlic Bread	£3.50
Marinated Olives	£3.00
Hummus & Pitta Bread, Dressed Leaves and Chillies	£4.50

STARTERS

French Onion Soup, Gruyère Cheese & Croutons	£4.95
Thai Crab Cakes, Asian Slaw, Sweet Chilli Sauce	£6.95
Rock Inn Prawn Cocktail, Shredded Lettuce, Spiced Marie Rose Sauce, Crusty Bread	6.95
Warm Shredded Duck Wraps, Starter £7.95, Main £13.95 Cucumber & Spring Onion, Hoi-sin Sauce	
Black Pudding & Sage Scotch Egg, Assorted Pickles, Parliament Sauce	£7.95
Pan Fried Tiger Prawns, Chilli, Garlic & Brandy Sauce, Mixed Leaves	£8.95
OR Lemon and Garlic Butter Mixed Leaves and Crusty Bread	£7.95
Whole Baked Camembert, Garlic and Thyme, Chutney, Bread Crisps (ideal to share)	£10.95

DELI BOARDS – SHARING PLATTERS

Fish Deli Board, Prawn Cocktail, Crabcakes, Smoked Mackerel, Anchovies, Salmon Gravavlax, Tiger Prawns, Sweet Chilli Sauce	£13.95
Meat Deli Board, Parma Ham, Chorizo, Honey Roast Ham, Salami, Meatballs, Rare Roast Beef, Red Onion Jam	£13.95
Veggie Deli Board, Hummus, Marinated Goats Cheese, Olives, Falafel and Feta Stuffed Bell Peppers, Sun Blushed Tomatoes, Red Onion Jam	£12.95

All Deli Boards Come With Pitta Bread, Music Bread, Crusty Bread, Chillies & Pickles. Gluten Free Bread Available Upon Request.

SIDES

Hand Cut Chips	£3.00
Skinny Fries	£3.00
Sweet potato wedges	£3.50
Creamy Mash	£3.00
Seasonal Vegetables	£3.50
Mushy Peas	£1.50
Wild Rocket, Sun Blushed Tomato & Parmesan Salad	£4.95

The Rock Inn is working hard to raise funds for local charities and associations. We would like to add an OPTIONAL donation of 25p per main course to your bill to support a local charity or association. The charity for this month is FROGS Friends of Georgeham School.

MAINS

Chargrilled Ribeye Steak, 5oz £11.95 or 8oz £19.95 Hand Cut Chips, Garlic Mushrooms, Herb Stuffed Tomato, Mixed Leaves	
Sauces – Pepper £2.00, Blue Cheese £2.00	
Pie Of The Week, Seasonal Vegetables, Creamy Mash	£12.95
The Rock Inn Fish Pie, Seasonal Vegetables, Cheesy Mash	£13.95
'Oxford-Sandy & Black' Georgeham Sausages, Creamy Mash, Vegetables, Red Onion Gravy	£11.95
Tribute Battered Cod & Hand Cut Chips, Mushy Peas, Tartar Sauce, Mixed Leaf Salad	£10.95
8oz Beef Burger, Tomato & Chilli Jam, Crisp Lettuce, Toasted Brioche Bun, Hand Cut Chips, Coleslaw	£10.95
Toppings – Cheddar Cheese £1.00, Exmoor Blue Cheese £1.00, Bacon £1.00	
'Spanish Burger', 6oz Chorizo & Beef Patty, Melted Manchego Cheese, Grilled Serrano Ham, Garlic Aioli, Toasted Brioche Bun, Hand Cut Chips	£12.95
Honey Glazed North Buckland Ham, 2 Free Range Eggs, Hand Cut Chips, Garden Peas	£9.95
Thai Green Vegetable Curry, Coriander Rice	£11.95
Rock Inn Fajitas, Guacamole, Spicy Salsa Jam, Sour Cream & Grated Cheddar, Mixed Leaf Salad	
with Vegetables	£12.95
with Chicken	£15.95
with King Prawns	£17.95
Exchange fries for sweet potato wedges on any main dish	£1.00

Three Egg Omelette, Hand Cut Chips, Mixed Leaf Salad	£8.95
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FILLINGS – Cheddar Cheese – Ham –Mushroom – Tomato

The Rock Inn Sandwiches served on either: Thick Cut Granary or White Bread / Rustic Ciabatta OR Tortilla Wrap with Crisps, Dressed Leaves and Coleslaw

Prawns in Marie Rose Sauce	£7.95
Sausages, Fried Onion & Mustard	£6.95
Honey Glazed Ham Salad	£5.95
Cheese & Chutney, Dressed Leaves	£5.95
Fishfinger, Tartar, Baby Gem	£6.95
Chicken, Bacon, Lettuce, Tomato, Aioli	£7.95
Roast Beef and Horseradish	£6.95
Minute Steak Ciabatta, Confit Onions, Dijon Mustard, Rocket, Skinny Fries	£9.95
Add: Chips £1.00, Cup of Soup £1.00	