

STARTERS & SMALL PLATES

BREAD & OLIVES ^{vg} 5.50

Warm Italian flatbread served with dipping oil

BREAD & HOUMOUS ^{vg} 5.50

Homemade houmous served with warm Italian flatbread

BRUSCHETTA ^{vg} 5.50

Oven baked ciabatta bread topped with our own tomato & olive oil dressing

GARLIC BREAD ^{vg} 5.50

Fresh Italian ciabatta topped with our vegan garlic & parsley butter.

Add Cheese/Vegan Cheese +0.50

MEATFREE-BALLS ^{vg} 6.00

In a tomato & basil sauce served with warm bread

BAKED CAMEMBERT 7.00

Warm & gooey oven baked Camembert served with toasted Italian flatbread & our Devon chutney

CHOOSE ANY 3 FOR JUST €16!

CIABATTAS

Served on fresh rustic ciabatta roll with salad garnish & crisps

CLUB MED ^{vg} 6.00

Houmous, peppers, sun-dried tomatoes & rocket leaves

MEATFREE-BALL SUB ^{vg} 6.50

Our classic Italian meatfree meatballs in a tomato & basil sauce topped with vegan cheese

SMOKIN' TOFU MELT ^{vg} 6.50

Marinated tofu, vegan cheese & BBQ sauce

BBQ PULLED JACK FRUIT ^{vg} 7.00

Homemade pulled jack fruit in our secret recipe BBQ sauce. **Add Cheese/Vegan cheese +0.50**

JACKETS

Oven baked and locally sourced. Choose from:

CHEDDAR CHEESE ^v, COLESLAW ^v, HOUMOUS ^{vg}, BEANS ^{vg}, PEPPERS ^{vg}, VEGAN CHEESE ^{vg} OR COLESLAW ^{vg}

1 = 5.00 2 = 5.50 3 = 6.00

5 BEAN CHILLI ^{vg} 6.00

SWEET POTATO CURRY ^{vg} 6.00

BBQ PULLED JACK FRUIT ^{vg} 6.00

BURGERS

Served with skinny fries or homemade wedges, vegan coleslaw & salad

SPICY BANGKOK BAD BOY BURGER ^{vg} 9.50

A spicy oriental inspired vegan burger with mixed vegetables, coriander, chilli, lemongrass & lime leaf coated in black onion, sesame & cumin seeds with a crunchy red lentil crumb topped with salsa, fresh tomato & lettuce

THE BIG VEGAN ^{vg} 10.00

Our homemade vegan patty topped with caramelised onions, vegan cheese & vegan mayo

TOP-IT-UP

0.50

Roasted Peppers, Caramelised Onions, Cheddar Cheese

1.00

Vegan Cheese, Goats Cheese, BBQ Pulled Jack Fruit, 5 Bean Chilli

PIZZA

Homemade, wood fired & stone baked. Choose from a homemade tomato, BBQ base or vegan garlic 'butter' base ^{v/vg}

CREATE YOUR OWN

MARGHERITA ^{vg} 9.50

0.50

Jalapeños, Pineapple, Roasted Peppers, Red Onions, Sun-dried Tomatoes, Sweetcorn, Mushrooms, Spring Onion, Caramelised Onions, Rocket Leaves

1.00

Blue Cheese, Goats Cheese, Olives, BBQ Pulled Jack Fruit ^{vg}, 5 Bean Chilli ^{vg}

SIDES

HOMEMADE ROCK'SLAW 2.00

VEGAN SLAW ^{vg} 2.00

HOMEMADE SEASONED WEDGES ^{vg} 3.00

SIDE SALAD ^{vg} 3.00

MIXED OLIVES ^{vg} 3.00

SKINNY FRIES ^{vg} 3.00

LOADED WEDGES OR FRIES ^{vg} 6.00

Wedges or fries with vegan chilli or BBQ pulled jack fruit, topped with vegan cheese

SALADS

All consist of mixed leaf, cos, tomato, cucumber & red onion

VEGAN SALAD ^{vg} 7.50

Sweetcorn, roasted peppers & sun-dried tomatoes

GOATS CHEESE 8.00

Freshly baked goats cheese & roasted peppers

NACHOS

A large bowl of nachos with salsa & jalapeños served with pots of sour cream ^v & guacamole. Choose from:

CHEDDAR CHEESE 9.00

VEGAN CHEESE ^{vg} 9.50

ADD + 0.50:

