

LUNCH: 12-2.30PM, SAT 12-3PM. DINNER: 5.30-9PM.



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Côbo Coast Rd, Guernsey GY5 7HB

THE ROCKY

FOOD MENU



STARTERS & NIBBLES

SOURDOUGH BREAD Olive oil & balsamic	£4.95
OUR OWN MARINATED OLIVES	£4
HOMEMADE SOUP OF THE DAY Freshly baked bread (gfo, vgo)	£6.5
SMOKED GUERNSEY CHEDDAR & SPRING ONION SOUFFLE Creamed spinach, grated vegetarian parmesan, toasted hazelnuts (v)	£8 Add Crab - £2.5
FIELD MUSHROOMS Sautéed in garlic, red wine jus, cream sauce, toasted sourdough (gfo)	£9 Add Fried Local Duck Egg - £1.8
SEAFOOD PLATE Smoked salmon, local crab meat, Greenland prawns, oyster, shallot vinegar & citrus mayo, bread & butter (gf, gfo)	£15
TEMPURA PRAWNS (5) Sweet chilli sauce, crispy vegetable salad (gfo)	£10
LOCAL OYSTERS (6) Shallot vinegar & lemon (gf)	£11
HALLOUMI FRIES Spiced tomato & mango salsa (v)	£7
APPLE, BLACK PUDDING & PORK SCOTCH EGG HP sauce	£8
WHITEBAIT tartare sauce	£6.85
TEMPURA VEGETABLES Sweet chili sauce (vg, gfo)	£7



SALADS

GUERNSEY CRAB Avocado, mixed leaves, lemon dressing (gf)	(s) £13 (m) £18.5
KING PRAWN COCKTAIL Roast fennel, avocado, marie rose sauce (gf)	(s) £10 (m) £15
GRILLED HALLOUMI & QUINOA SALAD Orange, pomegranate, spinach, pickled red onion, avocado, toasted seeds, lemon dressing (v, gf)	(s) £9 (m) £13
CHICKEN CAESAR Croutons, parmesan, pancetta, anchovy dressing	£14
KING PRAWN CAESAR Croutons, parmesan, pancetta, anchovy dressing	£15
CHICK PEA SALAD Pickled onions, cherry tomatoes, roasted red peppers, toasted seeds, herbs, harissa & lemon dressing (v)	(s) £8.5 (m) £12 Add Feta - £1.5

ROCKY CLASSICS

MONTY'S BEER BATTERED FISH Hand cut chips, crushed green peas, tartare sauce (gfo)	£15.95	CHICKEN PARMESAN Crispy breaded chicken breast topped with béchamel sauce & grated cheese, garlic mayo, fries	£14 Add Coleslaw - £1.5
ROCQUETTES ROAST HAM Fried free range egg, chips (gfo)	£13.5	HOT SHOT CHICKEN PARMESAN Crispy breaded chicken breast topped with bechamel sauce & grated cheese, pepperoni, jalapenos, garlic mayo, fries	£15 Add Coleslaw - £1.5
HALF CHICKEN Roasted in garlic butter, hand cut chips, salad (gfo)	£16 Add Coleslaw - £1.5		
COBO BUTCHER'S SAUSAGES (Please ask for today's flavours) Spring onion mash, caramelized onion gravy, peas	£12.5		
STEAK & OYSTER MUSHROOM PIE (Please allow 15-20 mins cooking time) Choice of mash or hand cut chips, broccoli, peas or savoy	£14.9		

CHECK OUT OUR DAILY SPECIALS BOARD OR ASK A MEMBER OF STAFF!

MAINS

KOREAN STYLE STICKY RIBS Coleslaw, chips or fries (gfo)	£15.5	LAMB CHOPS Smashed sweet potato, green beans, crispy kale, minted jus (gf)	£21.95
SCALLOPS Wrapped in pancetta, curried parsnip puree, sea greens, sauteed new potatoes, minted lemon butter (gf)	£21	MOULES MARINIERE With cream or Thai green curry, fries or bread (gfo)	£15
FILLETS OF SEA BASS Crab crushed potatoes, spinach, sauce vierge, crispy kale (gf)	£20	TAGLIATELLE Sundried tomato pesto, olives, chilli, courgette ribbons, feta cheese, toasted pine nuts (vgno)	£14
GUERNSEY CHEDDAR GNOCCHI Roasted squash, spinach, toasted walnuts, wild mushrooms, sage, vegetarian parmesan (v)	£13.5		



CHARGRILLED 8oz STEAKS

Cooked to your liking & served with roast tomatoes, hand cut chips or French fries.

