



On the Rocks

Mumbles

Est. 2023



LUNCH 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	7
Deepfried Whitebait	8

STARTERS

Slow Cooked Belly of Pork in a Soy, Honey and Sweet Chilli sauce.	9
On the Rocks Goats Cheese and Walnut Balls served with a Beetroot Puree	8
Mussels in a Creamy White Wine Sauce(GFA)	8
Salt and Chilli Crispy Squid with Citrus Aioli (GF)	9
Wild Mushroom Bruschetta with Garlic and Green Bean Puree (VG)	8

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)	36

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 table with a guest under the age of 12.

SIGNATURE DISHES

Pan Fried Chicken Supreme wrapped in Bacon served with a Creamy Garlic and Mushroom, Sautéed Tenderstem Broccoli and Roasted Herb New Potatoes.	18
Ribeye Steak Ciabatta served with Rocket, Blistered Tomatoes and Pickled Onion accompanied with a Stilton & Thyme Sauce and Chips	18
Burrata with Toasted Sundried Tomato Focaccia, Rosemary Infused Honey, Seared Peaches, Salad Leaves and a Basil Oil. (Veg, GFA)	16
Pan Fried Seabass with a Lemon, Garlic & Parsley Potato Cake served with a White Wine Sauce and Dill Pearls	18
Mussels in a creamy white wine sauce, toasted bread. (GFA)	16
Spiced Cauliflower Florets served on a Green Bean Puree, Chimichurri and a choice of side. (VG)	14

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	4
Cheesy Mash and Goats Cheese	5
Creamed Cauliflower Mash	5
Side Salad	5
Sautéed Tender Stem Broccoli	6
Truffle Mac and Cheese	7
Creamed Spinach	6
Cabbage and Bacon	6

SAUCES

4.5 each

Creamy peppercorn
Beef Dripping
Stilton and Thyme
Steak Diane
Creamy Mushroom and Garlic
Chimichurri

BUTTERS

2 each

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