

MENU

*Proper British Fish & Chips locally sourced &
still prepared using our 153-year-old traditional recipe.*



LONDON'S OLDEST FISH & CHIP RESTAURANT

... A BIT ABOUT US ...

Established in 1871, Rock & Sole Plance 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 153-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 whom 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 their fathers' knowledge to us, as they did not want to see the shop that he had established as one of the 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 Plance family and customers owe you everything.

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



MENU

"Our fish is delivered daily, it's so fresh you can taste the ocean."

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



STARTERS

Served with either our homemade sweet chilli sauce or our exquisite tartar sauce.

Hummus and Pitta Bread	£6
<i>Pitta bread with a rustic hummus drizzled with olive oil and a sprinkle of paprika (Vegetarian).</i>	
Crispy Camembert (3 pieces)	£8
<i>Fried, gooey and strong tasting French cheese (Vegetarian).</i>	
Calamari (6 pieces)*	£8
<i>Squid strips dusted in a light breadcrumb and flash fried. Served with tartar sauce.</i>	
Prawn & Garlic Twist*	£8
<i>Crispy filo pastry filled with prawn and garlic, served with a homemade sweet chilli sauce.</i>	
Proper King Prawns (3 pieces)*	£8
<i>Large King Prawns, battered and fried, served with homemade sweet chilli sauce.</i>	
Starter Platter	£12
<i>A mixture of all the starters marked '*'. </i>	
Onion Rings	£6
<i>Golden battered crispy onion rings.</i>	
Mixed Leaf Salad	£7
<i>Fresh crunchy crisp leaf salad.</i>	

ALLERGY INFORMATION

We fry only in the highest quality refined **groundnut (peanut)** oil, for any allergen information and advice, please speak to a member of staff, or scan the QR Code on menu for an allergy matrix.



FISH & CHIPS

Served with our signature chips and exquisite tartar sauce.

	Regular / Large	
Cod Loin (230g / 310g)	£22	£26
<i>Fluffy, flaky chunks and subtle in flavour.</i>		
Haddock (230g / 310g)	£20	£24
<i>Same texture as Cod, but thinner and slightly stronger in flavour.</i>		
Rock (230g / 350g)	£22	£25.5
<i>A dense, meaty and strong tasting fish, served on the bone. Ask for availability.</i>		
Skate (270g / 330g)	£22	£25.5
<i>Juicy succulent strands of fish, strongest in flavour, served on the bone. Ask for availability.</i>		
Plaice (160g / 210g)	£22	£25
<i>Flat Flounder fish, light and tender in texture, subtle in taste.</i>		
Lemon Sole (160g / 210g)	£22	£25
<i>Flat Flounder fish, tastes similar to Plaice, however has a slight citrus fragrance.</i>		
Calamari	£18	
<i>Battered and fried. Served with tartar sauce.</i>		
RSP own Scampi	£20	
<i>Scottish Langoustine breaded and fried to juicy perfection.</i>		
Proper King Prawns	£20	
<i>Large King Prawns battered and fried, served with homemade chilli sauce.</i>		
Cod Goujons	£14	
<i>Battered cutlets of fish. Great for children.</i>		
Cod Roe (Single / Double)	£8	£10
<i>Caviar of the Cod, battered and fried.</i>		
Extra Tartar Sauce	£1	
Extra Sweet Chilli Sauce	£1	

We add a discretionary service charge to the above prices of 10%



@ROCKANDSOLELONDON



Tripadvisor

ROCK & SOLE PLACE

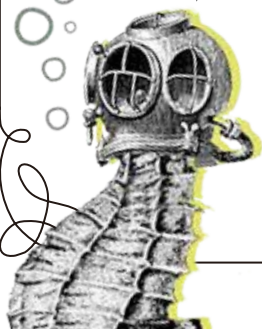


PIES AND SAVOURIES

Served with our signature chips.

Crispy Camembert	£15	
<i>Fried, gooey and strong-tasting French cheese (Vegetarian).</i>		
Cheese, Onion and Potato Pie	£13	
<i>Cheddar cheese, potatoes and freshly chopped onions in a smooth creamy sauce (Vegetarian).</i>		
Steak & Ale Pie	£13	
<i>Chuck steak slow-cooked in a rich mushroom gravy made with lashings of Speckled Hen.</i>		
Chicken & Mushroom Pie	£13	
<i>Chicken and mushroom slow-cooked in a creamy tarragon and mustard sauce.</i>		
Homemade Chicken Goujons	£15	
<i>Chicken breast, breaded and fried to juicy perfection. Great for children.</i>		
	Single / Double	
London Saveloy Sausage	£8	£10
<i>Traditional London smoked and steamed beef sausage.</i>		
Battered Beef Sausage	£8	£10
<i>Sausage coated in our signature batter.</i>		
Beef Sausage	£8	£10
<i>Beef sausage, no batter.</i>		

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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	£1.5
Pickled Onion	£1.5
Bread Roll	£1.5
Mushy Peas	£3
Garden Peas	£3
Baked Beans	£3
Gravy	£3
Curry Sauce	£3
London Style Sides	£6
<i>Try sides that originated from London. Homemade Coleslaw, Gherkins, Pickled Onion and Pickled Egg.</i>	
Northern Style Sides	£5.5
<i>Try sides that originated from The North of England. Curry Sauce or Gravy and Mushy Peas.</i>	

DESSERTS

Served with custard or ice cream.