FILLET STEAK (gf)	£29	RIBEYE STEAK (gf)	£25
Add			
Garlic Butter	£2	Peppercorn	£2.5
Fiery Crayfish Butter	£2.5	Diane	£2.5
		Blue Cheese	£2.5
		Gravy	£2

SIDES

SEASONAL SIDE SALAD	£4	HAND CUTS CHIPS OR FRIES	£5
GARLIC BREAD	£4	SWEET POTATO FRIES	£6
GARLIC BREAD & CHEESE	£5.8	HALLOUMI FRIES	£7
ONION RINGS	£4.5	MASHED OR NEW POTATOES	£4.5
COURGETTE FRITES (gfo)	£5	HOMEMADE COLESLAW	£4
		GREEN BEANS	£4.5



BURGERS

(gfo available)

BEEF BURGER (gfo) <i>The Original BEEF</i>	£15
Baby gem, plum tomato, Swiss cheese, crispy pancetta, pickle on a toasted seeded bun, hand cuts or fries	
Add Fried Egg	£1.8
Add Mushrooms	£1.5
Add Fried Onions	£1.5
Add Coleslaw	£1.5
Add Blue Cheese	£1.8
Add Garlic King Prawns	£2.5
<i>*Please note that the Beef Burger is served well done due to Environmental Health Regulations</i>	

BUTTERMILK FRIED CHICKEN BURGER (gfo)



£15	
Honey mustard mayo, baby gem, plum tomato, pickle on a toasted sourdough bun, hand cuts or fries	
Add Coleslaw	£1.5

VEGAN BURGER (gfo)



£14.5	
Sriracha "mayo", baby gem, plum tomato, pickle, on a toasted seeded bun, hand cuts or fries	
Add Vegan Cheese	£1.8
Add Vegan Coleslaw	£1.5

Upgrades for all Burgers

Sweet Potato Fries	£2
Courgette Frites	£2
Halloumi Fries	£2.5



PIZZAS

10 inch (gf) pizzas available

All Served with tomato sauce & mozzarella

MARGARITA (v)	£10
PEPPERONI	£12
MUSHROOM Garlic butter & parsley (v)	£11
BBQ PULLED PORK	£12
MEAT FEAST Pepperoni, chicken, pulled pork & chorizo	£14
CHILLI KING PRAWN & ROCKET	£14
GOATS CHEESE Sweet potato, pine nuts, balsamic onions (v)	£11.5
VEGAN Roasted veg & tomato (without mozzarella) (vg)	£9.5 Add Vegan Cheese £1.8

Extra Toppings

Mushrooms	£1.5	King Prawns	£2.5
Pepperoni	£2	Jalapenos	£1.5
Chicken	£2	Chilli	£1.5
Pulled Pork	£2		

v - vegetarian
vg - vegan
gf - gluten free
gfo - gluten free option
vo - vegetarian option
vgo - vegan option

Our kitchen is not a nut free kitchen
*may contain nuts
Please note, (gfo) may not be suitable for coeliacs, please check when ordering your meal.



THE ROCKY

FOOD
MENU



AFTERNOON MENU: 12PM - 4.30PM.

STARTERS & NIBBLES

SOURDOUGH BREAD Olive oil & balsamic	£4.95
OUR OWN MARINATED OLIVES	£4
HALLOUMI FRIES Spiced tomato & mango salsa (v)	£7
HAND CUT CHIPS/FRIES	£5
SWEET POTATO FRIES	£6
GARLIC BREAD	£4
GARLIC BREAD WITH CHEESE	£5.8
COURGETTE FRITES (vg, gfo)	£5
SEAFOOD PLATE (gf, gfo) Smoked salmon, local crab meat, Greenland prawns, oyster, shallot vinegar & citrus mayo, bread & butter	£15

SANDWICHES

(All served with salad, coleslaw and crisps.)

