



# WHAT'S FOR LUNCH...

AUTUMN

## PRE STARTERS

<b>Assorted Breads &amp; Oil</b>	£2.95
<b>Garlic Bread</b>	£3.50
<b>Cheesy Garlic Bread</b>	£3.95
<b>Marinated Olives</b>	£3.00
<b>Hummus &amp; Pitta Bread, Dressed Leaves &amp; Chillies</b>	£4.95

## STARTERS

<b>French Onion Soup, Gruyère Cheese &amp; Croutons</b>	£5.50
<b>Thai Fishcakes, Dressed Leaves, Asian Slaw, Sweet Chilli Dip</b>	£6.95
<b>Rock Inn Prawn Cocktail, Shredded Lettuce, Spiced Marie Rose Sauce, Crusty Bread</b>	£7.95
<b>Warm Shredded Duck Wraps, Starter £7.95, Main £13.95</b> Cucumber & Spring Onion, Hoi-sin Sauce	
<b>Dave Wong's Salt &amp; Pepper Chilli Squid, Dressed Leaves, Asian Slaw</b>	£7.95
<b>Pan Fried Tiger Prawns, Chilli, Garlic &amp; Brandy Sauce, Mixed Leaves &amp; Crusty Bread</b>	£8.95
<b>OR Lemon &amp; Garlic Butter, Mixed Leaves &amp; Crusty Bread</b>	£7.95

## DELI BOARDS – SHARING PLATTERS

<b>Whole Baked Camembert, Garlic &amp; Thyme, Chutney, Bread Crisps</b>	£12.95
<b>Fish Deli Board, Prawn Cocktail, Fishcakes, Smoked Mackerel, Anchovies, Salmon Gravavlax, Tiger Prawns, Sweet Chilli Sauce</b>	£14.95
<b>Meat Deli Board, Parma Ham, Chorizo, Honey Roast Ham, Salami, Meatballs, Rare Roast Beef, Red Onion Jam</b>	£13.95
<b>Veggie Deli Board, Hummus, Marinated Goats Cheese, Olives, Falafel, Tzatziki, Sun Blushed Tomatoes, Red Onion Jam</b>	£12.95

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

## SIDES

<b>Hand Cut Chips</b>	£3.00
<b>Skinny Fries</b>	£3.00
<b>Sweet Potato Wedges</b>	£3.50
<b>Creamy Mash</b>	£3.00
<b>Seasonal Vegetables</b>	£3.50
<b>Mushy Peas</b>	£1.50
<b>Wild Rocket, Sun Blushed Tomato &amp; Parmesan Salad</b>	£4.95
<b>Rock Inn Green Salad</b>	£3.50

The Rock Inn is working hard to raise funds for local charities & 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 Stepping Stones Preschool.

## MAINS

<b>Chargrilled Ribeye Steak, 5oz £12.95 or 8oz £21.95</b> Hand Cut Chips, Garlic Mushrooms, Herb Stuffed Tomato, Mixed Leaves	
<b>Sauces – Pepper £2.00, Blue Cheese £2.00</b>	
<b>Pie Of The Week, Seasonal Vegetables, Creamy Mash</b>	£13.95
<b>The Rock Inn Fish Pie, Seasonal Vegetables, Cheesy Mash</b>	£13.95
<b>Our Kids Fish Curry with King Prawns, Monkfish, Haddock &amp; Cod, Spiced Chickpeas, Lime &amp; Coriander Yoghurt, Toasted Almonds</b>	£17.95
<b>Thai Green Vegetable Curry, Coriander Rice</b>	£11.95
<b>Bangers &amp; Mash, Vegetables, Red Onion Gravy</b>	£11.95
<b>Tribute Battered Cod &amp; Hand Cut Chips, Mushy Peas, Tartar Sauce, Mixed Leaf Salad</b>	£11.95
<b>8oz Beef Burger, Tomato &amp; Chilli Jam, Crisp Lettuce, Toasted Brioche Bun, Hand Cut Chips, Coleslaw</b>	£11.95
<b>Toppings – Cheddar Cheese £1.00, Exmoor Blue Cheese £1.00, Bacon £1.00</b>	
<b>'Spanish Burger', 6oz Chorizo &amp; Beef Patty, Melted Manchego Cheese, Grilled Serrano Ham, Garlic Aioli, Toasted Brioche Bun, Hand Cut Chips</b>	£12.95
<b>Honey Glazed Ham, 2 Free Range Eggs, Hand Cut Chips, Garden Peas</b>	£9.95
<b>Rock Inn Fajitas, Guacamole, Spicy Salsa Jam, Sour Cream &amp; Grated Cheddar, Mixed Leaf Salad</b>	
<b>with Vegetables</b>	£12.95
<b>with Chicken</b>	£15.95
<b>with King Prawns</b>	£17.95
<b>Exchange fries for sweet potato wedges on any main dish</b>	£1.00

<b>Three Egg Omelette, Hand Cut Chips, Mixed Leaf Salad</b>	£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 / Baguettes OR Tortilla Wrap with Crisps, Dressed Leaves & Coleslaw

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