

# MENU

*Proper British Fish & Chips locally sourced & still prepared using our 155-year-old traditional recipe.*



## LONDON'S OLDEST FISH & CHIP RESTAURANT

### ... A BIT ABOUT US ...

Established in 1871, Rock & Sole Plaice is popular with locals and tourists. Our locally sourced, sustainable, British fish has been described as the best in London and is still prepared using our 155-year-old traditional recipe. We have 2 floors of cosy seating inside plus an Al Fresco dining area perfect for those warm summer nights in the heart of Covent Garden.

### ... THE THREE PILLARS ...

This is dedicated to the three ladies who taught us how to cook this shop's style of Fish and Chips. The Fenner sisters (Anna and Rachael) lived above the shop when we first arrived for several years. It was their late father (Ray Fenner) that ran this shop from the late 1920's until 1968 and was the grandson of the original owner. These ladies took the time and dedication to pass on all of their father's knowledge to us, as they did not want to see the shop that he had established as one of London's best, go to ruin.

Mary Goody was the matriarch of the area and the first to point out that as the new owners of the Rock and Sole, we were not good enough. She had worked in this shop as a young girl in the 1910's and 1920's for the son. It is thanks to their efforts that we are able to present our customers today with the very same high standards of fish and chips that have always been served here for over 140 years. Ladies, thank you, the Rock and Sole Plaice family and customers owe you everything.

"OUR FISH IS DELIVERED DAILY, IT'S SO FRESH YOU CAN TASTE THE OCEAN."







 @ROCKANDSOLE.LONDON



 TripAdvisor  
ROCK & SOLE PLACE



 Google  
Reviews ★★★★★

## PIES AND SAVOURIES

*Served with our signature chips.*

**Crispy Camembert** £18  
*Fried, gooey and strong-tasting French cheese (Vegetarian).*

**Cheese, Onion and Potato Pie** £13  
*Cheddar cheese, potatoes and freshly chopped onions in a smooth creamy sauce (Vegetarian).*

**Steak & Ale Pie** £13  
*Chuck steak slow-cooked in a rich mushroom gravy made with lashings of Speckled Hen.*

**Chicken & Mushroom Pie** £13  
*Chicken and mushroom slow-cooked in a creamy tarragon and mustard sauce.*

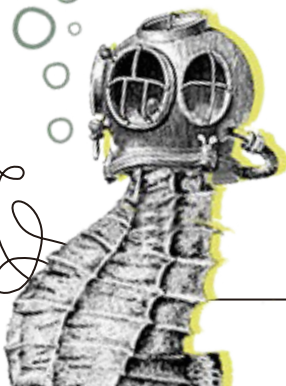
**Homemade Chicken Goujons** £16  
*Chicken breast, breaded and fried to juicy perfection. Great for children.*

**London Saveloy Sausage** £8    £10  
*Traditional London smoked and steamed beef sausage.*

**Battered Beef Sausage** £8    £10  
*Sausage coated in our signature batter.*

**Beef Sausage** £8    £10  
*Beef sausage, no batter.*

"BY FAR THE  
BEST CHIPPY IN  
THE WEST END."



We add a discretionary service charge to the above prices of 12.5%

## SIDES

*We recommend having a few sides to provide a more authentic fish-and-chip experience.*

**Chips** £5

**Homemade Coleslaw** £4

**Gherkins** £2

**Pickled Egg** £2

**Pickled Onion** £2

**Bread Roll** £2

**Mushy Peas** £3.5

**Garden Peas** £3.5

**Baked Beans** £3.5

**Gravy** £3.5

**Curry Sauce** £3.5

**London Style Sides** £6

*Try sides that originated from London. Homemade Coleslaw, Gherkins, Pickled Onion and Pickled Egg.*

**Northern Style Sides** £5.5

*Try sides that originated from The North of England. Curry Sauce or Gravy and Mushy Peas.*

## DESSERTS

*Served with custard or ice cream.*

**Chocolate Brownie** £8.5

*Fudgy, gooey chocolate and dark chocolate chunks served with vanilla ice cream (gluten free).*

**Sticky Toffee Pudding** £8.5

*Date and toffee sponge with a sticky toffee sauce*

**Jam Sponge Pudding** £8.5

*Vegetarian suet sponge pudding with raspberry jam.*

## SOFT DRINKS

Coke <i>Available in Original, Diet &amp; Zero</i>	£4.5
Sprite - Zero	£4.5
Fanta - Orange	£4.5
Mineral Water (330ml / 750ml)	£3.9    £6.9
Sparkling Water (330ml / 750ml)	£3.9    £6.9
Various Juices <i>Apple, Orange, Pineapple, Mango, Cranberry.</i>	£4.5
Iced Tea (500ml) <i>Peach or Lemon.</i>	£4.5
Fentimans (275ml) <i>Ginger Beer, Curiosity Cola, Lemonade, Rose Lemonade.</i>	£5

