

## STARTERS & NIBBLES

### SOURDOUGH BREAD

Olive oil & balsamic (gfo) £5.25

MARINATED OLIVES (gfo) £4.75

### HOMEMADE SOUP OF THE DAY

Freshly baked bread (gfo, vgo) £7.50

### GUERNSEY CHEDDAR SOUFFLE

Creamy leeks, vegetarian parmesan, toasted hazelnuts (n, v)  £9.45  
Add crab - £2.65

### FIELD MUSHROOMS

Sautéed in garlic, red wine jus, cream sauce, toasted sourdough (gfo) £9.45  
Add fried local duck egg - £1.90

### SEAFOOD PLATE

Smoked salmon, local crab meat, greenland prawns, oyster, shallot vinegar & citrus mayo, bread & butter (gfo)  £17.35

### CHARCUTERIE & CHEESE PLATE

Cured and smoked sliced meats, guernsey cheddar, pickles, chutney and bread (gfo)  £17.35

### TEMPURA KING PRAWNS (5)

Pickled vegetable salad, sweet chilli aioli (gfo) £12.60

### LOCAL OYSTERS (6)

Shallot vinegar & lemon (gf)  £12.60

HALLOUMI FRIES chilli jam (v) £8.95

WHITEBAIT tartare sauce £8.40

### TEMPURA VEGETABLES

Sweet chili sauce (vg, gfo)  £7.35

### STICKY HONEY & SESAME CHICKEN WINGS

Spring onions, ranch dip £9.45

## SALADS

### GUERNSEY CRAB

Avocado, mixed leaves, lemon dressing (gf)  (s) £14.50 (M) £19.95

### KING PRAWN COCKTAIL

Roast fennel, avocado, marie rose sauce (gf) (s) £12.60 (M) £18.40

### GRILLED HALLOUMI SWEET POTATO HOUMOUS

Quinoa, chick pea, pomegranate, avocado and pickled mushroom salad, toasted seeds, lemon and herb vinaigrette (v, gf) (s) £9.45 (m) £14.70

### CHICKEN CAESAR

Croutons, boiled egg, parmesan, pancetta, anchovy dressing £18.90

### KING PRAWN CAESAR

Croutons, boiled egg, parmesan, pancetta, anchovy dressing £18.90

### BUTTERNUT SQUASH, RED ONION & WALNUT

Spinach, garlic croutons, roasted cherry tomatoes, crispy kale, lemon balsamic dressing (vg) (s) £9.45 (m) £15.75  
Add feta - £1.60

## ROCKY CLASSICS

### JOHN SMITH'S BEER BATTERED FISH

Hand cut chips, crushed green peas, tartare sauce (gfo)  (small) £14.20 (regular) £17.35

### ROCQUETTES ROAST HAM

Fried free range egg, chips (gfo)  £14.70

### HALF CHICKEN

Roasted in garlic butter, hand cut chips, salad (gfo) £17.85  
Add coleslaw - £1.60

### COBO BUTCHER'S SAUSAGES

(please ask for today's flavours)  
Spring onion mash, caramelized onion gravy, peas  £17.35

### FISH PIE

Guernsey cheddar mash, seasonal greens  £17.85

### ROAST CHICKEN, HAM HOCK & LEEK PIE

(please allow 15-20 mins cooking time)  
Choice of mash or hand cut chips £17.85  
Add broccoli, peas or savoy - £2.10

### CHICKEN PARMESAN

Crispy breaded chicken breast topped with béchamel sauce & grated cheese, garlic mayo, skin on fries £16.25  
Add coleslaw - £1.60

### HOT SHOT CHICKEN PARMESAN

Crispy breaded chicken breast topped with béchamel sauce & grated cheese, pepperoni, jalapenos, garlic mayo, skin on fries £17.85  
Add coleslaw - £1.60

## MAINS

### SCALLOPS WRAPPED IN PANCETTA

Pea and mint puree, sauteed new potatoes with peas & wild mushrooms, garlic & herb butter (gf)  £24.15

