

The ROCKMOUNT

RESTAURANT & BAR

Monday - Saturday Menu

Nibbles and To Share

Sourdough Bread, Olive Oil and Balsamic	£3.50
Our Own Marinated Olives	£3
Whitebait with Tartare Sauce	£5
Chorizo Scotch Egg with HP Sauce	£5
Halloumi Fries with Spiced Tomato and Mango	£4.50
Courgette Frites	£4.25
Homemade Onion Rings	£4
Homemade Garlic Bread	£3.50

Salads

Grilled Halloumi, Peach and Courgette Salad* with Pickled Fennel, Toasted Cashew Nuts, Peach and White Balsamic Vinaigrette (V)	(s) £7.50 (m) £11
King Prawn Cocktail with Roast Fennel, Avocado and Marie Rose Sauce (GF)	(s) £8 (m) £13
Guernsey Crab and Avocado Mixed Leaves in a Lemon Dressing (GF)	(s) £8.50 (m) £14
Chicken Caesar with Croutons, Parmesan and Anchovy Dressing (GFO)	£12
King Prawn Caesar with Croutons, Parmesan and Anchovy Dressing (GFO)	£13
Salad of the Day	POA

Side Orders

Seasonal Side Salad	£3.50
Hand Cut Chips or Fries	£3.50
Sweet Potato Fries	£4.50
Mashed or New Potatoes	£3.50
Sauteed Kale	£3.50
Homemade Coleslaw	£3.50
Green Beans	£3.50

Starters

Homemade Soup of the Day with Freshly Baked Bread (GFO)	£5.50
Twice Baked Goats Cheese Soufflé , Creamed Leeks and Grated Vegetarian Parmesan (V)	£6.50
<i>Add Crab for Extra £1.50</i>	
Seafood Plate with Smoked Salmon, Beetroot Cured Cod, Local Crab Meat, Greenland Prawns, an Oyster, Shallot Vinegar and Citrus Mayo	£10.50
Field Mushrooms sautéed in Garlic with Red Wine Jus and Cream Sauce on Toasted Sourdough	£6.50
<i>Add Fried Local Duck Egg £1.50 (GFO)</i>	
Tempura King Prawns (5) with Sweet Chilli Sauce and Crispy Vegetable Salad (GFO)	£8
Pea, Mint and Feta Arancini , Lemon and Garlic Mayo (V)	£6.50
Local Oysters (6) served with Shallot Vinegar and Lemon	£9

Mains

½ Chicken Roasted in Garlic Butter served with Hand Cut Chips, Salad and Coleslaw (GF)	£13.50
Cobo Butcher's Sausages (please ask for today's flavours) with Spring Onion Mash, Caramelized Onion Gravy and Peas	£12
Monty's Beer Battered Fish with Hand Cut Chips, Crushed Green Peas and Tartare Sauce	£12.50
Ribs with Chips or Fries and Slaw	£11
Buttermilk Fried Chicken Burger served on a Sourdough Bun with Baby Gem, Tomatoes, Pickles, Sriracha Mayo and Hand Cut Chips or Fries	£13
Lentil, Walnut and Brown Rice Burger* on a Toasted Seeded Bun served with Coriander Hummus, Mixed Dressed Leaf Salad and Hand Cut Chips or Fries (V)	£12
Scallops wrapped in Pancetta with Pea Purée, Sautéed New Potatoes, Samphire, Mint and Lemon Butter (GF)	£16
Pan Fried Fillets of Brill with Crab Crushed New Potatoes, Spinach, Asparagus and Sauce Vierge (GF)	£17
Guernsey Cheddar Gnocchi* with Roasted Butternut Squash, Spinach, Crispy Sage, Toasted Walnuts and Vegetarian Parmesan (V)	£11
Lamb Chops served with Sautéed New Potatoes, Chorizo, Broad Beans, Courgettes, Peas and Mint Jus (GF)	£18
Mussels (Marinière with Cream OR Thai Green Curry) served with Fries or Bread (GFO)	£11.50
Rocquettes Roast Ham with Fried Free-Range Eggs and Chips (GF)	£11.50
Teriyaki Salmon Fillet with Avocado Sushi Rice, Wilted Pak Choi and Soy Dressing	£13
Chicken Parmesan , Crispy Breaded Chicken Breast topped with Bechamel Sauce and Grated Cheese, Coleslaw, Garlic Mayonnaise, Chips or Fries	£11
Hot Shot Chicken Parmesan , as above but with Pepperoni and Jalapeños added on top	£12
Tagliatelle with Fresh Chilli, Garlic, Courgettes and Black Olives topped with Rocket Parmesan Salad (V)	£11

