



THE ROCK INN MENU

NIBBLES

MIXED OLIVES	VE, GF	£6
SELECTION OF BREADS & OILS	VE, GFA	£6.5
HUMMUS & PITTA BREAD	VE, GFA	£8

STARTERS

SOUP OF THE DAY <i>Crusty bread</i>	V, GFA	£7
PAN-SEARED TIGER PRAWNS <i>Lemon & garlic parsley</i>	GFA	£10
BUFFALO CAULIFLOWER WINGS <i>Sriracha mayo, pickled veg</i>	VE, GF	£8
HALLOUMI FRIES <i>Sweet chilli dip</i>	V, GFA	£9
SALT & PEPPER CHILLI SQUID <i>Baby leaf, soy & ginger dressing</i>	GFA	£10
MIXED DELI SHARING BOARD <i>Chorizo, salami & parma ham, anchovies, hummus, halloumi bites, olives, feta stuffed peppers, chillis, pickles, gherkins, salad, assorted bread & oils</i>	GFA	£24

MAIN COURSES

SLOW-COOKED BBQ RIBS <i>Mixed leaf salad, skinny fries, coleslaw</i>	GFA	£24
HOME SMOKED LAMB SHANK <i>Braised red cabbage, mash potato, tenderstem broccoli, lamb jus</i>	GFA	£24
DRESSED 'LEE BAY' CRAB SALAD <i>Skinny fries, crusty bread, garlic aioli</i>	GFA	£20
VEGAN PENANG CURRY <i>Coriander rice, mango chutney, naan bread, poppadum</i>	VE, GFA	£16
CHICKEN TIKKA MASALA <i>Coriander rice, mango chutney, naan bread, poppadum</i>	GFA	£18
TRIBUTE BATTERED FISH & CHIPS <i>Mushy peas, dressed leaves</i>	GFA	£18
WHOLETAIL BREADED SCAMPI <i>Skinny fries, dressed leaves, garden peas</i>		£18
8oz WESTCOUNTRY SIRLOIN STEAK <i>Tomato & mushroom, chunky chips, salad, peppercorn sauce</i>	GFA	£29
ROCK INN LINGUINE <i>WITH ROASTED BUTTERNUT SQUASH, GOATS CHEESE & SPINACH</i>	VEA	£16
<i>WITH BOLOGNESE & PARMESAN SHAVINGS</i>		£17
<i>WITH SEAFOOD, CHILLI, GARLIC & WHITE WINE</i>		£19
ROCK INN FISH PIE <i>Salmon, cod, haddock & king prawn served with cheesy mash, sauteed vegetables & crusty bread</i>	GFA	£21
STEAK & OTTER ALE PIE <i>Puff pastry & sauteed vegetables, served with either creamy mash OR chips</i>		£18
ROCK INN BOUILLABISSE <i>Fish of the day - served with clams and samphire in a tomato and orange based fish stew with crusty bread</i>	GFA	£25

SALAD

ROCK INN SALAD BOWL <i>Baby leaf, pickled red cabbage, edamame beans, beetroot, cherry tomatoes, olives, toasted dukkah</i>	VE, GFA	£16
WITH TEMPURA JACKFRUIT	VE	£17
WITH CAJUN CHICKEN		£18
WITH HALLOUMI	V	£18
WITH GARLIC & LEMON KING PRAWNS		£19

BURGERS

<i>All burgers served with baby gem, tomato, red onion & slaw</i>	GFA	
6oz BEEFBURGER <i>Cheddar cheese, chunky chips, burger sauce</i>		£16
EXTRA BEEF PATTY		£3
MOVING MOUNTAINS VEGAN BURGER <i>Vegan cheese, vegan garlic & herb mayo, vegan slaw, skinny fries</i>	VE	£16
6oz VENISON & WILD BOAR BURGER <i>Blue cheese, chunky chips, garlic aioli</i>		£16
EXTRA VENISON PATTY		£3
SOUTHERN FRIED CHICKEN BURGER <i>Chipotle sauce, curly fries</i>		£16
ADD CHEESE		£1
HALLOUMI BURGER <i>Sweet chilli dip, skinny fries</i>	V	£16

KIDS MENU * served with fries & garden peas

CHICKEN GOUJONS *	GFA	£8.5
PORK SAUSAGES *		£8.5
JUMBO FISH FINGER *	GFA	£8.5
BEEF OR HALLOUMI BURGER *	GFA	£8.5
SPAGHETTI BOLOGNESE & GRATED CHEESE		£8.5

SIDES

GARLIC BREAD	GFA	£5
CHEESY GARLIC BREAD	GFA	£6
CHUNKY CHIPS / SKINNY FRIES	GFA	£5.5
CURLY FRIES		£6
CHIPS & CHEESE	GFA	£6.5
HOUSE SIDE SALAD		£6
SEASONAL VEGETABLES		£5
ONION RINGS		£5

