



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

Crusty bread

V, GFA £7

PAN-SEARED TIGER PRAWNS

Lemon & garlic parsley

GFA £10

BUFFALO CAULIFLOWER WINGS

Sriracha mayo, picked veg

VE, GF £8

HALLOUMI FRIES

Sweet chilli dip

V, GFA £9

SALT & PEPPER CHILLI SQUID

Baby leaf, soy & ginger dressing

GFA £10

MIXED DELI SHARING BOARD

Chorizo, salami & parma ham, anchovies, hummus, halloumi bites, olives, feta stuffed peppers, chillis, pickles, gherkins, salad, assorted bread & oils

GFA £24

1/2 RACK OF SLOW COOKED BBQ RIBS

Mixed leaves

GF £10

MAIN COURSES

ROCK INN BOUILLABAISSE

Fish of the day - served with clams and samphire in a tomato and orange based fish stew with crusty bread

GFA £25

SLOW-COOKED BBQ RIBS

Mixed leaf salad, skinny fries, coleslaw

GFA £24

SLOW ROASTED BELLY OF PORK

Colcannon mash, savoy cabbage & bacon, seasonal greens, crispy kale, apple & thyme puree, cider & grain mustard jus

GF £24

DRESSED 'LEE BAY' CRAB SALAD

Skinny fries, crusty bread, garlic aioli

GFA £20

VEGAN PENANG CURRY

Coriander rice, mango chutney, naan bread, poppadum

VE, GFA £16

CHICKEN TIKKA MASALA

Coriander rice, mango chutney, naan bread, poppadum

GFA £18

TRIBUTE BATTERED FISH & CHIPS

Mushy peas, dressed leaves

GFA £18

WHOLETAIL BREADED SCAMPI

Skinny fries, dressed leaves, garden peas

£18

8oz WESTCOUNTRY SIRLOIN STEAK

Tomato & mushroom, chunky chips, salad, peppercorn sauce

GFA £29

ROCK INN LINGUINE

WITH WILD MUSHROOM

VEA £16

WITH BOLOGNESE & PARMESAN SHAVINGS

£17

WITH SEAFOOD, CHILLI, GARLIC & WHITE WINE

£19

ROCK INN FISH PIE

Salmon, cod, haddock & king prawn served with cheesy mash, sauteed vegetables & crusty bread

GFA £21

STEAK & OTTER ALE PIE

Puff pastry & sauteed vegetables, served with either creamy mash OR chips

£18

SALAD

ROCK INN SALAD BOWL

Baby leaf, pickled red cabbage, edamame beans, beetroot, cherry tomatoes, olives, toasted dukkah

VE, GFA £16

WITH BUFFALO CAULIFLOWER

VE £17

WITH CAJUN CHICKEN

£18

WITH HALLOUMI

V £18

WITH GARLIC & LEMON KING PRAWNS

£19

BURGERS

All burgers served with baby gem, tomato, red onion & slaw

GFA

6oz BEEFBURGER

Cheddar cheese, chunky chips, burger sauce

£16

MOVING MOUNTAINS VEGAN BURGER

Vegan cheese, vegan garlic & herb mayo, vegan slaw, skinny fries

VE £16

SPANISH BURGER

Pork & chorizo patty, manchego cheese, serrano ham, garlic aioli, chunky chips

£17

6oz VENISON & WILD BOAR BURGER

Blue cheese, chunky chips, garlic aioli

£16

CAJUN CHICKEN BURGER

Skinny fries

£16

ADD CHEESE

£1

EXTRA PATTY FOR ABOVE BURGERS

£3

HALLOUMI BURGER

Sweet chilli dip, skinny fries

V £16

UPGRADE TO CURLY FRIES

£1

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

SPAGHETTI & GRATED CHEESE

£6.5

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 *

Chocolate sauce, vanilla ice cream

GFA £8

STICKY TOFFEE PUDDING *

Butterscotch sauce, honeycomb ice cream

GFA £8

BANOFFEE CHEESECAKE

Vanilla ice cream, caramelised banana

£8

ORANGE MARMALADE BRULEE

Ginger shortbread

£8

ROCK INN SUNDAE *

Vanilla ice cream, whipped cream, marshmallows, chocolate brownie, chocolate sauce

£8

ICE CREAMS - PER SCOOP

Vanilla, chocolate, strawberry, honeycomb, vegan vanilla

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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