Lunch 12 - 2.30pm, Saturday 12 - 3pm, Dinner Monday - Saturday 5.30pm - 9.00pm, Sundays 12:00pm -3:30pm

THE ROCKY

Starters & Nibbles

Sourdough Bread
Olive oil & balsamic (gfo) **£5.25**

Marinated Olives (gf) **£4.75**

Homemade Soup of the Day
Freshly baked bread (gfo, vgo) **£7.50**

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) **£8.50**

Add fried local egg - **£1.50**

Tempura King Prawns (5)
Pickled vegetable salad, aioli (gfo) **£12.60**

Halloumi Fries chilli jam (v) **£8.00**

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**

Scallops & Pancetta
Pan seared scallops, diced pancetta, sautéed new potato & pea puree (gf) **£12.50**

Seafood Plate
Smoked salmon, local crab meat, mackerel pâté, 2 king prawns (shell on), bread & butter (gfo) **£17.35**

Salads

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

Caesar
Croutons, boiled egg, parmesan, lardons, anchovy dressing **£13.50**

Add 6 prawns **£5.00**

Add 5 chicken strips **£5.00**

Falafel, Sweet Potato, Butternut Squash & Houmous Salad
Butter nut squash, chick pea, avocado, cherry tomato, spinash leaves, toasted seeds, lemon vinaigrette (v, gf) (s) **£9.45** (M) **£15.75**

Add grilled haloumi **£2.00**

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.

Rocky Classics

John Smith's Beer Battered Fish
Hand cut chips, garden green peas, tartare sauce (gfo)
(small) **£14.20** (regular) **£17.35**

Rocquettes Roast Ham
Fried free range eggs, 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
Cheddar mash, seasonal greens **£17.85**

Roast Chicken, Ham Hock & Leek Pie & Peas
(please allow 15-20 mins cooking time)
Choice of mash or hand cut chips **£17.85**

Add broccoli, 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 American Chicken Parmesan
Crispy breaded chicken breast topped with bechamel sauce, grated cheese, peperoni & jalapeños tomato sauce, garlic mayo, skin on fries **£17.85**

Add coleslaw - **£1.60**

Mains

Fillet of Sea Bass
Crushed new potatoes, grilled tenderstem broccoli, 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**

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

Mushroom, Chestnut & Spinach Linguine
Roasted squash puree, cheese, parmesan, crispy kale (v) **£16.00**

Beetroot & Feta Risotto
Pureed & roasted beetroot, kale, toasted hazelnuts, parmesan (v) **£16.00**

Scallops & Pancetta
Pan seared scallops, diced pancetta, sautéed new potato & pea purée (gf) **£24.15**

Steaks

Chargrilled 8oz

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

Fillet Steak (gf) **£32.55**

Ribeye Steak (gf) **£28.35**

Add

Garlic Butter	£2.10	Diane	£2.65	Gravy	£2.10
Peppercorn	£2.65	Blue Cheese	£2.65		

Sides

Seasonal Side Salad	£4.75	Hand Cuts Chips or Skin On Fries	£5.25
Garlic Bread (gfo)	£5.25	Sweet Potato Fries	£6.30
Garlic Bread & Cheese (gfo)	£6.10	Mashed or New Potatoes	£5.25
Onion Rings	£5.25	Homemade Coleslaw	£4.50
Courgette Frites (gfo)	£6.30	Green Beans	£4.75

Burgers

(gfo available)

Beef Burger (gfo) The Original Beef **£17.35**
Baby gem, plum tomato, Swiss cheese, streaky bacon, pickle, on a burger bun, burger relish, hand cuts or skin on fries

Add Fried Egg	£1.50
Add Mushrooms	£1.60
Add Fried Onions	£1.60
Add Coleslaw	£1.60
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 burger 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 burger 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 (Not suitable for coeliac)
All Served with tomato sauce & mozzarella

Margherita (v) **£12**

Pepperoni **£14.10**

Mushroom **£13**
Garlic butter & parsley (v)

Tandoori Chicken **£14.10**

Meat Feast **£15.50**
Pepperoni, tandoori chicken, prosciutto & chorizo

Chilli King Prawn & Rocket **£15.50**

Four Cheese* **£13.65**
Mozzarella, stilton cheese, cheddar & parmesan

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

Add Vegan Cheese £1.90

Extra Toppings

Mushrooms	£1.60	King Prawns	£2.65
Prosciutto	£2.10	Chili	£1.60
Tandoori Chicken	£2.10	Pepperoni	£2.10

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Homemade Desserts

Dish includes local produce

Sticky toffee ginger pudding
£8.50
Toffee sauce, vanilla ice cream, or clotted cream

Tiramisu chocolate brownie
£8.50
Vanilla ice cream (gf)

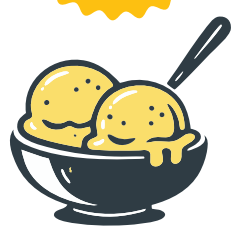
Poached pear & blackberry pavlova
£8
Roasted figs, vanilla whipped cream,
toasted walnuts, cinnamon syrup, mint (n)

Vanilla creme brulee
£7.50
Berries, hazelnut short bread

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

Ice Creams Sorbets

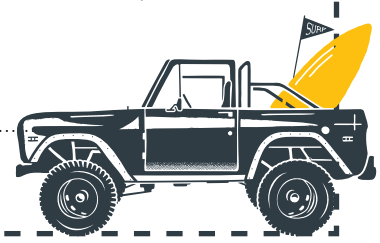
£5



Two scoops of homemade ice cream or sorbet
with a shortbread biscuit (gfo)

Ice cream flavours
Vanilla, chocolate, blackberry ripple & white chocolate ice cream, salted caramel, mint choc chip, cookie dough & clotted cream, also vegan vanilla & chocolate (n)

Sorbet flavours (vg)
Blood orange sorbet (vg), passionfruit, raspberry, mango, lemon, cherry cola



Cheeseboard (gfo) £10





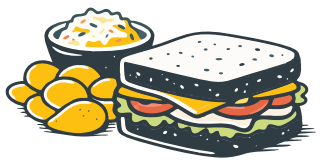
Served: 12-4.30pm

Homemade scones with tea or coffee £6

Homemade scones with Prosecco £9

Lunch time only

Sandwiches



(all served with salad, coleslaw and crisps, please note most sandwiches are slightly toasted)

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
Avocado, roast tomatoes, rocket (gfo) £12.60

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

Add prosciutto - £2.10
Add feta - £1.60

Rocktails

Negroni
Campari, Gin, Martini Rosso

Hugo
Prosecco, St Germain, Soda Water

Bloody Mary
Smirnoff Vodka, Tomato Juice, Worcestershire Sauce, Tabasco

Tequila or Vodka Sunrise
Smirnoff Red or Tequilla Cuervo, Orange Juice, Grenadine

Cuba Libre
Lamb Rum, Coke, Lime

£8.95



Daily specials, Sunday roast, kids menu: available

From 1st August 2026 a discretionary 10% service charge will be added to your bill. Thank you for supporting our team.

v - vegetarian, vg - vegan, gf - gluten free, gfo - gluten free option, vo - vegetarian option, vgo - vegan option, n - contains nuts, - 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.