



THE ROCK

CAFE & BAR

LEGENDARY BREAKFAST

SERVED ALL DAY

BELLY ROCKER BREAKFAST	13.80
2 bacon, 2 sausages 2 fried eggs, 2 hash browns, mushrooms, baked beans & chopped tomatoes with a choice of toast or fried bread	
ADD BLACK PUDDING	1.65
ROCK REGULAR BREAKFAST	8.75
1 bacon, 1 sausage, 1 fried egg, 1 hash brown, mushrooms, baked beans & chopped tomatoes with a choice of toast or fried bread	
ROCKY BREAKFAST	6.60
1 bacon, 1 sausage, 1 fried egg, baked beans or chopped tomatoes with a choice of toast or fried bread	

AMERICAN BREAKFAST	10.95
2 fried eggs, 3 Scotch pancakes, 3 rashers of streaky bacon & maple syrup	
BREAKFAST MUFFIN	5.50
English muffin filled with sausage or veggie sausage, fried egg and cheddar cheese served with 2 hash browns	

COB or SANDWICH (vo)	4.50
Soft cob or sliced bloomer with 2 fillings	

3 EGG OMELETTE (vo)	9.50
3 egg omelette with a choice of 2 fillings, served with baked beans or chopped tomatoes.	
Choose from:	
Mature cheddar, ham, bacon, sausage, veggie sausage, onion, spinach or mushrooms	

Please note, substitutions cannot be made to our set breakfasts

SMASHED AVOCADO TOAST (v)	10.50
2 poached eggs with smashed avocado on toasted bloomer with grilled tomato	
VEGGIE BREAKFAST (v)	9.85
2 veggie sausages, 1 fried egg, 2 hash browns, mushrooms, baked beans & chopped tomatoes with a choice of toast or fried bread	
WAFFLES (v)	3.50
2 waffles served warm with a choice of chocolate sauce or maple syrup	
ADD WARMED MIXED BERRIES	1.65
PANCAKES (v)	3.50
3 scotch pancakes served with Nutella, maple syrup, or butter	
ADD WARMED MIXED BERRIES	1.65
CRUMPETS or TOAST (v)	3.00
2 crumpets or 2 slices of toast served with butter and a choice of preserve	
TOASTED TEA CAKE (v)	3.00
A toasted tea cake served warm with butter and strawberry preserve	

BUILD YOUR OWN BREAKFAST	
Sausage or veggie sausage	1.65
Bacon	1.65
Black pudding	1.65
Hash brown	1.10
Beans, chopped tomatoes or mushrooms	1.10
Fried egg	1.10
Scrambled eggs	2.20
Soft cob	1.10
Toast or fried bread	1.10

ROCK CLASSICS

BRITISH CLASSICS DONE THE ROCK WAY

GOURMET FISH SANDWICH	10.95
A toasted brioche bun, layered with mushy peas, romaine lettuce, crispy fish fillets and tartare sauce, served with chips	
HAM, EGG & CHIPS	14.25
2 slices of deli ham, two fried eggs & chips	
WHOLETAIL SCAMPI	14.25
Breaded scampi served with chips, a choice of mushy or garden peas & tartar sauce	
STEAK & ALE PIE	14.25
Braised steak slow cooked in a rich ale gravy topped with a puff pastry lid, served with chips or buttery mash & mushy peas	
FAGGOTS	12.00
Local butchers faggots served with buttery mash or chips & mushy peas, gravy & mint sauce	
SOUTHERN FRIED CHICKEN	12.00
Juicy chicken tenders coated in a seasoned crispy crumb, served with chips & coleslaw	

GOURMET BURGERS

ALL BURGERS ARE SERVED IN A TOASTED BRIOCHE BUN WITH CHIPS & COLESLAW

BBQ WESTERN	16.95
8oz steak burger, Monterey Jack cheese, smoked streaky bacon, lettuce, tomato, grilled onion, hickory BBQ sauce, mayo & beer battered onion rings	
TERIYAKI	16.95
8oz steak burger, melted stilton, lettuce, mayo, shredded spring onion & cucumber finished with our homemade teriyaki sauce	
CLASSIC CHEESE	16.95
8oz steak burger, Monterey Jack cheese, lettuce, tomato, mayo, grilled onion, burger relish & pickles	
CRISPY CHICKEN	16.95
Grilled halloumi, southern fried chicken breast, lettuce, tomato, mayo & grilled onion	
HALLOUMI (v)	16.95
Grilled halloumi sandwiched between large grilled mushrooms, lettuce, tomato, mayo, grilled red pepper & sweet chilli sauce	