DESSERTS * kids portions available

SALTED CHOCOLATE FUDGE BROWNIE * <i>Chocolate sauce, vanilla ice cream</i>	GFA	£7.5
STICKY TOFFEE PUDDING * <i>Butterscotch sauce, honeycomb ice cream</i>	GFA	£7.5
BANOFFEE CHEESECAKE <i>Vanilla ice cream, caramelised banana</i>		£8
ORANGE MARMALADE BRULEE <i>Ginger shortbread</i>		£8
ROCK INN SUNDAE * <i>Vanilla ice cream, whipped cream, marshmallows, chocolate brownie, chocolate sauce</i>		£8
ICE CREAMS – PER SCOOP <i>Vanilla, chocolate, strawberry, honeycomb, vegan vanilla</i>	GFA, VEA	£2

V – VEGETARIAN • VE – VEGAN • GF – GLUTEN FREE • GFA – GLUTEN FREE AVAILABLE • VEA – VEGAN AVAILABLE ON REQUEST

Before placing your order please inform your server if a person in your party has a food allergy or if you require a dairy free option, if available.

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THE ROCK INN

AFTERNOON MENU

NIBBLES

MIXED OLIVES	VE, GF	£6
SELECTION OF BREADS & OILS	VE, GFA	£6.5
HUMMUS & PITTA BREAD	VE, GFA	£8

STARTERS

SOUP OF THE DAY <i>Crusty bread</i>	V, GFA	£7
BUFFALO CAULIFLOWER WINGS <i>Sriracha mayo, pickled veg</i>	VE, GF	£8
HALLOUMI FRIES <i>Sweet chilli dip</i>	V, GFA	£9

MAIN COURSES

DRESSED 'LEE BAY' CRAB SALAD <i>Skinny fries, crusty bread, garlic aioli</i>	GFA	£20
TRIBUTE BATTERED FISH & CHIPS <i>Mushy peas, dressed leaves</i>	GFA	£18
WHOLETAIL BREADED SCAMPI <i>Skinny fries, dressed leaves, garden peas</i>		£18
ROCK INN LINGUINE <i>With bolognese & parmesan shavings</i>		£17
ROCK INN FISH PIE <i>Salmon, cod, haddock & king prawn served with cheesy mash, sauteed vegetables & crusty bread</i>	GFA	£21
STEAK & OTTER ALE PIE <i>Puff pastry & sauteed vegetables, served with either creamy mash OR chips</i>		£18

SALAD

ROCK INN SALAD BOWL <i>Baby leaf, pickled red cabbage, edamame beans, beetroot, cherry tomatoes, olives, toasted dukkah</i>	VE, GFA	£16
WITH CAJUN CHICKEN		£18
WITH HALLOUMI	V	£18

BURGERS

<i>All burgers served with baby gem, tomato, red onion & slaw</i>	GFA	
6oz BEEFBURGER <i>Cheddar cheese, chunky chips, burger sauce</i>		£16
EXTRA BEEF PATTY		£3
MOVING MOUNTAINS VEGAN BURGER <i>Vegan cheese, vegan garlic & herb mayo, vegan slaw, skinny fries</i>	VE	£16
6oz VENISON & WILD BOAR BURGER <i>Blue cheese, chunky chips, garlic aioli</i>		£16
EXTRA VENISON PATTY		£3

KIDS MENU * served with fries & garden peas

CHICKEN GOUJONS *	GFA	£8.5
PORK SAUSAGES *		£8.5
JUMBO FISH FINGER *	GFA	£8.5
BEEF OR HALLOUMI BURGER *	GFA	£8.5
SPAGHETTI BOLOGNESE & GRATED CHEESE		£8.5

SIDES

GARLIC BREAD	GFA	£5
CHEESY GARLIC BREAD	GFA	£6
CHUNKY CHIPS / SKINNY FRIES	GFA	£5.5
CURLY FRIES		£6
CHIPS & CHEESE	GFA	£6.5
ONION RINGS		£5

DESSERTS * kids portions available

SALTED CHOCOLATE FUDGE BROWNIE * <i>Chocolate sauce, vanilla ice cream</i>	GFA	£7.5
STICKY TOFFEE PUDDING * <i>Butterscotch sauce, honeycomb ice cream</i>	GFA	£7.5
ROCK INN SUNDAE * <i>Vanilla ice cream, whipped cream, marshmallows, chocolate brownie, chocolate sauce</i>		£8
ICE CREAMS – PER SCOOP <i>Vanilla, chocolate, strawberry, honeycomb, vegan vanilla</i>	GFA, VEA	£2