### FILLET OF SEA BASS

Crushed new potatoes, grilled tenderstem broccolis, clams in a lemon & dill cream sauce (gf)  £24.15

### KOREAN STYLE STICKY RIBS

Pickled vegetable slaw, chips or skin on fries (gfo) £18.90

### LAMB CHOPS

Confit garlic mash, green beans, minty jus, crispy kale (gf) £25.20

### MOULES MARINIERE

With cream or thai green curry, skin on fries or bread (gfo)  (s) £11.70 (m) £17.85

### MUSHROOM, CHESTNUT & SPINACH TAGLIATELLE

Roasted squash puree, cream cheese, parmesan, crispy kale (v) £15.75

### BEETROOT & FETA RISOTTO

Pureed & roasted beetroot, kale, toasted hazelnuts, parmesan £15.75

## STEAKS



## CHARGRILLED 8oz



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

### Add

|                       |       |            |       |             |       |
|-----------------------|-------|------------|-------|-------------|-------|
| Garlic Butter         | £2.10 | Peppercorn | £2.65 | Blue Cheese | £2.65 |
| Fiery Crayfish Butter | £2.65 | Diane      | £2.65 | Gravy       | £2.10 |

FILLET STEAK (gf) £32.55

RIBEYE STEAK (gf) £28.35

HAND CUTS CHIPS OR SKIN ON FRIES £5.25

SWEET POTATO FRIES £6.30

HALLOUMI FRIES chilli jam (v) £8.95

MASHED OR NEW POTATOES £5.25

HOMEMADE COLESLAW £4.50

GREEN BEANS £4.75



## BURGERS

(gfo available)

BEEF BURGER (gfo)  *The Original Beef* £17.35

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 £1.90

Add Mushrooms £1.60

Add Fried Onions £1.60

Add Coleslaw £1.60

Add Blue Cheese £1.90

Add Garlic King Prawns £2.65

*\*Please note that the Beef Burger is served well done due to Environmental Health Regulations*

### BUTTERMILK FRIED

CHICKEN BURGER (gfo)  £17.35

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

Add Coleslaw £1.60

### VEGAN BURGER



£16.30

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

Add Vegan Cheese £1.90

Add Vegan Coleslaw £1.60

### UPGRADES FOR ALL BURGERS

SWEET POTATO FRIES £2.10

COURGETTE FRITES  £2.10

HALLOUMI FRIES £2.65



## PIZZAS

10 inch (gf) pizzas available

All Served with tomato sauce & mozzarella

MARGHERITA (v) £12

PEPPERONI £14.10

MUSHROOM £13

Garlic butter & parsley (v)

TANDOORI CHICKEN £14.10

### MEAT FEAST

Pepperoni, tandoori chicken, prosciutto & chorizo £15.50

CHILLI KING PRAWN & ROCKET £15.50

### FOUR CHEESE\*

Mozzarella, stilton cheese, cheddar & parmesan £13.65

### VEGAN

Roasted veg & tomato (without mozzarella) (vg) £11

Add Vegan Cheese £1.90

### EXTRA TOPPINGS

|            |       |             |       |
|------------|-------|-------------|-------|
| Mushrooms  | £1.60 | King Prawns | £2.65 |
| Pepperoni  | £2.10 | Jalapeno    |       |
| Prosciutto | £2.10 | Salsa       | £1.60 |
| Tandoori   |       | Chilli      | £1.60 |
| Chicken    | £2.10 |             |       |



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LUNCH 12 - 2.30PM, SATURDAY 12 - 3PM, DINNER MONDAY - SATURDAY 5.30PM - 9.00PM

