



*On the Rocks*

Mumbles

Est. 2023



# MENU



## FOR THE TABLE

House Marinated Olives	5
Homemade Focaccia with a choice of Butters	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, DF)	10
Salt and Chilli Crispy Squid with Citrus and Coriander Aioli (GF)	10
Whipped Goats Cheese, Honey Roasted Beetroot, Sun Blushed Tomato, Chilli Oil, Balsamic Dressing, Crusty bread (GFA)	10
Sauteed Wild mushrooms, Green Cannelloni Bean Puree Bruschetta, Rocket oil, Rocket & Pickled Onion Salad (VG, GFA)	9
Pan fried Scallops, Butternut Squash Puree, Crispy Pancetta, Chimichurri, Chilli Oil. (GF)	15

## 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 8OZ (GF)	28
SIRLOIN 8OZ (GF)	30
FILLET 8OZ (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 guest under the age of 12.*

## SIGNATURE DISHES

Streaky Smoked Bacon wrapped Chicken Supreme, Fondant Potato, Green Beans, Creamy Garlic Mushroom sauce. (GF)	21
Pan fried Sea Bass, Garlic crushed New Potatoes, White Wine & Dill sauce, Dill pearls. (GF)	19
Pan fried Salted Cod, Broad Bean & Pea Risotto, Sautéed Wild Mushrooms, Pea Puree, Sun blushed Tomato. (GF)	24
Parma Ham wrapped Monkfish, Sauteed Pak Choi, Creamy White Wine Sauce, Chimichurri. (GF)	26
Paprika roasted cauliflower steak, green cannelloni bean puree. Red pepper, olive & caper salsa, rocket oil, toasted almonds. (GF)	18

**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.**

## SIDES

Homemade Chips (GF, Vg)	4
Goats Cheese Mash	5
Creamed Cauliflower Mash	5
Side Salad (GF, DF)	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)
Red Wine and Onion
Creamy Garlic Mushroom (GF)
Chimichurri (GF, DF)

## BUTTERS

2 each

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