UPGRADE TO FRIES OR CHIPS	£2
CLUB Crispy bacon, mayo, chicken, salad (gfo)	£11.5
SIRLOIN STEAK Caramelised onions & rocket served in a ciabatta	£14
PULLED PORK BBQ sauce served on a toasted sourdough bun	£12.5
FISH FINGER Tartare sauce & salad	£11
GUERNSEY CRAB In lemon marie rose with rocket (gfo)	£14
CHICKEN & AVOCADO (gfo)	£10.5
GRILLED AUBERGINE Sundried tomato, hummus, avocado, watercress, pine nuts (ve, gfo)	£9.5
Add Feta - £1.5	

MOULES MARINIÈRE

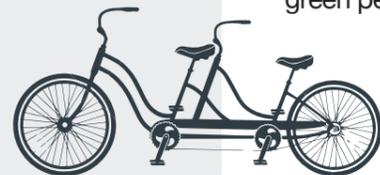
With cream or Thai green
curry, fries or bread (gfo)

£15

BEER BATTERED FISH & CHIPS

Hand cut chips, crushed
green peas, tartare sauce (gfo)

£15.95



BURGERS

(gfo available)

BEEF BURGER	£15
CHICKEN BURGER	£15
VEGAN BURGER	£14.5



PIZZAS

10 inch (gf) pizzas available

MARGARITA (V)	£10
PEPPERONI	£12
VEGAN	£9.5

DESSERTS

LUNCH: 12-2.30PM, SAT 12-3PM.
DINNER: 5.30-9PM.

OREO CHOCOLATE CHEESECAKE Coconut sorbet (vgo)	£7
STICKY TOFFEE PUDDING Toffee sauce, clotted cream or vanilla ice cream	£7.5
TRIPLE CHOCOLATE BROWNIE Warm with vanilla ice cream (gf)	£8
ROCKMOUNT MESS Meringue, stewed rhubarb, strawberries, vanilla custard, Guernsey double cream (gf, vgo)	£7
LEMON & LIME TART With coconut sorbet	£7
BANNOFFEE SUNDAE Peanut butter & caramel sauce, vanilla ice cream, caramel ice cream, banana, whipped cream, toffee fudge pieces (gf)*	£7.5
CHEESEBOARD (gfo)	£10

ICE CREAMS

TWO SCOOPS OF HOMEMADE ICE CREAM OR SORBET

With a shortbread biscuit (gfo)

ICE CREAM FLAVOURS

Vanilla, chocolate, white
chocolate, caramel, blackberry
ripple, marmalade, cookie dough
Also vegan vanilla & chocolate

SORBET FLAVOURS (vg)

Coconut, passionfruit, raspberry,
mango, lemon

£4

COFFEES/TEAS/LIQUEURS

COFFEE/ HOT DRINKS

ESPRESSO	£1.95
DOUBLE ESPRESSO	£2.1
AMERICANO	£2.1
FLAT WHITE	£2.55
LATTE	£2.55
CAPPUCCINO	£2.65
MACCHIATO	£2.05
MOCHA	£2.85
HOT CHOCOLATE	£2.85
BAILEYS HOT CHOCOLATE	£5.4

Add vanilla, hazelnut* or
caramel syrup 60p

LIQUEUR COFFEES

£6.1

Irish (Jameson)	
Baileys	
French (Grand Marnier)	
Jamaican (Lambs & Tia Maria)	
Calypso (Tia Maria)	
Seville (Cointreau)	
Italian Classic (Disaranno)	
POT OF ENGLISH BREAKFAST TEA	£1.95
POT OF HERBAL TEA	£2.25
HERBAL TEAS Chamomile Tea, Green Tea, Earl Grey, Lemon + Ginger, Peppermint, Redbush, Wildberry, Decaffeinated	



SERVED: 12-4.30PM

**HOMEMADE SCONES
WITH TEA OR COFFEE** £5

**HOMEMADE SCONES
WITH PROSECCO** £8

All products are locally sourced where possible & cooked fresh to order, during busy periods this can take up to 30 minutes, so please be patient with us. It will be worth the wait! Please mention any food allergies to our staff who will be happy to advise you with another option.

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

**SUNDAY SET
LUNCH MENU
AVAILABLE**

**KIDS MENU
AVAILABLE**

**DAILY SPECIALS
AVAILABLE**