# THE ROCKY



FOOD  
MENU



## AFTERNOON MENU: 12PM – 4.30PM



### STARTERS & NIBBLES

#### SOURDOUGH BREAD

Olive oil & balsamic (gfo) £5.25

MARINATED OLIVES (gfo) £4.75

#### HALLOUMI FRIES

Chilli jam (v) £8.95

#### HAND CUT CHIPS/ SKIN ON FRIES

£5.25

#### SWEET POTATO FRIES

£6.3

#### GARLIC BREAD

£5.25

GARLIC BREAD WITH CHEESE £6.10

COURGETTE FRITES (vg, gfo) £6.30

#### SEAFOOD PLATE

Smoked salmon, local crab meat,  
greenland prawns, oyster,  
shallot vinegar & citrus mayo,  
bread & butter (gfo) £17.35



### SANDWICHES

(all served with salad, coleslaw  
and crisps.)

#### UPGRADE TO SKIN ON FRIES OR CHIPS

£2.10

#### CLUB

Crispy bacon, mayo, chicken,  
salad (gfo) £13.15

#### SHRIMP PO BOY BRIOCHE BAGUETTE

Shredded lettuce, tomato,  
spicy mayo £13.15

#### SIRLOIN STEAK

Caramelised onions & rocket  
served in a ciabatta £15.50

#### TANDOORI CHICKEN BRIOCHE BAGUETTE

Garlic mayo, shredded lettuce,  
mango salsa £14.15

#### FISH FINGER

Tartare sauce & salad £12.10

#### GUERNSEY CRAB

Lemon marie rose, rocket (gfo) £15.95

#### CHICKEN & HAZELNUT PESTO (gfo)

Avocado, roast tomatoes,  
rocket £12.60

#### GRILLED HALLOUMI

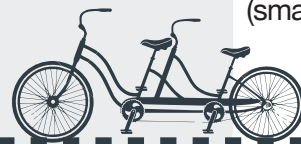
Sweet potato houmous, rocket,  
roasted red peppers,  
pesto dressing £12

Add prosciutto - £2.10, Add feta - £1.60

### MOULES MARINIERE

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

(small) £11.70 (large) £17.85



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

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

(small) £14.20 (regular) £17.35



### BURGERS

(gfo available)

BEEF BURGER £17.35

CHICKEN BURGER £17.35

VEGAN BURGER £16.30



### PIZZAS

10 inch (gf) pizzas available

MARGHERITA (V) £12

PEPPERONI £14.10

VEGAN £11



### DESSERTS

LUNCH 12 - 2.30PM, SATURDAY 12 - 3PM,  
DINNER MONDAY - SATURDAY 5.30PM - 9.00PM

#### STICKY TOFFEE GINGER PUDDING

Toffee sauce, vanilla ice cream or  
clotted cream (n) £8.50

#### TIRAMISU CHOCOLATE BROWNIE

Vanilla ice cream (gf) £8.50

#### POACHED PEAR & BLACKBERRY PAVLOVA

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

#### VANILLA CREME BRULEE,

Berries, hazelnut short bread £7.50

#### 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

£4.30



SERVED: 12-4.30PM

HOMEMADE SCONES WITH TEA OR COFFEE £6

HOMEMADE SCONES WITH PROSECCO £9

vo - vegetarian option

vgo - vegan option

gf - gluten free

n - contains nuts

gfo - gluten free option

🚲 - dish includes local produce

### LIQUEUR

#### COFFEES

£6.95

### COFFEE/ HOT DRINKS

Espresso £2.10

DOUBLE ESPRESSO £2.35

AMERICANO £2.35

FLAT WHITE £2.80

LATTE £2.80

CAPPUCCINO £2.90

MACCHIATO £2.20

MOCHA £3.10

HOT CHOCOLATE £3.10

BAILEYS HOT CHOCOLATE £6.10

Add vanilla, hazelnut\* or  
caramel syrup 65p

Irish (Jameson)

Baileys

French (Grand Marnier)

Jamaican (Lambs & Tia Maria)

Calypso (Tia Maria)

Seville (Cointreau)

Italian classic (Disaranno)

POT OF ENGLISH  
BREAKFAST TEA £2.05

POT OF HERBAL TEA £2.35

#### 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.