

The ROCKMOUNT

RESTAURANT & BAR

Nibbles & To Share

Sourdough Bread, Olive Oil & Balsamic	£3
Our Own Marinated Olives	£2.95
Whitebait with Tartare Sauce	£5.00
Chorizo Scotch Egg with HP Sauce	£4.90
Halloumi Fries with Spiced Tomato & Mango	£4.50
Salsa Courgette Frites	£4
Homemade Onion Rings	£3.50
Homemade Garlic Bread	£3.50

Side Orders

Seasonal Side Salad	£3.50
Hand Cut Chips or Fries	£3.50
Sweet Potato Fries	£4
Mashed or New Potatoes	£3.30
Sauteed Kale	£3.30
Homemade Coleslaw	£3.30
Green Beans	£3.30

Starters

Homemade Soup of the Day with Freshly Baked Bread (GFO) £5.50
Twice Baked Goats Cheese Soufflé , Creamed Leeks & Grated Vegetarian Parmesan (V) £6.50 add crab £1.50
Salmon Plate with Local Smoked Salmon, Poached Salmon, Caper Berries, Pickled Red Onion, Watercress Salad & Toast £8
Field Mushrooms Sautéed in Garlic with Red Wine Jus & Cream Sauce on Toasted Sourdough (Add Fried Local Duck Egg for Extra £1.50) (GFO) £6
Fried Coconut King Prawns (5) with Lime Aioli, Crispy Vegetable Salad (GFO) £7.80
Baked Beetroot Falafel with Spinach Hummus, Crunchy Vegetable Salad and Toasted Pitta Bread (V) £6.50
Local Oysters served with Shallot Vinegar and Lemon (6) £9

Mains

½ Chicken Roasted in Garlic Butter served with Hand Cut Chips, Salad & Coleslaw (GF) £13
Cobo Butcher "Rockmount" Sausages & Spring Onion Mash , Caramelized Onion Gravy & Peas £12
Monty's' Beer Battered Fish with Hand Cut Chips , Crushed Green Peas & Tartare Sauce £12.50
Buttermilk Fried Chicken Burger served on a Sourdough Bun with Baby Gem, Tomatoes, Pickles, Jalapeño Mayo & Hand Cut Chips or Fries £12
Lentil, Walnut and Brown Rice Burger on a Toasted Senners Bun served with Coriander Hummus, Mixed Dressed Salad & Hand Cut Chips or Fries (V) £11.95
Pan Fried Local Scallops with Pancetta served with Roasted Sweet Potatoes, Samphire and Sweet Chilli Jam (GF) £16
Pan Fried Fillets of Brill with Creamy Herb Fregola, Local Asparagus, Peas and Fennel Remoulade (GF) £16
Potato Gnocchi with Roasted Butternut Squash, Cavolo Nero, Grilled Peaches, Feta, Cashew Nuts, Crispy Sage & Grated Veggie Parmesan (v) £11
Lamb Chops served with Pesto Mash, Caponata and Rosemary Jus (GF) £18
Mussels (Marinière with Cream OR Thai Green Curry) served with Fries or Bread (GFO) £11.50
Green Risotto with Peas, Local Asparagus, Wild Garlic, Broad Beans, Tenderstem Broccoli, Goats Cheese & Pine Nuts (V) £11
Rocquettes Roast Ham with Fried Free-Range Eggs & Chips (GF) £11
Seafood Linguini in a Cherry Tomato, Chilli and Basil Sauce with Samphire, Prawns, White Crab Meat, Cod, Calamari & Parmesan Shavings £16

Rocky Pies

**Please allow 15 to 20 minutes cooking time on all of our homemade Pies*
All served with a choice of either Mash or Hand Cut Chips & Broccoli, Peas or Savoy Cabbage

Steak & Oyster Mushroom Pie in Suet Pastry £12.50
Chicken & Leek Pie in Shortcrust Pastry £12.50
Creamy Root Vegetable, Wholegrain Mustard and Guernsey Cheddar Pot Pie with a Puff Pastry Lid (v) £12

From the Grill

Chargrilled 8oz Steaks cooked to your liking & served with Roasted Tomatoes
Hand Cut Chips or Fries and a Choice of Fiery Crayfish Butter, Garlic Butter, Gravy, Blue Cheese Sauce, Peppercorn Sauce or Diane Sauce

Sirloin Steak (GF) £18
Fillet Steak (GF) £21
Ribeye Steak (GF) £19

Ground Beef Burger on a Toasted Senners Bun Served with Baby Gem, Sliced Plum Tomatoes, Swiss-Cheese, Pickle, Crispy Pancetta, Coleslaw served with Hand Cut Chips or Fries £10.50
 Add Sweet Potato Fries instead of Hand Cut Chips or Fries £1
 Add Fried Egg £1 Sautéed Mushrooms £0.80 Fried Onions £0.80 Blue Cheese £1 Garlic King Prawns £1.50 Onion Rings £1

**Please note that the Beef Burger is served well done due to Environmental Health Regulations*

Pizza (12 inch)

