

FROM FARM TO FORK

LIMPSFIELD

West Malling

Maidstone

Canterbury

COMMONWORK
ORGANIC FARM

CHIDDINGSTONE TONBRIDGE

THE ROCK INN

PENSHURST

ERRIDGE

Ashford

Dover

Folkestone

HASTINGS

Many pubs and businesses claim sustainability and how local they are. It is however the humble rural pub that is probably the Daddy of the movement, we are no exception. If it can be sourced locally, and it usually can be, we do.

CHIDDINGSTONE DAIRY

We make our cultured butter using double cream from Chiddingstone Dairy - the passion project of local farmers Paul Vicary and Alistair Laing, dairy farmers with a combined 40 years experience. They believe that happy cows produce high-quality milk, and that the happiest cows are those who are free to roam the lush green fields of the Kentish countryside, grazing on grass as nature intended.



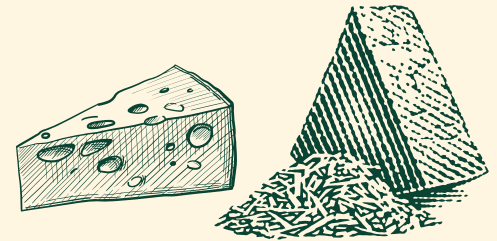
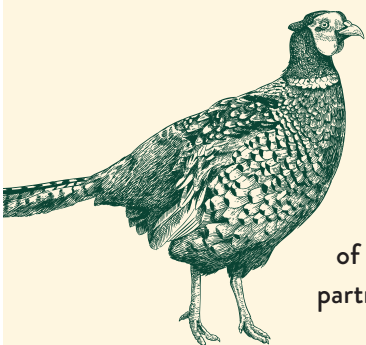
ERRIDGE DAIRY

Erridge dairy produce the most magnificent ice cream from their mixed milking cow herd. Loved by their owners, each pot of ice cream is signed with the names of cows who produced the milk.



STONEWALL GAME

We proudly host the local shoot at The Rock every Saturday morning with a full English breakfast. In return we get the spoils of the shoot with fresh pheasant, duck and partridge delivered to our door.



BLACKWOOD CHEESE COMPANY

Commonwork Organic Farm is a regenerative dairy farm with a single herd of 240 mixed breed milking cows. The cows' pasture-based diet of herbal leys, grass and silage produces the perfect milk for cheesemaking. They use only the freshest milk which is collected each morning.

PENSHURST LAMB

The Fredericks have supplied our lamb from the beginning with a growing flock of Suffolk Mules. Our lamb grazes just a short walk from the pub and is available all year round.





THE ROCK INN



WILD ROCK OYSTERS FROM WHITSTABLE

£3 each



RAW OYSTERS
Rock oyster, hot sauce

BEER-BATTERED OYSTERS
Seaweed mayonnaise



BAR SNACKS

BREAD
Chiddingstone Dairy cultured miso butter
£6

NOCELLARA OLIVES
Roasted garlic and herbs
£6

TO START

DEVILLED WHITEBAIT
Tartar sauce
£10

STICKY PORK BELLY BITES
Sriracha mayonnaise
£9.50

SPICY HOUMOUS
Sourdough
£7.50

SPRING VALE MUSHROOMS
Cream and Stilton on sourdough
£11

PROPER PINT OF PRAWNS
Marie Rose sauce
£12

SOUP OF THE DAY
Toasted Sourdough
£7

DOORSTOP SANDWICHES

White farmhouse or Malted bloomer
£11

FISH FINGER
Tartar sauce and
lettuce

HAM SALAD
Mustard mayonnaise

HOUMOUS
Roasted vegetables

SIDES

VINEGAR SLAW £4.50 | SKINNY FRIES £4.50 | CHEESY FRIES £5.50
ROCKET SALAD £5.50 | HOUSE SALAD £5 | SEASONAL VEGGIES £5.50

BURGERS

All our burgers can be made vegetarian, vegan or gluten free

ZINGER TOWER BURGER

Fried chicken, house sauce,
lettuce, pickles and a hash
brown with Emmental
cheese
£19

ROYALE WITH CHEESE

Single burger patty,
house sauce, lettuce,
pickles, crispy onions and
Emmental cheese
£15

GAME CHANGER

Local venison, garlic
mayonnaise, spinach,
jalapeños and blue cheese
£18

BACON DOUBLE CHEESE

Double beef patty,
house sauce, lettuce,
pickles, Emmental
cheese, crispy onions
and bacon
£19

ULTIMATE STEAK

Designed to share, minimum 800g, maximum 2kg per steak

We dry age our own grass-fed local beef for a minimum of 30 days, giving you the best flavour and texture. Served with chimichurri sauce, skin-on fries and house salad.