Chocolate Brownie	£7.5
<i>Fudgy, gooey chocolate and dark chocolate chunks served with vanilla ice cream (gluten free).</i>	
Sticky Toffee Pudding	£7.5
<i>Date and toffee sponge with a sticky toffee sauce (Gluten Free).</i>	
Jam Sponge Pudding	£7.5
<i>Vegetarian suet sponge pudding with raspberry jam.</i>	

DRINKS

SOFT DRINKS

Coke	£3.9	
<i>Original, Diet, Zero</i>		
Sprite - Zero	£3.9	
Fanta - Orange	£3.9	
Mineral Water (330ml / 750ml)	£3.5	£6
Sparkling Water (330ml / 750ml)	£3.5	£6
Various Juices	£3.5	
<i>Apple, Orange, Pineapple, Mango, Cranberry.</i>		
Iced Tea (500ml)	£4.5	
<i>Peach or Lemon.</i>		
Fentimans (275ml)	£4.5	
<i>Ginger Beer, Curiosity Cola, Lemonade, Rose Lemonade.</i>		

HOT DRINKS

Coffee	£3.9	
<i>Cappuccino, Americano, Mocha, Latte</i>		
Espresso (Single / Double)	£2.9	£3.5
English Breakfast Tea	£3.9	
Earl Gray	£3.9	
Hot Chocolate	£3.9	
Herbal Tea	£3.9	
<i>Lemon Ginger, Mint, Camomile, Passion Fruit & Orange, Red Berry.</i>		

BEER & CIDER

DRAUGHT LAGER

Rock & Sole Lager - 4%	£7.5
Camden Hells Lager - 4.6%	£7.5
Harbour Arctic Sky Cold IPA - 4.3%	£7.5
Camden Pale Ale - 4%	£7.5

BOTTLED BEER & CIDER

Peroni 5% (330ml)	£6
Peroni non-alcoholic 0% (330ml)	£5
London Pride Amber Ale 4.7% (330ml)	£6
Kopparberg Strawberry cider 4% (500ml)	£7.5
Kopparberg Strawberry cider, non-alcoholic 0% (500ml)	£6

BUBBLES

Bottega Poeti - Prosecco 11%	Small bottle 20cl	£12
<i>Brut sparkling wine with apple, peach, citrus, acacia, and wisteria. Fresh, balanced, delicate.</i>		
Bottega Gold - Prosecco 11%	Small bottle 20cl	£14
<i>Fruity wine with apple, pear, acacia, lily scents. Hand-painted bottles.</i>		
Bottega Poeti - Prosecco 11%	Bottle	£42
<i>Brut sparkling wine with apple, peach, citrus, acacia, and wisteria. Fresh, balanced, delicate.</i>		
Bottega Gold - Prosecco 11%	Bottle	£48
<i>Fruity wine with apple, pear, acacia, lily scents. Hand-painted bottles.</i>		
Champagne Moët & Chandon Brut Impérial - 12.5%	Bottle	£90
<i>Sparkling with apple, citrus, mineral, white flowers, brioche, nuts.</i>		

WHITE WINE

Casa Mia Bianco - 11%	175ml	250ml	Bottle
	£7.5	£8.5	£24
<i>Dry, crisp, and fruity with almond, and elderflower notes.</i>			
Sauvignon Blanc Du Toitskloof - 12.5%			Bottle
<i>Crisp with citrus, melon, herbs, clean finish.</i>			£30
Bottega Pinot - 12%			Bottle
<i>Light, dry with floral, citrus, and mineral finish. Treviso, Adriatic, Dolomites.</i>			£32
Chardonnay Ca' Bolani - 13.5%			Bottle
<i>Fresh, balanced with apple, pear, sage, thyme, and rosemary.</i>			£35

RED WINE

Casa Mia Red - 11%	175ml	250ml	Bottle
	£7.5	£8.5	£24
<i>Light ruby-red, dry, balanced fruit, almond hints.</i>			
Merlot Ca' Vescovo - 13%			Bottle
<i>Elegant with spicy notes, blackcurrants, strawberries, and blueberries.</i>			£28
Cabaret Sauvignon Du Toitskloof - 14%			Bottle
<i>Full-bodied with blackcurrant, cassis, spices. Smooth, rich, long finish.</i>			£30

ROSE WINE

Casa Mia Rosé - 11%	175ml	250ml	Bottle
	£7.5	£8.5	£24
<i>Cherry pink, dry, fresh, sapid. Floral and fruity bouquet.</i>			
Bottega Pinot Rosé - 12%			Bottle
<i>Mouth-watering with red fruits, raspberries, cherries, acidity, fruity finish.</i>			£32