## HOT DRINKS

Coffee <i>Cappuccino, Americano, Mocha, Latte</i>	£4.5
Espresso (Single / Double)	£2.9    £3.9
English Breakfast Tea	£4.5
Earl Gray	£4.5
Hot Chocolate	£4.5
Herbal Tea <i>Lemon Ginger, Mint, Camomile, Passion Fruit &amp; Orange, Red Berry.</i>	£3.9

## BEER & CIDER

### DRAUGHT LAGER

Rock & Sole Lager - 4%	£7.9
Camden Hells Lager - 4.6%	£7.9
Camden Pale Ale - 4%	£7.9

### BOTTLED BEER & CIDER

Peroni 5% (330ml)	£6.9
Peroni non-alcoholic 0% (330ml)	£6
London Pride Amber Ale 4.7% (330ml)	£6.9
Kopparberg Strawberry cider 4% (500ml)	£7.9
Kopparberg Strawberry cider, non-alcoholic 0% (500ml)	£7.9

## WHITE WINE

Glass of White - 12.5% <i>A glass of our house White Wine</i>	175ml £7.9
Bottega Pinot Grigio, Italy - 12.5% <i>Light, dry with floral, citrus, and mineral finish. Treviso, Adriatic, Dolomites.</i>	Bottle £32
Maison Sabadie Reserve Blanc, France - 12.5% <i>A smooth and rounded white blend, showing ripe stone fruit, citrus &amp; a touch of floral character. The palate is balanced with gentle acidity and a soft, slightly creamy texture leading to an easy, rounded finish.</i>	Bottle £30
Spier Signature Sauvignon Blanc, South Africa - 12.5% <i>Zesty and vibrant, with expressive aromas of gooseberry, lime and passion fruit. The palate is crisp and refreshing, driven by lively acidity and finishing with clean citrus and green herbal notes.</i>	Bottle £35

## ROSE WINE

Glass of Rose - 12.5% <i>A glass of our house Rose wine.</i>	175ml £7.9
Bottega Pinot Grigio Rose, Italy - 12% <i>Mouth-watering with red fruits, raspberries, cherries, acidity, fruity finish.</i>	Bottle £32
La Source Reserve Rose, France - 12.5% <i>Fresh and fruit-driven, with aromas of raspberry, redcurrant and citrus peel. The palate is lively and well-balanced, with bright acidity and a crisp, refreshing finish.</i>	Bottle £32

## RED WINE

Glass of Red - 12.5% <i>A glass of our house Red wine.</i>	175ml £7.9
Colle del Sole Sangiovese Rubicone, Italy - 11% <i>Bright and fruit-forward, offering aromas of cherry, redcurrant and subtle herbs. The palate is medium-bodied with fresh acidity, soft tannins and a clean, lightly savoury finish.</i>	Bottle £26
Maison Sabadie Reserve Rouge, France - 12.5% <i>A smooth and well-rounded red blend, showing ripe black fruit, plum and gentle spice. The palate is soft and approachable with integrated tannins and a balanced, easy finish.</i>	Bottle £28

## SPARKLING WINE

Bottega Poeti - Prosecco - 11% <i>Brut sparkling wine with apple, peach, citrus, acacia, and wisteria. Fresh, balanced, delicate.</i>	Small bottle 20cl £12
Bottega Gold - Prosecco - 11% <i>Fruity wine with apple, pear, acacia, lily scents. Hand-painted bottles.</i>	Small bottle 20cl £14
Bottega Poeti - Prosecco - 11% <i>Brut sparkling wine with apple, peach, citrus, acacia, and wisteria. Fresh, balanced, delicate.</i>	Bottle £42
Bottega Gold - Prosecco - 11% <i>Fruity wine with apple, pear, acacia, lily scents. Hand-painted bottles.</i>	Bottle £48
Champagne Dericbourg 'Cuvée de Réserve' Brut, France - 12% <i>Classic in style, with aromas of lemon peel, baked apple and light pastry. The palate is vibrant and precise, combining crisp citrus with hints of brioche and hazelnut, finishing long, dry and refreshing.</i>	Bottle £72

