

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



www.therocky.gg
info@therocky.gg
01481 252778

Côbo Coast Rd, Guernsey GY5 7HB

THE ROCKY

FOOD MENU



STARTERS & NIBBLES

- SOURDOUGH BREAD**
Olive oil & balsamic (gfo) £5
- OUR OWN MARINATED OLIVES** (gfo) £4
- HOMEMADE SOUP OF THE DAY**
Freshly baked bread (gfo, vgo) £7
- SMOKED GUERNSEY CHEDDAR & SPRING ONION SOUFFLE***
Creamed spinach, grated vegetarian parmesan, toasted hazelnuts (n, 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 (gfo) £15.5
- 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
- PORK & CHORIZO SCOTCH EGG**
HP sauce £8
- WHITEBAIT** tartare sauce £6.85
- TEMPURA VEGETABLES**
Sweet chilli sauce (vg, gfo) £7

SALADS

- GUERNSEY CRAB**
Avocado, mixed leaves, lemon dressing (gf) (s) £13 (m) £19
- 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, boiled egg, parmesan, pancetta, anchovy dressing £15
- CHICK PEA SALAD**
Pickled onions, cherry tomatoes, roasted red peppers, toasted seeds, herbs, harissa & lemon dressing (gf, 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) (small) £13 (large) £16
- ROCQUETTES ROAST HAM**
Fried free range egg, chips (gfo) £13.5
- 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 £14.9
Add Broccoli, Peas or Savoy - £1.5
- CHICKEN PARMESAN**
Crispy breaded chicken breast topped with béchamel sauce & grated cheese, garlic mayo, skin on fries £14
Add Coleslaw - £1.5
- HOT SHOT CHICKEN PARMESAN**
Crispy breaded chicken breast topped with béchamel sauce & grated cheese, pepperoni, jalapenos, garlic mayo, skin on fries £15
Add Coleslaw - £1.5

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

MAINS

- KOREAN STYLE STICKY RIBS**
Coleslaw, chips or skin on fries (gfo) £16
- SCALLOPS**
Wrapped in pancetta, curried parsnip puree, sea greens, sautéed new potatoes, minted lemon butter (gf) £21
- FILLETS OF SEA BASS**
Crab crushed potatoes, spinach, sauce vierge, crispy kale (gf) £20
- GUERNSEY CHEDDAR GNOCCHI***
Roasted squash, spinach, toasted walnuts, wild mushrooms, sage, vegetarian parmesan (n, v) £13.5
- LAMB CHOPS**
Smashed sweet potato, green beans, crispy kale, minted jus (gf) £22
- MOULES MARINIÈRE**
With cream or Thai green curry, skin on fries or bread (gfo) £15
- TAGLIATELLE**
Sundried tomato pesto, chilli, olives, feta, pine nuts £14



CHARGRILLED 8oz STEAKS

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

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

BURGERS

- (gfo available)
- BEEF BURGER** (gfo) *The Original BEEF* £15
Baby gem, plum tomato, Swiss cheese, crispy pancetta, pickle on a toasted seeded bun, hand cuts or skin on 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
**Please note that the Beef Burger is served well done due to Environmental Health Regulations*

BUTTERMILK FRIED CHICKEN BURGER

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

VEGAN BURGER

- £14.5
Sriracha "mayo", baby gem, plum tomato, pickle, on a toasted seeded bun, hand cuts or skin on 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 (n, 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
n - contains nuts

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 (gfo)	£5
OUR OWN MARINATED OLIVES (gfo)	£4
HALLOUMI FRIES Spiced tomato & mango salsa (v)	£7
HAND CUT CHIPS/SKIN ON FRIES	£5
SWEET POTATO FRIES	£6
GARLIC BREAD	£4
GARLIC BREAD WITH CHEESE	£5.8
COURGETTE FRITES (vg, gfo)	£5
SEAFOOD PLATE (gfo) Smoked salmon, local crab meat, Greenland prawns, oyster, shallot vinegar & citrus mayo, bread & butter	£15.5

SANDWICHES

(All served with salad, coleslaw and crisps.)

UPGRADE TO SKIN ON FRIES OR CHIPS	£2
CLUB Crispy bacon, mayo, chicken, salad (gfo)	£12
SIRLOIN STEAK Caramelised onions & rocket served in a ciabatta	£14
PULLED PORK BBQ sauce served on a toasted sourdough bun	£13
FISH FINGER Tartare sauce & salad	£11
GUERNSEY CRAB In lemon marie rose with rocket (gfo)	£14
CHICKEN & AVOCADO (gfo)	£11.5
GRILLED AUBERGINE* Sundried tomato, hummus, avocado, watercress, pine nuts (n,ve, gfo)	£9.5

Add Feta - £1.5

MOULES MARINIÈRE

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

£15



MONTYS BEER BATTERED FISH & CHIPS

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

(small) £13, (large) £16



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.

STICKY TOFFEE PUDDING* Toffee sauce, clotted cream or vanilla ice cream (n)	£8
BLACK FOREST CHOCOLATE BROWNIE Whipped cream and vanilla ice cream (gf)	£8
ROCKMOUNT MESS Meringue, clementine, cinnamon cream, honey roasted figs & pears, vanilla syrup	£7.5
CRANBERRY & WHITE CHOCOLATE CREME BRULEE Orange shortbread (gf)	£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