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

From the Grill

Chargrilled 8oz Steaks cooked to your liking and 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)	£19
Fillet Steak (GF)	£24
Ribeye Steak (GF)	£20
Ground Beef Burger on a Toasted Seeded Bun served with Baby Gem, Sliced Plum Tomatoes, Swiss-Cheese, Pickle, Crispy Pancetta, Coleslaw served with Hand Cut Chips or Fries	£13
<i>Add Sweet Potato Fries instead of Hand Cut Chips or Fries £1</i>	
<i>Add Fried Egg £1, Sautéed Mushrooms £0.80, Fried Onions £0.80, Blue Cheese £1, Garlic King Prawns £1.50, Onion Rings £1</i>	

Lentil, Walnut and Brown Rice Burger* on a Toasted Seeded Bun served with Coriander Hummus, Mixed Dressed Leaf Salad and Hand Cut Chips or Fries (V)	£12
Guernsey Crab and Avocado Salad , Mixed Leaves in a Lemon Dressing (GF)	£14
Chicken and Avocado Sandwich	£8
Margarita Pizza (V)	£8.60
Pepperoni Pizza	£9.90

Pizza (12 inch)

(10 inch GF pizzas available)	
All with Tomato Sauce and Mozzarella	
Margarita (V)	£8.60
Pepperoni	£9.90
Blue Cheese, Fig and Balsamic Onions (V)	£8.90
Ham and Pineapple	£9.40
Mushroom, Garlic Butter and Parsley (V)	£9
Chilli King Prawn and Rocket	£11.50
BBQ Pulled Pork	£10
Hot and Spicy Chicken	£10
Meatfeast – Pepperoni, Chicken, Pork and Chorizo	£11
Vegan – Roasted Veg and Tomato (without Mozzarella)	£8.50

Rocky Pies and Pasties

Please allow 15 to 20 minutes cooking time on all of our Homemade Pies

The first two pies are served with a choice of either Mash or Hand Cut Chips and Broccoli, Peas or Savoy Cabbage

Steak and Oyster Mushroom Pie in Suet Pastry	£13
Chicken, Ham Hock and Leek Pasty	£12.50
Lentil Shepherds Pie served with Seasonal Vegetables (V)	£10

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	£10
Sirloin Steak Sandwich served in Ciabatta with Caramelized Onions	£12
Pulled Pork with BBQ Sauce on Toasted Sourdough Bun	£11
Picked Guernsey Crab in Lemon Marie Rose Sauce with Rocket Salad	£9
Fish Finger Sandwich Goujons of Local Fish with Tartare Sauce and Crunchy Leaves	£8
Chargrilled Vegetable, Avocado Puree and Feta on Toasted Sourdough, Rocket (V)	£7
Chicken and Avocado	£8

Gluten Free Bread Available

Afternoon and Terrace Menu

Served: Monday - Saturday 12.00pm - 9.00pm

If sitting outside, note your table number then please order and pay at the bar

Bucket List

All served with Fries	
Whitebait with Tartare Sauce	£7.50
Battered Courgette with Yoghurt Dip	£7
Crispy Fried Chicken with Sweet Chilli Sauce	£8

Sides

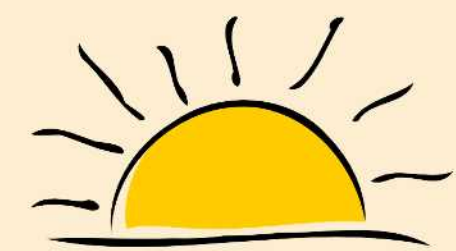
Bread, Olive Oil and Balsamic	£3.50
Garlic Bread	£3.50
Sweet Potato Fries	£4.50
Seasonal Side Salad	£3.50
Hand Cut Chips or Fries	£3.50

A La Carte

Homemade Soup of the Day with Freshly Baked Bread (GFO)	£5.50
Monty's Beer Battered Fish with Hand Cut Chips, Crushed Green Peas	£12.50
Ground Beef Burger on a Toasted Seeded Bun served with Baby Gem, Sliced Plum Tomatoes, Swiss-Cheese, Pickle, Crispy Pancetta, Coleslaw served with Hand Cut Chips or Fries	£13
<i>Add Sweet Potato Fries instead of Hand Cut Chips or Fries £1</i>	
Lentil, Walnut and Brown Rice Burger* on a Toasted Seeded Bun served with Coriander Hummus, Mixed Dressed Leaf Salad and Hand Cut Chips or Fries (V)	£12
Guernsey Crab and Avocado Salad , Mixed Leaves in a Lemon Dressing (GF)	£14
Chicken and Avocado Sandwich	£8
Margarita Pizza (V)	£8.60
Pepperoni Pizza	£9.90