Homemade 5 Bean Chilli ^{vg}
BBQ Pulled Jack Fruit ^{vg}

FAVOURITES

All served with skinny fries or wedges & salad unless otherwise stated such as chilli, curries & fajitas

GARDEN CHILLI ^{vg} 9.50

Our homemade 5 bean chilli served with rice

SWEET POTATO CURRY ^{vg} 9.50

Our homemade creamy sweet potato korma has a little bit of a kick and is served with rice, naan & mango chutney

CHIK'N NUGGETS ^{vg} 10.00

Our vegan faux-chicken nuggets are coated in breadcrumbs & oven cooked

VEGAN KEBAB ^{vg} 10.50

A warm pitta filled with our cajun spiced faux-chicken with sweet chilli or vegan mayo, lettuce, tomato & cucumber

MARINATED TOFU ^{vg} 11.00

Soy marinated tofu on top of a tomato, red onion & olive oil salsa verde

CREAMY CARIBBEAN BITES 11.00

Our faux-chicken chunks are cooked in our secret recipe creamy coconut sauce

VEGETABLE FAJITAS ^{v/vg} 11.50

Red onions, peppers, mushrooms, sun-dried tomatoes & sweetcorn served on a sizzling platter with warm tortillas, guacamole, salsa, sour cream ^v & Cheddar cheese ^v or vegan cheese ^{vg}

FAUX-CHIK'N FAJITAS ^{v/vg} 12.00

Our fajita spiced faux-chik'n served on a sizzling platter with warm tortillas, guacamole, salsa, sour cream ^v & Cheddar cheese ^v or vegan cheese ^{vg}

TOFU FAJITAS ^{v/vg} 12.50

Tofu, peppers & onions served on a sizzling platter with warm tortillas, guacamole, salsa, sour cream ^v & Cheddar cheese ^v or vegan cheese

ENCHILADAS ^{v/vg} 12.50

Choice of BBQ Pulled Jackfruit or 5 Bean Chilli oven roasted in a fresh tortilla & topped with our homemade tomato & basil sauce & Cheddar cheese ^v or vegan cheese ^{vg}

ROCK GARDEN

PLEASE ORDER AT THE BAR

All our food is prepared to order & cooked from fresh, therefore please be aware that at times there may be a slightly longer wait. Thank you for your patience.

STARTERS & SMALL PLATES

BREAD & HOUMOUS 5.50

3 flavours of homemade houmous served with warm bread

GARLIC BREAD 5.50

Fresh Italian ciabatta topped with garlic & olive oil. **Add Cheese +50p**

TOMATO BRUSCHETTA 5.50

Oven baked ciabatta bread topped with our tomato, garlic & basil topping

FALAFEL BALLS ^{gf} 5.50

Served with rocket & our garlic dipping mayo

CHICKEN WINGS ^{gf} 6.00

BBQ marinated chicken wings

PORK BELLY BITES ^{gf} 6.00

Served with rocket & a sweet chilli dip

MINI CHICKEN KEBABS 6.00

Mini Teriyaki glazed chicken kebabs

MEATBALLS 6.00

In a tomato & basil sauce served with warm bread

HALF RACK OF RIBS ^{gf} 6.50

Smothered in BBQ sauce

DUCK PANCAKES 6.50

4 duck pancakes served with Chinese style duck meat, spring onion, cucumber & hoisin sauce

BAKED CAMEMBERT 7.00

Warm & gooey oven baked Camembert served with warm bread & caramelised onion chutney

CHOOSE ANY 3 FOR JUST €16!

LUNCHTIME! ^{SERVED 10-4}

BRUNCH

THE FULL ENGLISH 6.00

1x sausage, 1x bacon, 1x egg, 1x hash brown, mushrooms, cooked tomato, beans, brown or white toast ^{gf} with no toast

THE BIG BREAKFAST 7.50

2x sausage, 2x bacon, 2x egg, 2x hash brown, mushrooms, cooked tomato, beans, brown or white toast ^{gf} with no toast

STEAK & EGGS 9.00

An 8oz rump steak, hash browns, 2 fried eggs, cooked tomato & a pot of beans

JACKET POTATOES

Oven baked & locally sourced. Choose from:

CHEESE, BEANS, HAM OR COLESLAW ^{gf}
① = 5.00 ② = 5.50 ③ = 6.00

CHILLI ^{gf} 6.00

Add cheese +0.50

PULLED PORK ^{gf} 6.00

Add cheese +0.50

TUNA MAYO & SWEETCORN ^{gf} 6.00

Add cheese +0.50

IF YOU WOULD LIKE YOUR CHEESE MELTED PLEASE JUST ASK

CIABATTAS

All served on a rustic ciabatta with salad garnish & crisps

★ **UPGRADE!** TO SKINNY FRIES OR WEDGES FOR JUST €1.50! ★

TUNA MAYO & SWEETCORN 6.00

BACON, LETTUCE & TOMATO 6.50

BACON, BRIE & CRANBERRY 7.00

Bacon, melted Brie & cranberry sauce

CHICKEN & CHORIZO MELT 7.00

Chicken, chorizo, Mozzarella, lettuce & tomato with BBQ sauce

PULLED PORK ROLL 7.50

Our homemade secret recipe BBQ pulled pork & topped with Cheddar cheese

PHILLY STEAK 8.00

Marinated steak, melted Mozzarella, red onion, mushrooms & roasted peppers

ROCK CLUB SANDWICH 8.50

Chicken, bacon, egg, tomato, lettuce & mayo on brown or white bread.

Served with fries

ULTIMATE NACHOS

A large bowl of nachos with salsa & jalapeños served with pots of sour cream & guacamole.
Choose from:

JUST CHEESE ^{GF} 9.00

CHICKEN ^{GF} 9.50

CHILLI ^{GF} 10.00

PULLED PORK ^{GF} 10.00

SIGNATURE SALADS

All served with mixed leaves, cos lettuce, tomato, cucumber & red onion

TUNA MAYO & SWEETCORN ^{GF} 8.00

Made with real mayonnaise

GOATS CHEESE & PEPPERS ^{GF} 8.00

Freshly cooked goats cheese & roasted peppers

CAJUN CHICKEN ^{GF} 8.50

Freshly cooked chicken breast in a Cajun rub topped with garlic mayonnaise

CHICKEN CAESAR 8.50

Freshly cooked chicken breast & croutons topped with our Caesar dressing & Parmesan

STEAMED SALMON SALAD ^{GF} 9.50

An 8oz steamed salmon fillet topped with a maple glaze, blackened or with a creamy coconut sauce

SIDES

COLESLAW ^{GF} 2.00

SIDE SALAD ^{GF} 3.00

OLIVES ^{GF} 3.00

WEDGES ^{GF} 3.00

SKINNY FRIES ^{GF} 3.00

DIRTY WEDGES/FRIES ^{GF} 6.00

Chilli or pulled pork topped with Cheddar cheese

ROCK BURGERS

All our burgers come with skinny fries or homemade wedges, salad & coleslaw. We source our meat locally & of course all our burgers are 100% beef.

DOUBLE UP!

★ ADD ON AN EXTRA BURGER OR CHICKEN BREAST TO YOUR BURGER FOR JUST £2! ★

BEEF

PLAIN BEEF 9.50

Beef burger, lettuce & tomato

SAY CHEESE 10.00

Topped with Monterey Jack cheese

CLASSIC CHEESE & BACON 10.50

Topped with smoked bacon & Monterey Jack cheese

THE BILLY BURGER 10.50

Topped with goats cheese & caramelised onions

THE MEXICAN 10.50

Topped with our homemade chilli & Monterey Jack cheese

THE FRENCH CONNECTION 10.50

Topped with bacon & Brie

THE GREEDY PIG 11.00

Topped with pulled pork, smoked bacon Monterey Jack cheese with pork crackling on the side

THE ROCK BURGER 11.00

Topped with our secret recipe relish, smoked bacon, Monterey Jack cheese, pickle & onion rings

CHICKEN

PLAIN CHICKEN 9.50

Freshly cooked chicken breast, lettuce & tomato

PIRI-BURGER 10.00

Marinated Piri Piri chicken & rocket leaves served with sour cream

HUNTERS BURGER 10.50

Topped with BBQ sauce, smoked bacon & Monterey Jack cheese

THE FAJITA BURGER 10.50

Chicken breast rubbed in fajita spices, topped with roasted peppers, onions, salsa & guacamole

GLUTEN FREE CREATE YOUR OWN ^{GF} 10.00

Choose between a 6oz beef patty or a freshly cooked chicken breast, then pick your own toppings

