



## STARTERS & NIBBLES

### SOURDOUGH BREAD

Olive oil & balsamic (gfo) £5

MARINATED OLIVES (gfo) £4.5

### HOMEMADE SOUP OF THE DAY

Freshly baked bread (gfo, vgo) £7.5

### GUERNSEY CHEDDAR SOUFFLE

Creamy leeks, vegetarian parmesan,  
toasted hazelnuts (n, v) £9

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) £16.5

### CHARCUTERIE & CHEESE PLATE

Cured and smoked sliced meats,  
guernsey cheddar, pickles, chutney  
and bread (gfo) £16.5

### TEMPURA KING PRAWNS (5)

Pickled vegetable salad,  
sweet chilli aioli (gfo) £12

### LOCAL OYSTERS (6)

Shallot vinegar & lemon (gf) £12

HALLOUMI FRIES chilli jam (v) £8.5

WHITEBAIT tartare sauce £8

### TEMPURA VEGETABLES

Sweet chili sauce (vg, gfo) £7

### STICKY HONEY & SESAME CHICKEN WINGS

Spring onions, ranch dip £9



## SALADS

### GUERNSEY CRAB

Avocado, mixed leaves,  
lemon dressing (gf) £13.5 (M) £19

### KING PRAWN COCKTAIL

Roast fennel, avocado,  
marie rose sauce (gf) £12 (M) £17.5

### GRILLED HALLOUMI SWEET POTATO HOUMOUS

Quinoa, chick pea, pomegranate,  
avocado and pickled mushroom  
salad, toasted seeds, lemon and herb  
vinaigrette (v, gf) £9 (m) £14

### CHICKEN CAESAR

Croutons, boiled egg, parmesan,  
pancetta, anchovy dressing £18

### KING PRAWN CAESAR

Croutons, boiled egg, parmesan,  
pancetta, anchovy dressing £18

### BUTTERNUT SQUASH, RED ONION & WALNUT

Spinach, garlic croutons, roasted  
cherry tomatoes, crispy kale, lemon  
balsamic dressing (vg) £9 (m) £15

Add feta - £1.5

## ROCKY CLASSICS

### JOHN SMITH'S BEER BATTERED FISH

Hand cut chips, crushed green peas, tartare  
sauce (gfo) £13.5 (small) £16.5 (regular)

### ROCQUETTES ROAST HAM

Fried free range egg, chips (gfo) £14

### HALF CHICKEN

Roasted in garlic butter,  
hand cut chips, salad (gfo) £17

Add coleslaw - £1.5

### COBO BUTCHER'S SAUSAGES

(please ask for today's flavours)  
Spring onion mash, caramelized onion  
gravy, peas £16.5

### FISH PIE

Guernsey cheddar mash,  
seasonal greens £17

### ROAST CHICKEN, HAM HOCK & LEEK PIE

(please allow 15-20 mins cooking time)

Choice of mash or hand cut chips £17

Add broccoli, peas or savoy - £2

### CHICKEN PARMESAN

Crispy breaded chicken breast topped  
with béchamel sauce & grated cheese,  
garlic mayo, skin on fries £15.5

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 £17

Add coleslaw - £1.5

## MAINS

### SCALLOPS WRAPPED IN PANCETTA

Pea and mint puree, sauteed new  
potatoes with peas & wild mushrooms,  
garlic & herb butter (gf) £23

### FILLET OF SEA BASS

Crushed new potatoes, grilled  
tenderstem broccoli, clams in a lemon &  
dill cream sauce (gf) £23

### KOREAN STYLE STICKY RIBS

Pickled vegetable slaw,  
chips or skin on fries (gfo) £18

### LAMB CHOPS

Confit garlic mash, green beans,  
minty jus, crispy kale (gf) £24

### MOULES MARINIERE

With cream or thai green curry, skin on  
fries or bread (gfo) £11 (m) £17

### MUSHROOM, CHESTNUT & SPINACH TAGLIATELLE

Roasted squash puree, cream cheese,  
parmesan, crispy kale (v) £15

### BEETROOT & FETA RISOTTO

Pureed & roasted beetroot, kale,  
toasted hazelnuts, parmesan £15

## STEAKS



## CHARGRILLED 8oz



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

### Add

Garlic Butter £2  
Fiery Crayfish Butter £2.5

Peppercorn £2.5  
Diane £2.5

Blue Cheese £2.5  
Gravy £2

FILLET STEAK (gf) £31

RIBEYE STEAK (gf) £27

HAND CUTS CHIPS OR SKIN ON FRIES £5

SWEET POTATO FRIES £6

HALLOUMI FRIES chilli jam (v) £8.5

MASHED OR NEW POTATOES £5

HOMEMADE COLESLAW £4

GREEN BEANS £4.5

## SIDES

SEASONAL SIDE SALAD £4.5

GARLIC BREAD (gfo) £5

GARLIC BREAD & CHEESE (gfo) £5.8

ONION RINGS £5

COURGETTE FRITES (gfo) £6



## BURGERS

(gfo available)

BEEF BURGER (gfo) £16.5

Baby gem, plum tomato, Swiss  
cheese, crispy pancetta, pickle on a  
toasted seeded bun, burger relish,  
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) £16.5

Herby garlic mayo, baby gem, plum  
tomato, pickle on a toasted sourdough  
bun, hand cuts or skin on fries

