

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
- GUERNSEY CHEDDAR SOUFFLE***
Creamy garlic courgettes, grated vegetarian parmesan, toasted walnuts (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
- WHITEBAIT** Tartare sauce £6.85
- TEMPURA VEGETABLES**
Sweet chili sauce (vg, gfo) £7
- TURKEY, PORK & CHORIZO SCOTCH EGG**
Tomato chutney (vg, gfo) £8.5

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 SWEET POTATO SALAD**
Roasted yellow peppers, watercress, avocado, cherry tomatoes, coriander, dried cranberries, pumpkin seeds, herb vinaigrette (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
- HARISSA CAULIFLOWER & BEETROOT SALAD**
Spiced cous cous, chick peas, pickled shallots, toasted hazelnuts, turmeric, lemon & tahini honey dressing (vg) (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
- 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
- FISH PIE**
Guernsey cheddar mash, seasonal greens £15
- 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 £15
Add Broccoli, Peas or Savoy - £1.5



MAINS

- SCALLOPS**
Wrapped in pancetta, roasted squash puree, sautéed new potatoes with shallots, wild mushrooms, crispy sage, toasted hazelnut beurre noisette (gf) £21
- KOREAN STYLE STICKY RIBS**
Coleslaw, chips or skin on fries (gfo) £16
- LAMB CHOPS**
Roast garlic mash, minted baby carrots, crispy kale (gf) £23
- MOULES MARINIERE**
With cream or Thai green curry, skin on fries or bread (gfo) £15
- FILLETS OF SEA BASS**
Crushed potatoes, pea puree, green beans, prawn, lemon & dill butter (gf) £20
- GUERNSEY CHEDDAR GNOCCHI***
Carrot & cumin puree, roasted baby carrots, spinach, wild mushrooms, walnuts, crispy sage, vegetarian parmesan (n, v) £13.5
- RISOTTO**
Roasted & sundried tomato, mozzarella & courgette, crispy basil, basil oil, pine nuts, vegetarian parmesan (v) £14

CHARGRILLED 8oz STEAKS

- Cooked to your liking & served with roast tomatoes, hand cut chips or skin on fries.
- FILLET STEAK** (gf) £29
- RIBEYE STEAK** (gf) £25
- Add**
- | | | | | | |
|-----------------------|------|------------|------|-------------|------|
| Garlic Butter | £2 | Peppercorn | £2.5 | Blue Cheese | £2.5 |
| Fiery Crayfish Butter | £2.5 | Diane | £2.5 | Gravy | £2 |

SIDES

- SEASONAL SIDE SALAD** £4
- GARLIC BREAD** (gfo) £4.5
- GARLIC BREAD & CHEESE** (gfo) £5.8
- ONION RINGS** £4.5
- COURGETTE FRITES** (gfo) £5
- HAND CUTS CHIPS OR SKIN ON FRIES** £5
- SWEET POTATO FRITES** £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
Add Relish £1
- *Please note that the Beef Burger is served well done due to Environmental Health Regulations*

- BUTTERMILK FRIED CHICKEN BURGER** (gfo) £15
Sweet chilli 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
Sweet chilli 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) £11
- PEPPERONI** £12.5
- MUSHROOM**
Garlic butter & parsley (v) £11
- BBQ PULLED MEAT OF THE DAY** (Please ask) £12
- MEAT FEAST**
Pepperoni, chicken, pulled pork & chorizo £14
- CHILLI KING PRAWN & ROCKET** £14
- FOUR CHEESE***
Mozzarella, Gorgonzola, cheddar & parmesan £13
- MORTADELLA**
Mortadella Sausage, Buffalo mozzarella, sundried tomato pesto, pistachio £15
- 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 | | |



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

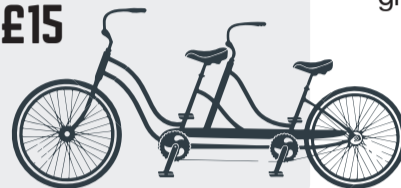
(All served with salad, coleslaw and crisps.)

UPGRADE TO SKIN ON FRIES OR CHIPS	£2
CLUB Crispy bacon, mayo, chicken, salad (gfo)	£12
SHRIMP PO BOY BRIOCHE ROLL Shredded lettuce, tomato, spicy mayo	£12
SIRLOIN STEAK Caramelised onions & rocket served in a ciabatta	£14
BBQ PULLED MEAT OF THE DAY (Please ask for todays choice)	£13
FISH FINGER Tartare sauce & salad	£11
GUERNSEY CRAB In lemon marie rose with rocket (gfo)	£14
CHICKEN & HAZELNUT PESTO (gfo) Avocado, roast tomatoes, rocket	£11.5
FALAFEL Red pepper hummus, roast tomatoes, pesto, toasted seeds, watercress (n,ve, gfo)	£10
	Add Prosciutto - £2
	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)	£11
PEPPERONI	£12.5
VEGAN	£9.5



DESSERTS

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

STICKY TOFFEE SPICED FRUIT PUDDING Toffee sauce, clotted cream or vanilla ice cream (n)	£8
BLACK FOREST CHOCOLATE BROWNIE Whipped cream & vanilla ice cream (gf)	£8
ROCKMOUNT MESS Meringue, clementine, cinnamon cream, honey roasted figs & pears, vanilla syrup	£7.5
WHITE CHOCOLATE CHEESECAKE Ginger crumb, caramel sauce, blackberries	£7
CHOCOLATE & PEANUT BUTTER SUNDAE Chocolate meringue, peanut butter & caramel sauce, cinnamon whipped cream, vanilla ice cream, chocolate 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	

SUNDAY SET
LUNCH MENU
AVAILABLE

KIDS MENU
AVAILABLE

DAILY SPECIALS
AVAILABLE

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.



SERVED: 12-4.30PM

HOMEMADE SCONES WITH TEA OR COFFEE	£5
HOMEMADE SCONES WITH PROSECCO	£8