



# Lunch Menu

Served 12pm - 5pm

## Main Meals

**Fresh Porthilly Mussels in a Marinière Sauce** ..... £17.50

Served with a side of chips.

**Beer Battered Cod and Chips** .. £14.95

Served with pea purée or garden peas and tartare sauce.

**(V) Butter Bean, Potato and Lentil Curry** ..... £13.95

Served with long grain rice, poppadom, naan bread and mango chutney.

**Whole-tail Breaded Scampi** .... £14.95

Served with chips, garden peas and tartare sauce.

**Ham, Fried Eggs and Chips** .... £14.95

**Traditional Local Sausages and Mash** ..... £13.95

With red onion gravy, served with seasonal vegetables.

**Chicken Breast Topped with Bacon, Cheese and BBQ Sauce**, ..... £15.95

Served with chips and salad.

**(V) Sundried Tomato, Courgette and Roasted Pepper Linguine** ..... £13.95

In a creamy spicy tomato sauce.

## Sandwiches

All served on granary or white bread with a dressed mixed leaf salad garnish.

**Fresh Local Crab** ..... £12.50

(When available.)

**Tuna and Mayo** ..... £6.75

**Smoked Salmon and Cream Cheese** ..... £8.50

**Prawn and Marie Rose** ..... £8.95

**Ham and Cheese** ..... £5.75

**Cheese and Pickle** ..... £5.50

**Cheese** ..... £5.00

**Ham** ..... £5.25

## Nachos

**Nachos with Cheese, Salsa and Sour Cream**, ..... £7.95

**Nachos with Chicken, Cheese, Salsa and Sour Cream**, ..... £15.50

**Nachos with Chilli Con Carne, Cheese, Salsa and Sour Cream**, £14.95

• DON'T FORGET TO CHECK OUT OUR DAILY SPECIALS BOARDS! •

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## Salads

All salads are dressed with French dressing and balsamic glaze with the exception of chicken and bacon salad which is Caesar dressing.

**Fresh Local Handpicked Crab** . . . £27.50  
(When available.) Served with a mixed leaf salad and granary bread.

**Chicken and Bacon Salad** . . . . . £16.50  
Served with croutons, pine nuts, Parmesan and Caesar dressing.

**(V) Tomato and Mozzarella Salad** . . . . . £13.95

**Shell-On Tiger Prawns** . . . . . £16.95  
Tossed in a coriander, lime and chilli butter served with a sweet chilli dip.

**(V) Goats Cheese and Walnut Salad** . . . . . £13.95

**Battered Salt and Pepper Squid** . . £16.95  
Served on a mixed leaf salad with aioli.

## Panini's

All served with a dressed mixed leaf salad garnish.

**Brie, Bacon and Cranberry** . . . . . £8.25

**Tuna, Mozzarella & Sweet Chilli** . £8.25

**Ham, Cheddar and Red Onion** . . £8.25

**Mozzarella, Sun Blushed Tomatoes, Pesto and Red Onion** . . . . . £8.25

**Chicken Chorizo and Mozzarella** . . . . . £8.50

**Plain Cheddar Cheese** . . . . . £7.25

## Rock Inn Burgers

All our burgers are served with chips, mayo and salad in a locally baked toasted tiger bap.

**Handmade 8oz**  
**100% Beef Burger** . . . . . £14.95  
**Add Cheese** . . . . . £1.00  
**Add Bacon** . . . . . £2.00  
**Add Fried Egg** . . . . . £1.50

**Chicken and Bacon Burger** . . . . . £15.95  
**Add Cheese** . . . . . £1.00

**Sirloin Steak with Red Onion Marmalade Burger** . . . . . £16.95  
**Add Blue Cheese** . . . . . £2.00

**(V) Portobello Mushroom, Cornish Blue Cheese and Sundried Tomato Burger** . . . . . £13.95

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## Homemade House Specials

**Seafood Pie** ..... £16.95

Cod, salmon and prawns in a delicious cheesy white wine sauce, topped with mashed potato and mature cheddar cheese, served with salad and garlic bread.

**Steak, Ale and Mushroom Pie** .. £15.95

Tender steak pieces with button mushrooms in a rich real ale gravy, with a puff pastry topping served with chips and seasonal vegetables.

**Salmon and Cod Fishcakes** ..... £15.95

Cod and salmon with spring onion mashed potato, served with chips and a dressed mixed salad with a sweet chilli sauce.

**Curry of the Day** ..... £15.95

Delicious homemade curry of the day served with long grain rice, poppadom, naan bread and mango chutney.

**Chilli Con Carne** ..... £14.95

Beef mince chilli served with a choice of either long grain rice or chips topped with mature cheddar cheese.

## Children's Meals

**Chicken Nuggets, Local Sausages,  
Scampi or Battered Cod** ..... £7.50

Served with chips and baked beans or garden peas.

**Homemade Spaghetti**

**Bolognaise** ..... £7.50

**Macaroni Cheese** ..... £7.50

**Sirloin Steak** ..... £9.95

Served with chips and baked beans or garden peas.

**4oz Beef Burger** ..... £8.95

Served with chips.

**Add Cheese** ..... £1.00

## Jacket Potatoes

*All served with a dressed mixed leaf salad garnish.*

**Cheddar Cheese** ..... £7.50

**Chilli and Cheese** ..... £9.95

**Cheese and Beans** ..... £7.95

**Tuna, Sweetcorn and Mayo** ..... £7.95

**Prawn and Marie Rose** ..... £10.50

**Cheese and Bacon** ..... £8.75

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## Side Orders

Small Chips .....	£3.50
Large Chips .....	£4.50
Cheesy Chips .....	£4.95
Mixed Salad .....	£4.50
Garlic Bread .....	£3.50
Cheesy Garlic Bread .....	£3.95
French Bread .....	£2.95
With Oil and Balsamic	
Bowl of Mixed Olives .....	£3.50
Onion Rings .....	£3.50
Baked Beans or Garden Peas .....	£2.00
New Potatoes .....	£3.50

## West Country Dairy Ice Creams

1 Scoop	£2.50	2 Scoops	£3.75
3 Scoops	£4.75		

Clotted Cream Vanilla

Premium Strawberry

Honeycomb Delight

Chunky Chocolate

Mint Chocolate Chip

Raspberry Sorbet

\* Other desserts and hot drinks available

## Cream Tea

2 Scones With Jam .....	£6.00
and Clotted Cream and A Pot of Tea	

For any allergen advice please ask a member of staff and we will endeavour to give you the best possible advice.