Rib eye - £9.50 per 100g

Sirloin - £9.50 per 100g

T-Bone - £11.50 per 100g

MAINS

BRAISED RABBIT TAGLIATELLE

Local mushrooms and cream
£20

MARKET FISH OF THE DAY

Fresh fish, caught daily
(Market price)

LARKIN'S BATTERED COD

Chips, samphire, tartar sauce
£17.50

PIE OF THE DAY

Chips and gravy
£19

GARDEN OF ENGLAND SALAD

Selection of local grown leaves, Graceburn feta, heirloom
tomatoes, red onion and rapeseed dressing with oregano
£18

DESSERTS

£8

BASQUE CHEESECAKE

Soft fruit compôte

ETON MESS

Seasonal berries

STICKY TOFFEE PUDDING

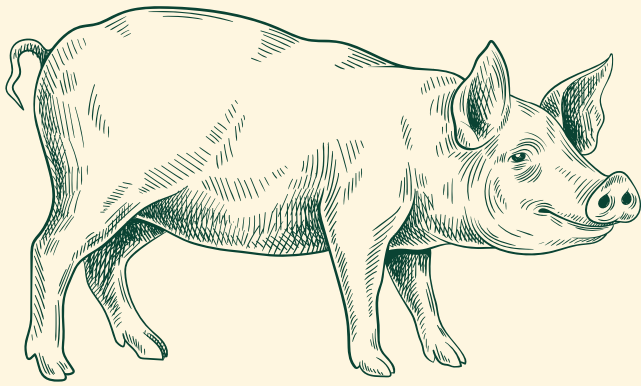
Salted caramel ice
cream

BANOFFEE PIE

LOCAL CHEESE BOARD

Blackwoods Graceburn and Hever, Lord Londoner and Kentish Blue, crackers and quince
£12.50

*We only buy local where possible and make everything ourselves. Please make us aware of any dietary requirements or allergies.
A discretionary 12.5% service charge will be added to tables of six or more. There are nuts and gluten products used in our relatively small kitchen so
cannot be completely free of these allergens.*

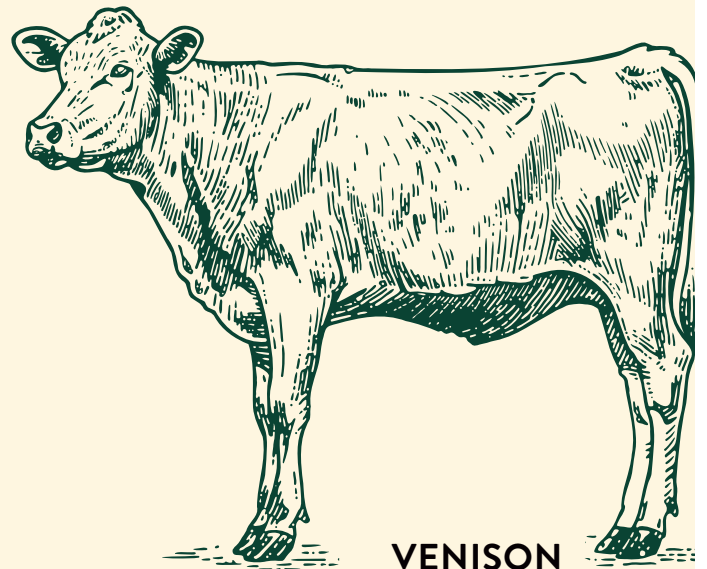


OUR OWN PIGS

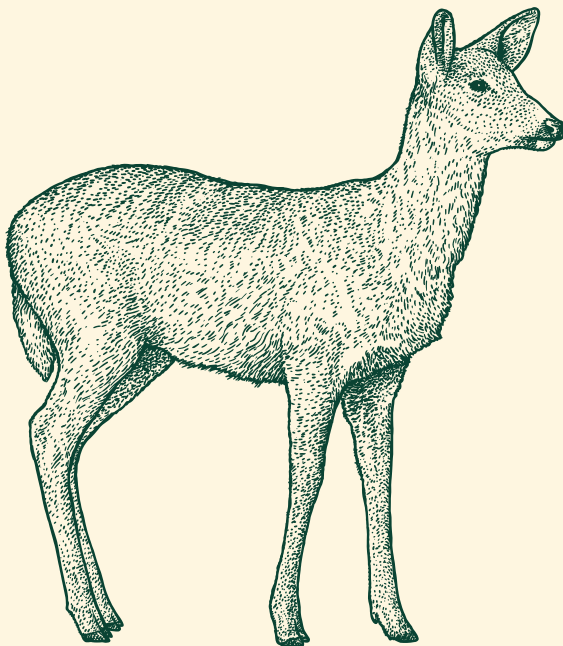
In 2024 we decided to take farm to fork to the next level introducing our very own Mangalitsa cross Gloucester Old Spot pigs. Fed on organic feed, apples, acorns, brewers grain and cheese whey. We are passionate about animal welfare but also considerate of the food chain, our pigs were given the happiest of life with belly scratches and play time a plenty. We believe it shows in the meat.

BEEF

Our beef is supplied from The Titsey Herd, a prize-winning pedigree Sussex herd providing the very best local grass-fed beef. We manage the entire process, from selection and rearing to butchery and dry ageing.



VENISON



Deer management is conducted by Mat Skinner, based in Limpsfield with deer from the local Titsey Estate, within just five miles of our pub. His venison is as sustainable and as local as it gets.

SANKEY'S THE FISHMONGERS

In Tunbridge Wells and Tonbridge, Sankey's specialise in serving fresh, local fish. Having been a family-run business for over 45 years, these guys are experts in their field (or sea). We take advantage of their daily specials and local delicacies to add to our menu!