Add Coleslaw £1.5

### VEGAN BURGER

Herby garlic 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

MARGHERITA (v) £12

PEPPERONI £13.5

MUSHROOM £12.5

Garlic butter & parsley (v)

TANDOORI CHICKEN £13.5

### MEAT FEAST

Pepperoni, tandoori chicken,  
prosciutto & chorizo £14.5

CHILLI KING PRAWN  
& ROCKET £14.5

### FOUR CHEESE\*

Mozzarella, stilton cheese,  
cheddar & parmesan £13

### VEGAN

Roasted veg & tomato  
(without mozzarella) (vg) £10

Add Vegan Cheese £1.8

### EXTRA TOPPINGS

Mushrooms £1.5

Pepperoni £2

Prosciutto £2

Tandoori £2

Chicken £2

King Prawns £2.5

Jalapeño

Salsa £1.5

Chilli £1.5



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LUNCH 12 - 2.30PM, SATURDAY 12 - 3PM, DINNER MONDAY - THURSDAY 5.30PM - 9PM, FRIDAY - SATURDAY 5.30PM - 9.30PM

# THE ROCKY



FOOD  
MENU



## AFTERNOON MENU: 12PM - 4.30PM



### STARTERS & NIBBLES

#### SOURDOUGH BREAD

Olive oil & balsamic (gfo) £5

MARINATED OLIVES (gfo) £4.5

#### HALLOUMI FRIES

Chilli jam (v) £8.5

#### HAND CUT CHIPS/ SKIN ON FRIES

£5

#### SWEET POTATO FRIES

£6

#### GARLIC BREAD

£5

GARLIC BREAD WITH CHEESE £5.8

COURGETTE FRITES (vg, gfo) £5

#### SEAFOOD PLATE

Smoked salmon, local crab meat,  
greenland prawns, oyster,  
shallot vinegar & citrus mayo,  
bread & butter (gfo) £16.5



### SANDWICHES

(all served with salad, coleslaw  
and crisps.)

#### UPGRADE TO SKIN ON FRIES OR CHIPS

£2

#### CLUB

Crispy bacon, mayo, chicken,  
salad (gfo) £12.5

#### SHRIMP PO BOY BRIOCHE BAGUETTE

Shredded lettuce, tomato,  
spicy mayo £12.5

#### SIRLOIN STEAK

Caramelised onions & rocket  
served in a ciabatta £14.5

#### TANDOORI CHICKEN BRIOCHE BAGUETTE

Garlic mayo, shredded lettuce,  
mango salsa £13.5

FISH FINGER Tartare sauce & salad £11.5

#### GUERNSEY CRAB

Lemon marie rose with rocket (gfo) £15

#### CHICKEN & HAZELNUT PESTO (gfo)

Avocado, roast tomatoes, rocket £12

#### GRILLED HALLOUMI

Sweet potato houmous, rocket,  
roasted red peppers,  
pesto dressing £10

Add prosciutto - £2

Add feta - £1.5

### MOULES MARINIÈRE

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

(small) £11 (large) £17

### JOHN SMITH'S BEER BATTERED FISH & CHIPS

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

(small) £13.5 (regular) £16.5



### BURGERS

(gfo available)

BEEF BURGER £16.5

CHICKEN BURGER £16.5

VEGAN BURGER £15.5



### PIZZAS

10 inch (gf) pizzas available

MARGHERITA (V) £12

PEPPERONI £13.5

VEGAN £10



### DESSERTS

LUNCH 12 - 2.30PM, SATURDAY 12 - 3PM,  
DINNER MONDAY - THURSDAY 5.30PM - 9PM, FRIDAY - SATURDAY 5.30PM - 9.30PM

#### STICKY TOFFEE GINGER PUDDING

Toffee sauce, vanilla ice cream or  
clotted cream (n) £8.5

#### TIRAMISU CHOCOLATE BROWNIE

Vanilla ice cream (gf) £8.5

#### POACHED PEAR & BLACKBERRY PAVLOVA

Roasted figs, vanilla whipped cream,  
toasted walnuts, cinnamon syrup, mint £8

#### VANILLA CREME BRULEE,

Berries, hazelnut short bread £7.5

#### CHOCOLATE & PEANUT BUTTER SUNDAE

Chocolate & peanut butter sundae, chocolate  
meringue, peanut butter & caramel sauce,  
cinnamon whipped cream, vanilla ice cream,  
chocolate fudge pieces (gf)\* £8

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, cherry cola

£4



SERVED: 12-4.30PM

HOMEMADE SCONES WITH TEA OR COFFEE £5

HOMEMADE SCONES WITH PROSECCO £8

vo - vegetarian option

vgo - vegan option

gf - gluten free

n - contains nuts

gfo - gluten free option

🍷 - dish includes local produce

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.

### COFFEE/ HOT DRINKS

Espresso £2

DOUBLE ESPRESSO £2.2

AMERICANO £2.2

FLAT WHITE £2.65

LATTE £2.65

CAPPUCCINO £2.75

MACCHIATO £2.15

MOCHA £2.95

HOT CHOCOLATE £2.95

BAILEYS HOT CHOCOLATE £5.75

Add vanilla, hazelnut\* or  
caramel syrup 60p

### LIQUEUR COFFEES

£6.65

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

### SUNSET DINNER MENU AVAILABLE 12-3PM. 5:30-8:30PM

### KIDS MENU AVAILABLE

### DAILY SPECIALS AVAILABLE