Coffee, Tea and Cake

Homemade Cake with Prosecco	£7.50
Homemade Cake with Tea or Coffee	£4.50
Homemade Scone with Jam and Cream, Homemade Cake of the Day*	



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Children's Menu

Available for children under the age of 12 only

With a Scoop of Ice Cream and Shortbread Biscuit for Dessert £6.50



Margarita Pizza

Homemade Fish Fingers with Fries and Peas

Crunchy Chicken Strips with Fries and Salad

Sausage and Mash with Peas and Gravy

Tagliatelle in Tomato Sauce with Grated Cheese

Mini Fish and Chips with Peas

Ham, Egg and Chips

Mini Burger with Fries and Peas



Desserts

Brûléed Citrus Tart* with Raspberry Ripple Ice Cream (GF)	£6.50
Cheesecake of the Day*	£7
Salted Caramel Brownie with Chocolate Fudge Ice Cream (GF)	£6.50
Sticky Toffee Pudding with Toffee Sauce and Clotted Cream or Vanilla Ice Cream	£7
Rockmount Mess with Blueberries, Lime Curd, Vanilla Guernsey Cream, Meringue, Berry Compote (GFO)	£6
Two Scoops of Our Homemade Ice Creams or Sorbets served with Shortbread Biscuit (GFO)	£4.65
<i>Ice Creams:</i> Vanilla Bean, Chocolate, Raspberry Ripple, White Chocolate, Cookie Dough, Chocolate Fudge, Fresh Mint and Dark Chocolate	
<i>Sorbet Options:</i> Raspberry, Mango, Lemon and Yoghurt, Passionfruit, Coconut	
Cheese Board served with Grapes, Celery, Crackers and Homemade Chutney (GFO)	£7

Coffee/Hot Drinks

Espresso	£1.95	Liqueur Coffees	£5.65
Double Espresso	£2.85	Irish (<i>Jameson</i>), Baileys, French (<i>Grand Marnier</i>), Jamaican (<i>Lambs and Tia Maria</i>), Calyspo (<i>Tia Maria</i>), Seville (<i>Cointreau</i>), Italian Classic (<i>Disaronno</i>)	
Americano	£2.10	Pot of English Breakfast Tea	£1.95
Flat White	£2.45	Pot of Herbal Tea	£2.25
Latte	£2.45	<i>Herbal Teas:</i> Blackcurrant + Acai Berry, Chamomile, Green Tea, Earl Gray, Lemon + Ginger, Peppermint, Redbush, Wildberry, Decaffeinated	
Cappuccino	£2.55		
Macchiato	£2.05		
Mocha	£2.85		
Hot Chocolate	£2.45		
Baileys Hot Chocolate	£5.25		
<i>Add Vanilla, Hazelnut* or Caramel Syrups for 60p</i>			

Coffee and Cake *Served until 5.00pm*


Homemade Cake with Tea or Coffee	£4.50
Homemade Cake with Prosecco	£7.50



Cakes Menu

Homemade Cake of the Day*

Homemade Scone with Jam and Cream



Teas and Coffees

Espresso, Double Espresso, Americano, Flat White, Latte, Cappuccino, Macchiato, Mocha

Hot Chocolate

Pot of English Breakfast Tea, Pot of Herbal Tea

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

Vegan Menu

Starters

Tempura Vegetables with a Sweet Chilli Dip	£5
Soup of the Day with Toasted Sourdough (GFO)	£5.50

Mains

Kale, Avocado, Peach and Hazelnut Salad* with Vegan Cheese	£7
Vegan Pizza* with Chargrilled Vegetables, Pesto and Rocket	£8.50
Lentil Shepherds Pie with Seasonal Veg*	£10

Desserts

Two Scoops of Vegan Ice Creams or Sorbets	£4.65
<i>Vegan Ice Creams:</i> Vanilla or Chocolate	
<i>Sorbets:</i> Raspberry, Mango or Coconut	
Raspberry and Almond Frangipane Tart* with Vegan Vanilla Ice Cream	£6.50

Please allow a 15 minute cooking time for this dish

Please check the website for our **SUNDAY LUNCH MENU** served 12-3pm

Winter Time

Lunch
Monday to Friday: 12-2.30pm
Saturday and Sunday: 12-3pm

Dinner
Monday to Thursday: 6-9pm
Friday and Saturday: 6-9.30pm

Summer Time

Lunch
Monday to Friday: 12-2.30pm
Saturday and Sunday: 12-3pm

Dinner
Monday to Saturday: 6-9.30pm
Sunday: 5-8.30pm

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 Follow us on Facebook @The_Rockmount

GFO – Gluten Free Option GF – Gluten Free V - Vegetarian Our kitchen is not a nut free kitchen *may contain nuts.