



*On the Rocks*

Mumbles

Est. 2023





# MENU



## FOR THE TABLE

House Marinated Olives (GF, Vg)	5
Homemade Focaccia with a choice of Butter	7
Crispy Cockles lightly seasoned with Lemon, Parsley and Sea Salt (GF)	9
Deepfried Whitebait	8

## STARTERS

Slow Cooked Belly of Pork in a Soy, Honey and Sweet Chilli Sauce (GF)	9
Salt and Chilli Crispy Squid with Citrus and Coriander Aioli (GF)	9
Whipped goat cheese bowl, honey roasted beetroot, lemon & shallot vinaigrette with mint & dill. (GFA)	10
Crispy Buffalo Chicken Wings with a Cool Ranch Dip (GF)	10
Pan Fried Wild Prawns in Garlic & Parsley Butter, crusty bread. (GFA)	10
Scallops with a Pea & Truffle Puree, Crispy Cockles and a Lemon Oil.(GF)	15

Our Menu items may contain or come into contact with a number of allergens including wheat, eggs and milk. For allergen information please speak to your server.

## STEAKS

All our meat is sourced locally from Howells, one of Gowers longest established family butchers. Each steak is sealed by our chefs and served rare with a hot stone sharer to perfect the cut to your taste. **Our Steaks are served with a choice of one side, one homemade butter and one sauce to compliment the cut.**

RIBEYE 8 OZ (GF)	28
SIRLOIN 8 OZ (GF)	30
FILLET 8 OZ (GF)	38
RUMP 16 OZ (GF)	38

Warning: Our rocks are blistering hot so please DO NOT TOUCH. Do not pour sauces onto rock. Please note we do not serve hot rocks to any guests under 12 and advise caution for those with children at their table.

## SIGNATURE DISHES

Chicken Supreme, Herb Roasted New Potatoes, Tenderstem Broccoli with Creamy Cajun Sauce (GF)	24
Monkfish wrapped in Parma Ham served with Sauteed Pak Choi a White Wine sauce and Chimichurri. (GF)	28
Confit Duck Leg, Creamy Mashed Potato, Glazed Carrot with a Red Wine and Onion.	24
Cod Rigatoni with a Creamy Nduja, White Wine & Mussel Sauce.	18
Burrata on a bed of Honey and Balsamic Roasted Vegetables, Chimichurri and Basil Oil (V, GFA)	18
Roasted Cauliflower Steak on a bed of Yellow Garlic & Bean Puree. Topped with a Maple & Tahini Dressing, Pomegranate and Parsley. (VG, GF)	18

### No Service Charge Added

We don't add a service charge to your bill, as we believe tipping should always reflect your experience. If you've enjoyed your time with us, we hope you'll consider showing your appreciation accordingly. Thank you for your support!

## SIDES

Homemade Chips (GF, Vg)	4
Goats Cheese Mash	5
Creamed Cauliflower Mash	5
Side Salad (GF, Vg)	5
Sautéed Tender Stem Broccoli (GF)	6
Mac and Cheese	7
Creamed Spinach	6
Cabbage and Bacon (GF)	6

## SAUCES

4.5 each

Creamy Peppercorn (GF)
Beef Dripping
Stilton and Thyme (GF)
Welsh rarebit (Mustard and Cheese)
Creamy Garlic Mushroom (GF)
Chimichurri (GF)
Red Wine and Onion (GF)

## BUTTERS

2 each

Confit Garlic & Parsley (GF)
Sundried Tomato & Horseradish (GF)
Spicy Mustard (GF)
Nduja (GF)
Honey (GF)
Salted (GF)