






## STARTERS & NIBBLES

<b>SOURDOUGH BREAD</b>	
Olive oil & balsamic (gfo)	£5
<b>MARINATED OLIVES</b> (gfo)	£4.5
<b>HOMEMADE SOUP OF THE DAY</b>	
Freshly baked bread (gfo, vgo)	£7.5
<b>GUERNSEY CHEDDAR SOUFFLE</b>	
Creamy leeks, vegetarian parmesan, toasted hazelnuts (n, v) 	£9
Add crab -	£2.5
<b>FIELD MUSHROOMS</b>	
Sautéed in garlic, red wine jus, cream sauce, toasted sourdough (gfo)	£9
Add fried local duck egg -	£1.8
<b>SEAFOOD PLATE</b>	
Smoked salmon, local crab meat, greenland prawns, oyster, shallot vinegar & citrus mayo, bread & butter (gfo) 	£16.5
<b>CHARCUTERIE &amp; CHEESE PLATE</b>	
Cured and smoked sliced meats, guernsey cheddar, pickles, chutney and bread (gfo) 	£16.5
<b>TEMPURA KING PRAWNS</b> (5)	
Pickled vegetable salad, sweet chilli aioli (gfo)	£12
<b>LOCAL OYSTERS</b> (6)	
Shallot vinegar & lemon (gf) 	£12
<b>HALLOUMI FRIES</b> chilli jam (v)	£8.5
<b>WHITEBAIT</b> tartare sauce	£8
<b>TEMPURA VEGETABLES</b>	
Sweet chili sauce (vg, gfo) 	£7
<b>STICKY HONEY &amp; SESAME CHICKEN WINGS</b>	
Spring onions, ranch dip	£9




## SALADS

<b>GUERNSEY CRAB</b>	
Avocado, mixed leaves, lemon dressing (gf)  (s) £13.5 (M) £19	
<b>KING PRAWN COCKTAIL</b>	
Roast fennel, avocado, marie rose sauce (gf) (s) £12 (M) £17.5	
<b>GRILLED HALLOUMI SWEET POTATO HOUMOUS</b>	
Quinoa, chick pea, pomegranate, avocado and pickled mushroom salad, toasted seeds, lemon and herb vinaigrette (v, gf) (s) £9 (m) £14	
<b>CHICKEN CAESAR</b>	
Croutons, boiled egg, parmesan, pancetta, anchovy dressing	£18
<b>KING PRAWN CAESAR</b>	
Croutons, boiled egg, parmesan, pancetta, anchovy dressing	£18
<b>BUTTERNUT SQUASH, RED ONION &amp; WALNUT</b>	
Spinach, garlic croutons, roasted cherry tomatoes, crispy kale, lemon balsamic dressing (vg) (s) £9 (m) £15	
Add feta -	£1.5

## ROCKY CLASSICS

<b>JOHN SMITH'S BEER BATTERED FISH</b>		<b>ROAST CHICKEN, HAM HOCK &amp; LEEK PIE</b>	
Hand cut chips, crushed green peas, tartare sauce (gfo)  (small) £13.5 (regular) £16.5		(please allow 15-20 mins cooking time)	
		Choice of mash or hand cut chips	£17
<b>ROCQUETTES ROAST HAM</b>		Add broccoli, peas or savoy -	£2
Fried free range egg, chips (gfo) 	£14		
<b>HALF CHICKEN</b>		<b>CHICKEN PARMESAN</b>	
Roasted in garlic butter, hand cut chips, salad (gfo)	£17	Crispy breaded chicken breast topped with béchamel sauce & grated cheese, garlic mayo, skin on fries	£15.5
Add coleslaw -	£1.5	Add coleslaw -	£1.5
<b>COBO BUTCHER'S SAUSAGES</b>		<b>HOT SHOT CHICKEN PARMESAN</b>	
(please ask for today's flavours)		Crispy breaded chicken breast topped with béchamel sauce & grated cheese, pepperoni, jalapenos, garlic mayo, skin on fries	£17
Spring onion mash, caramelized onion gravy, peas 	£16.5	Add coleslaw -	£1.5
<b>FISH PIE</b>			
Guernsey cheddar mash, seasonal greens 	£17		

## MAINS

<b>SCALLOPS WRAPPED IN PANCETTA</b>		<b>MOULES MARINIERE</b>	
Pea and mint puree, sauteed new potatoes with peas & wild mushrooms, garlic & herb butter (gf) 	£23	With cream or thai green curry, skin on fries or bread (gfo)  (s) £11 (m) £17	
<b>FILLET OF SEA BASS</b>		<b>MUSHROOM, CHESTNUT &amp; SPINACH TAGLIATELLE</b>	
Crushed new potatoes, grilled tenderstem broccoli, clams in a lemon & dill cream sauce (gf) 	£23	Roasted squash puree, cream cheese, parmesan, crispy kale (v)	£15
<b>KOREAN STYLE STICKY RIBS</b>		<b>BEETROOT &amp; FETA RISOTTO</b>	
Pickled vegetable slaw, chips or skin on fries (gfo)	£18	Pureed & roasted beetroot, kale, toasted hazelnuts, parmesan	£15
<b>LAMB CHOPS</b>			
Confit garlic mash, green beans, minty jus, crispy kale (gf)	£24		

## STEAKS



## CHARGRILLED 8oz



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

### Add

Garlic Butter	£2	Peppercorn	£2.5	Blue Cheese	£2.5
Fiery Crayfish Butter	£2.5	Diane	£2.5	Gravy	£2



## SIDES

<b>SEASONAL SIDE SALAD</b>	£4.5	<b>HAND CUTS CHIPS OR SKIN ON FRIES</b>	£5
<b>GARLIC BREAD</b> (gfo)	£5	<b>SWEET POTATO FRIES</b>	£6
<b>GARLIC BREAD &amp; CHEESE</b> (gfo)	£5.8	<b>HALLOUMI FRIES</b> chilli jam (v)	£8.5
<b>ONION RINGS</b>	£5	<b>MASHED OR NEW POTATOES</b>	£5
<b>COURGETTE FRITES</b> (gfo) 	£6	<b>HOMEMADE COLESLAW</b>	£4
		<b>GREEN BEANS</b>	£4.5



## BURGERS

(gfo available)

### BEEF BURGER (gfo) *The Original Beef* £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
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### VEGAN BURGER £15.5

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

<b>SWEET POTATO FRIES</b>	£2
<b>COURGETTE FRITES</b> 	£2
<b>HALLOUMI FRIES</b>	£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 £14.5

Pepperoni, tandoori chicken, prosciutto & chorizo

### CHILLI KING PRAWN & ROCKET £14.5

### FOUR CHEESE\* £13

Mozzarella, stilton cheese, cheddar & parmesan

### VEGAN £10

Roasted veg & tomato (without mozzarella) (vg)

Add Vegan Cheese £1.8

### EXTRA TOPPINGS

Mushrooms	£1.5	King Prawns	£2.5
Pepperoni	£2	Jalapeño	
Prosciutto	£2	Salsa	£1.5
Tandoori		Chilli	£1.5
Chicken	£2		



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

Côbo Coast Rd, Guernsey GY5 7HB

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

# 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) £6

#### 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 MARINIERE

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 - SATURDAY 5.30PM - 9PM

#### 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

### LIQUEUR COFFEES

£6.65

### 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

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

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.