



On the Rocks

Mumbles
Est. 2023



LUNCH MENU



Two. Course £24

Three Course £30

FOR THE TABLE

House Marinated Olives (GF, VG) 5

Homemade Focaccia topped with Cheese with a Welsh Salted Butter 7

Crispy Cockles lightly seasoned with Lemon, Parsley and Sea Salt (GF) 9

STARTERS

Slow Cooked Belly of Pork in a Soy, Honey and Sweet Chilli Glaze (GF) 10

Salt & Chilli Squid served with a Citrus Aioli 10

Garlic and Wild Mushrooms & Cannellini Bean Puree Bruschetta (VG) 9

SIGNATURE DISHES

Ribeye Steak Ciabatta served on a bed of Rocket, Caramelised Onions, Balsamic Tomatoes, and served with Creamy Stilton Sauce and Chips 22 (+£4 supp)

Smoked Bacon wrapped Chicken supreme, crusted new potatoes, green beans, creamy garlic mushroom sauce. 21

Pan fried sea bass, garlic crushed new potatoes, white wine & dill sauce, dill pearls. 19

Paprika roasted cauliflower steak, green cannelloni bean puree. Red pepper, olive & caper salsa, rocket oil, toasted almonds. 18

SIDES

Creamed Spinach 6

Tenderstem Broccoli (GF, DF) 6

Cauliflower Cheese 6

Creamy Mashed Potato 5

Creamy Goats Cheese Mash 5

Homemade Chips 4

DESSERTS

Sticky Toffee Pudding, Salted Caramel Sauce, Vanilla Ice Cream 9

Triple Chocolate Brownie, Honey, Homemade Honeycomb, and Honeycomb ice cream. 9

White chocolate & vanilla Panna cotta, Peppered Strawberries. 9

Black currant Sorbet, Pistachio Crumb, Honeycomb, Blueberry Compote, Fresh Berries & Mint. (VG) 9

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.