OUR STEAK BURGERS ARE COOKED SLIGHTLY PINK UNLESS REQUESTED OTHERWISE

**VISIT OUR WEBSITE ROCKALES.BEER or
GIVE US A CALL 07551036302**

JACKET POTATOES

SERVED WITH LASHINGS OF BUTTER & BALSAMIC GLAZED SALAD

JACKET POTATO	5.95
A fluffy jacket potato served with lashings of butter & balsamic glazed salad	
EXTRA TOPPING	
Mature cheddar (v), baked beans (v), tuna mayo, tuna crunch, coleslaw (v)	1.95
Homemade beef chilli, pulled BBQ pork	3.75

HOT SANDWICHES & MELTS

SERVED WITH COLESLAW & SALTED CRISPS

PHILLY STEAK	9.85
Roast beef thinly sliced & piled high with bell peppers, onions, mushrooms & Monterey Jack cheese, served on grilled buttered bloomer with honey mustard	
OLD TIME CLASSIC	9.85
Prime back bacon, melted Somerset brie & cranberry sauce served in a toasted ciabatta	
GRILLED HAM & CHEESE	9.85
Sliced deli ham & melted cheddar cheese between toasted bloomer	
BBQ CHICKEN GRILL	9.85
Grilled chicken breast basted with smoked hickory BBQ sauce, topped with back bacon & melted cheese, served in a toasted ciabatta	
TRIPLE DECKER BLT	9.85
Prime back bacon with crisp lettuce, red onion & sliced tomato with mayo, sandwiched between toasted bloomer	
VEGGIE CHEESE MELT (v)	9.85
Grilled mushrooms, onions & bell pepper with melted Monterey Jack cheese piled onto crispy salad leaves & tomato, served on grilled buttered bloomer with honey mustard	
TUNA CRUNCH	9.85
Our take on tuna mayo mixed with diced celery & red onion, served in a toasted ciabatta with melted cheddar cheese	

OVER STUFFED DELI SANDWICHES

SERVED WITH COLESLAW AND SALTED CRISPS

TRIPPLE DECKER BLOOMER BREAD STUFFED WITH DRESSED MIXED SALAD AND FULL OF FILLING	8.75
Choose from:	
Tuna mayo, tuna crunch, shaved beef, deli ham or cheese & red onion (v)	

JUST FOR KIDS

SANDWICH MEAL – ham or cheese (v) sandwich served with a pack of snacks, yoghurt, chocolate bar & a carton of apple or orange juice	5.45
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DAILY SPECIALS - see our specials board for more choices

SALADS & SHARES

FRESHLY PREPARED FOR YOU AND YOUR FRIENDS

PLOUGHMAN'S

For one 10.95

For two to share 17.95

Slices of deli ham & mature cheddar cheese accompanied with Branston pickle, pickled onions, celery sticks and crusty bread & butter

MOZZARELLA & TOMATO (v)

12.95

A mixed dressed salad with torn mozzarella, sun-blush tomatoes & mixed olives with a drizzle of lemon oil

CHICKEN CAESAR

14.25

Crunchy lettuce leaves tossed with Caesar dressing and grated hard Italian cheese. Topped with freshly grilled chicken breast, pieces of bacon, homemade garlic croutons & your preference of with or without anchovies

LOADED CHIPS OR NACHOS (vo)

7.65

Served with melted cheddar cheese, sour cream, guacamole, tomato salsa & jalapenos

ADD HOMEMADE BEEF CHILLI OR BBQ PULLED PORK

5.50

ITALIAN PINSA

14.95

A large, warm, soft sourdough bread, topper with green pesto, torn mozzarella, Italian cured ham & sun-blushed tomatoes with mixed olives

SIDES & LIGHT BITES

THE PERFECT ADDITION TO YOUR MEAL, A SNACK OR PERFECT TO SHARE

GARLIC CIABATTA (v)

3.95

DOUBLE COOKED CHIPS (v)

4.25

CHEESY GARLIC CIABATTA (v)

5.50

CHEESY CHIPS (v)

4.95

HALLOUMI FRIES (v)

5.50

CAJUN SPICED CHIPS (v)

4.50

BEER BATTERED ONION RINGS (v)

4.95

SIDE SALAD (v)

4.25

CHIP COB (v)

4.95

CREAMY GARLIC MUSHROOMS & SPINACH (v)

6.95

SWEET POTATO FRIES (v)

6.35

GARLIC & HERB KING PRAWNS

6.95

See our daily board for specials

A selection of handmade cakes and savoury snacks
are available from the café counter

KITCHEN OPENING TIMES

MONDAY TO WEDNESDAY 8:00AM - 5:00PM

THURSDAY TO SATURDAY 8:00AM - 8:00PM

SUNDAY 10:00AM - 4:00PM

While all reasonable steps will be taken to avoid the unintentional presence of allergens, we cannot guarantee that any products are 100% free from allergens, owing to possible cross-contamination. Please inform a member of staff of any food allergies before you order, as menus do not list all ingredients. We cannot guarantee that any dishes are free from nut traces. Fish and poultry dishes may contain bones. We do not operate a dedicated vegetarian/vegan kitchen area.