TOP-IT-UP

0.50 ^{GF}

Monterey Jack Cheese, Roasted Peppers, Onions, Mushrooms, Caramelised Onions

1.00 ^{GF}

Pulled Pork, Smoked Bacon, Goats Cheese, Chilli, Chorizo, Brie

FAVOURITES

All favourites come with your choice of skinny fries, wedges or jacket potato, salad & coleslaw unless otherwise stated

HOMEMADE CHILLI 9.50

Our homemade house chilli served with rice, bread & sour cream

PIRI PIRI CHICKEN ^{GF} 10.50

Marinated piri piri chicken breast, with sour cream on the side

CARIBBEAN CHICKEN ^{GF} 10.50

A fresh chicken breast cooked in our secret recipe creamy coconut sauce

BBQ CHICKEN MELT ^{GF} 11.00

A fresh chicken breast topped with bacon, BBQ sauce & Cheddar cheese

NAPLES CHICKEN ^{GF} 11.00

A fresh chicken breast topped with Parma ham, tomato & basil sauce & Parmesan

8OZ RUMP STEAK ^{GF} 12.00

Cooked to your liking accompanied with onion rings, mushroom & cooked tomato

Make it a Cajun Blackened Steak +1.00 ^{GF}

Add

Peppercorn or Blue Cheese Sauce +2.00 ^{GF}

8OZ SALMON FILLET ^{GF} 12.00

Cooked in your choice of a maple glaze, Cajun blackened or with a creamy coconut sauce

RIBS & WINGS ^{GF} 12.00

Half rack of BBQ ribs & BBQ chicken wings

FAMOUS FAJITAS

Our fajitas are cooked in our secret blend fajita rub with onions & roasted peppers on a sizzling platter along with tortillas, cheese, salsa, guacamole & sour cream

CHICKEN 12.00

^{GF} +1.00

STEAK 13.00

^{GF} +1.00

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HAND CRAFTED PIZZAS

Our 12" pizzas are created from our fresh homemade dough then cooked in our wood fired pizza oven for that authentic Italian taste

MARGHERITA 9.50

Tomato base with mozzarella

NEW YORKER 10.00

Italian dry smoked pepperoni

HAWAIIAN 10.00

Ham & pineapple

DEVIL WILL CRY 10.50

Spicy beef, pepperoni & jalapeños

THE CAPRINO 10.50

Goats cheese, caramelised onions & tomatoes

THE MEDITERRANEAN 11.00

Chicken, chorizo, olives & pesto

CARNIVORE CLUB 11.00

Homemade meatballs, chicken, ham & sausage

TEXAN BBQ 11.00

A BBQ base topped with chicken, bacon, onions & roasted peppers

RETURN OF THE MAC 11.00

A garlic butter base topped with mac'n'cheese, ham, mozzarella & parmesan

THE PORTUGEEZER 11.50

Piri piri Chicken, peppers, onions & garlic mayo

SAUSAGE FEST 11.50

Pork sausage, hot dog sausage, chorizo & pepperoni

THE ROYAL ROCK 11.50

Parma ham, sundried tomatoes, fresh rocket & parmesan

PEKING QUEEN 11.50

Hoisin sauce base topped with duck spring onion & fresh cucumber

3 LITTLE PIGS 11.50

Pulled pork, bacon, pepperoni & crackling

THE FRESH PRINCE 12.50

Philly marinated steak, red onion, peppers & mushrooms

CREATE YOUR OWN! 9.50 OR 10.50 ^{GF}

Choose between a tomato, BBQ or garlic butter base

ADD EXTRA TOPPINGS

0.50

Pineapple ^{GF} Ham ^{GF} Jalapenos ^{GF} Roasted Peppers ^{GF} Onions ^{GF}
Pepperoni ^{GF} Bacon ^{GF} Sweetcorn ^{GF} Mushrooms ^{GF}
Tomato ^{GF} Spring Onion ^{GF} Onions ^{GF} Rocket Leaves ^{GF}
Caramelised Onion ^{GF} Red Onion ^{GF} Spicy Beef ^{GF}

1.00

Pulled Pork ^{GF} Goats Cheese ^{GF} Chilli ^{GF} Chorizo ^{GF} Olives ^{GF}
Parma Ham ^{GF} Blue Cheese ^{GF} Sun Dried Tomatoes ^{GF} Duck ^{GF}
Chicken ^{GF} Piri Piri Chicken ^{GF} Philly Steak