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THE ROCK INN

SUNDAY LUNCH MENU

NIBBLES

MIXED OLIVES	VE, GF	£6
SELECTION OF BREADS & OILS	VE, GFA	£6.5
HUMMUS & PITTA BREAD	VE, GFA	£8

STARTERS

SOUP OF THE DAY <i>Crusty bread</i>	V, GFA	£7
PAN-SEARED TIGER PRAWNS <i>Lemon & garlic parsley</i>	GFA	£10
BUFFALO CAULIFLOWER WINGS <i>Sriracha mayo, pickled veg</i>	VE, GF	£8
HALLOUMI FRIES <i>Sweet chilli dip</i>	V, GFA	£9
SALT & PEPPER CHILLI SQUID <i>Baby leaf, soy & ginger dressing</i>	GFA	£10
MIXED DELI SHARING BOARD <i>Chorizo, salami & parma ham, anchovies, hummus, halloumi bites, olives, feta stuffed peppers, chillis, pickles, gherkins, salad, assorted bread & oils</i>	GFA	£24

MAIN COURSES

DRESSED 'LEE BAY' CRAB SALAD <i>Skinny fries, crusty bread, garlic aioli</i>	GFA	£20
VEGAN PENANG CURRY <i>Coriander rice, mango chutney, naan bread, poppadum</i>	VE, GFA	£16
CHICKEN TIKKA MASALA <i>Coriander rice, mango chutney, naan bread, poppadum</i>	GFA	£18
TRIBUTE BATTERED FISH & CHIPS <i>Mushy peas, dressed leaves</i>	GFA	£18
WHOLETAIL BREADED SCAMPI <i>Skinny fries, dressed leaves, garden peas</i>		£18
ROCK INN FISH PIE <i>Salmon, cod, haddock & king prawn served with cheesy mash, sauteed vegetables & crusty bread</i>	GFA	£21
STEAK & OTTER ALE PIE <i>Puff pastry & sauteed vegetables, served with either creamy mash OR chips</i>		£18
ROCK INN SALAD BOWL <i>Baby leaf, pickled red cabbage, edamame beans, beetroot, cherry tomatoes, olives, toasted dukkah</i>	VE, GFA	£16
WITH TEMPURA JACKFRUIT	VE	£17
WITH CAJUN CHICKEN		£18
WITH HALLOUMI	V	£18
WITH GARLIC & LEMON KING PRAWNS		£19

KIDS MENU ** served with fries & garden peas*

CHICKEN GOUJONS *	GFA	£8.5
PORK SAUSAGES *		£8.5
JUMBO FISH FINGER *	GFA	£8.5
BEEF OR HALLOUMI BURGER *	GFA	£8.5
SPAGHETTI BOLOGNESE & GRATED CHEESE		£8.5

SUNDAY ROASTS *(subject to availability)*

All roasts are served with roast potatoes, Yorkshire pudding, cauliflower cheese, honey roasted parsnip, braised red cabbage, carrot & swede puree, traditional spring greens & delicious gravy

TURKEY CROWN <i>Cranberry & apricot stuffing</i>	GFA	£16
LOIN OF PORK <i>Crackling, cranberry & apricot stuffing</i>	GFA	£17
TOPSIDE OF WESTCOUNTRY BEEF	GFA	£18
LEG OF LAMB	GFA	£19
ROCK INN NUT ROAST	VEA, GFA	£16
JUNIOR PORTION	GFA	£10

BURGERS

All burgers served with baby gem, tomato, red onion & slaw	GFA	
6OZ BEEFBURGER <i>Cheddar cheese, chunky chips, burger sauce</i>		£16
EXTRA BEEF PATTY		£3
MOVING MOUNTAINS VEGAN BURGER <i>Vegan cheese, vegan garlic & herb mayo, vegan slaw, skinny fries</i>	VE	£16
6OZ VENISON & WILD BOAR BURGER <i>Blue cheese, chunky chips, garlic aioli</i>		£16
EXTRA VENISON PATTY		£3
HALLOUMI BURGER <i>Sweet chilli dip, skinny fries</i>	V	£16

SIDES

GARLIC BREAD	GFA	£5
CHEESY GARLIC BREAD	GFA	£6
CHUNKY CHIPS / SKINNY FRIES	GFA	£5.5
CURLY FRIES		£6
CHIPS & CHEESE	GFA	£6.5
HOUSE SIDE SALAD		£6
SEASONAL VEGETABLES		£5
ONION RINGS		£5

DESSERTS ** kids portions available*

SALTED CHOCOLATE FUDGE BROWNIE * <i>Chocolate sauce, vanilla ice cream</i>	GFA	£7.5
STICKY TOFFEE PUDDING * <i>Butterscotch sauce, honeycomb ice cream</i>	GFA	£7.5
BANOFFEE CHEESECAKE <i>Vanilla ice cream, caramelised banana</i>		£8
ORANGE MARMALADE BRULEE <i>Ginger shortbread</i>		£8
ROCK INN SUNDAE * <i>Vanilla ice cream, whipped cream, marshmallows, chocolate brownie, chocolate sauce</i>		£8
ICE CREAMS - PER SCOOP <i>Vanilla, chocolate, strawberry, honeycomb, vegan vanilla</i>	GFA, VEA	£2

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