



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)	7
Deepfried Whitebait	8
Bread and Butter Board (GFA)	14

STARTERS

Slow Cooked Belly of Pork in a Soy, Honey and Sweet Chilli Sauce. GF	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
Scallops served with a Butternut Squash Puree, Samphire and 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 8 OZ (GF)	28
SIRLOIN 8 OZ (GF)	30
FILLET 8 OZ (GF)	36
RUMP 16 OZ (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
Braised Ox cheek in a Red Wine Gravy served with Creamy Mashed Potato and Honey glazed Carrot.	18
Burrata with toasted Sundried Tomato focaccia, Rosemary infused Honey, Seared Peaches, Salad Leaves and Basil Oil. (GFA)	16
Oven Roasted Hake served with crushed New Potatoes, a Parsley Sauce and braised Leek.	21
Spiced Cauliflower Florets served on a Green Bean Puree, Chimichurri and a choice of side.	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	