All with Tomato Sauce & Mozzarella

Margarita (V)	£8.50	Pepperoni	£9.90
Blue Cheese, Fig & Balsamic Onions (V)	£9.10	Ham & Pineapple	£9.30
Mushroom, Garlic Butter & Parsley (V)	£8.90	Chilli King Prawn & Rocket Pizza	£11.30
BBQ Pulled Pork	£9.90	Hot & Spicy Chicken	£9.90
Meatfeast – Pepperoni, Chicken, Pork & Chorizo	£10.20	Vegan- Roasted Veg and Tomato	£8.10

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Salads

- Glazed Goats Cheese & Beetroot Salad** with Candied Walnuts & Balsamic Dressing (V)(GF) (s) £7 (m) £9.50
King Prawn Cocktail Roast Fennel, Avocado & Marie Rose Sauce (GF) (s) £7.50 (m) £11.50
Guernsey Crab & Avocado Mixed Leaves in a Lemon Dressing (GF) (s) £8 (m) £12
Chicken Caesar with Croutons, Parmesan & Anchovy Dressing (GFO) £10.90
King Prawn Caesar with Croutons, Parmesan & Anchovy Dressing (GFO) £12
Tuna Nicoise with a Soft-Boiled Egg & Wholegrain Mustard Dressing £14

Sandwiches

Available for Lunch only

All served with Salad, Coleslaw and Crisps (Replace with Chips or Fries for £1.50)

- Club Sandwich** with Crispy Bacon, Chicken, Mayo, Salad & French Fries £10
Sirloin Steak Sandwich served in Ciabatta with Caramelized Onions & French Fries £12
Pulled Pork with BBQ sauce on Toasted Sourdough Bun £10
Picked Guernsey Crab in Lemon Marie Rose Sauce with Rocket Salad £8.50
Fish Finger Sandwich Goujons of Local Fish with Tartare Sauce & Crunchy Leaves £7.50
Chargrilled Vegetable, Avocado Puree & Feta on Toasted Sourdough, Rocket (V) £7
Smoked Ham, Cream Cheese and Watercress £6.90
Buffalo Mozzarella, Spinach and Sundried Tomato Pesto (V) £6.50
Chicken & Avocado £7
**Gluten Free Bread Available*

Children's Menu

Available for children under the age of 12 only

£6.50 with a Scoop of Ice cream and Shortbread Biscuit for Dessert

Margarita Pizza

- Homemade Fish Fingers** with Fries & Peas
Crunchy Chicken Strips with Fries & Salad
Sausage & Mash with Peas and Gravy
Pasta with Tomato Sauce or Creamy Cheese
Mini Fish & Chips with Peas
Mini Burger with Fries and Peas
Ham, Egg & Chips

Desserts

- Lemon Posset** with Raspberries and White Chocolate Shortbread £6.50
Cheesecake of the Day £7
Rocky Chocolate Brownie with White Chocolate Ice Cream £6.50
Sticky Toffee Pudding with Toffee Sauce and Vanilla Ice Cream £7
Rocky Mess with Stewed Rhubarb, Pistachio Cake, Meringue and Whipped Double Cream (GF) £6
Two Scoops of Our Homemade Ice Creams or Sorbets served with Shortbread Biscuit (GFO) £4.65
Ice Creams: Vanilla Bean, Chocolate, Raspberry Ripple, White Chocolate, Cookie Dough
Salted Caramel, Fresh Mint & Dark Chocolate, Banana, Strawberries & Clotted Cream
Sorbet Options: Raspberry, Mango, Lemon & Yoghurt
Cheese Board served with Grapes, Celery, Crackers & Homemade Chutney (GFO) £7

Coffee/Hot Drinks

- Espresso £1.95
Double Espresso £2.85
Americano £2.10
Flat white £2.45
Latte £2.45

- Cappuccino £2.55
Macchiato £2.05
Mocha £2.85
Hot Chocolate £2.45
Baileys Hot Chocolate £5.25

- Liqueur Coffees £5.45
Irish (*Jameson*), Baileys, French (*Grand Marnier*), Jamaican (*Lambs and Tia Maria*), Calyspo (*Tia Maria*), Seville (*Cointreau*), Italian Classic (*Disaronno*)

Add Vanilla, Hazelnut or Caramel Syrups for 60p

Pot of English Breakfast Tea £1.95 Pot of Herbal Tea £2.25

Herbal Teas: Blackcurrant + Acai Berry, Chamomile, Green Tea, Earl Gray, Lemon + Ginger, Peppermint, Redbush, Wildberry, Decaffeinated

NB-All produce is locally sourced where possible and cooked fresh to order, during busy periods this can take up to 30 minutes, so please be patient with us-we promise it will be worth the wait! Please mention any food allergies to our staff who will be happy to advise you on options. Vegan? Ask about our vegan menu.

We hope that you enjoy your meal at The Rockmount, if you do please tell everyone, if you don't, please tell us.

Visit us at www.therocky.gg or contact us on 01481 252778 or info@therocky.gg

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***GFO – Gluten Free Option**

***GF – Gluten Free**

***V - Vegetarian**