

If we haven't got your
favourite fish today.
It's probably still in
the sea...

.....
This menu is available
totally gluten free
.....

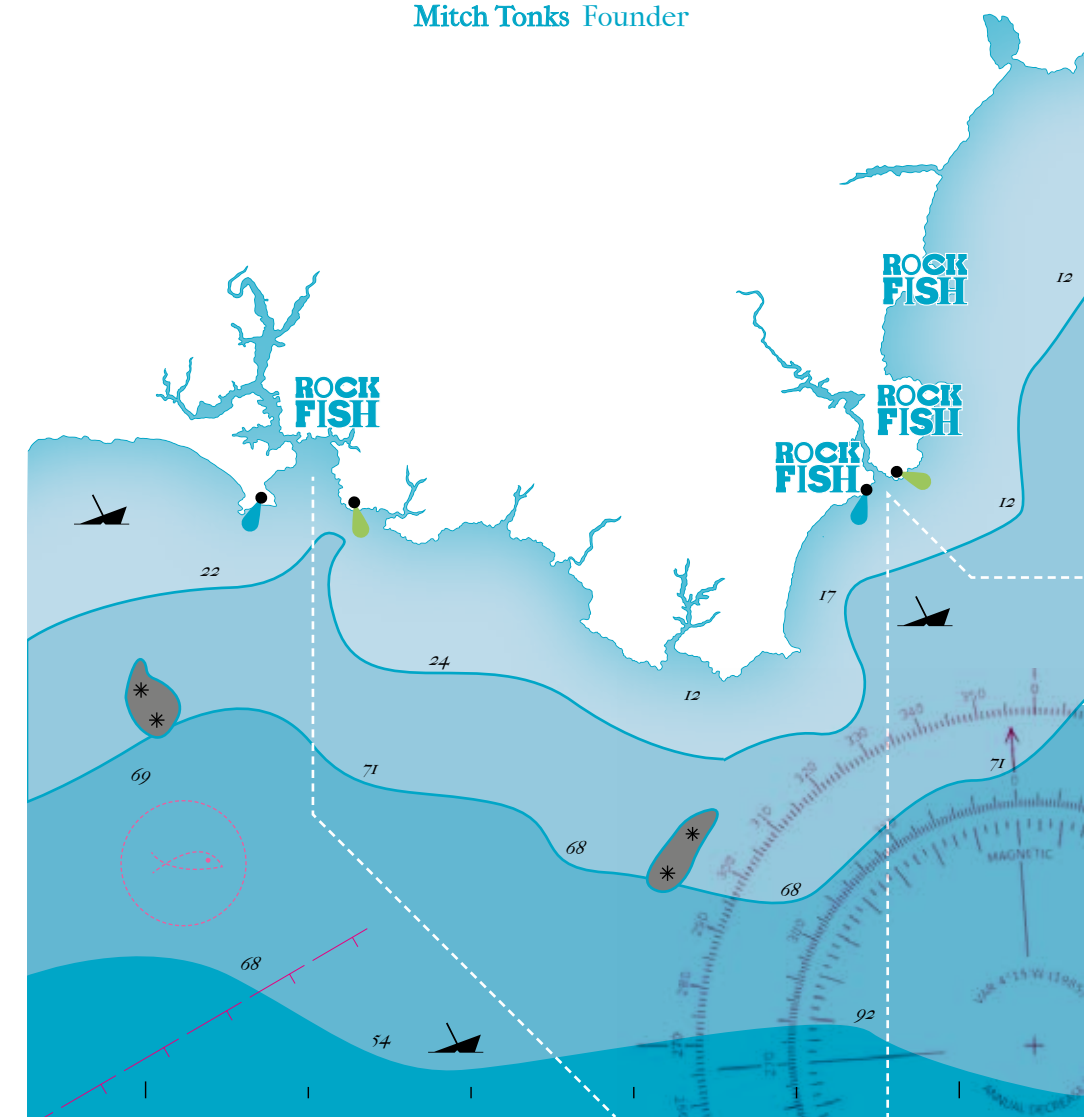
ask your server

www.therockfish.co.uk

WELCOME TO ROCKFISH

Britain's seafood coast produces some of the
finest fish in the world & there's nothing better
than eating it by the sea, simply prepared on
the day it was landed.

Mitch Tonks Founder



STARTERS	
Crisp Fried Salt & Pepper Prawns Fried in batter & seasoned with a mix of four fragrant peppers & sea salt	8.50
Crisp Fried Calamari Squid, lightly coated in flour, fried crisp & served with Singapore style chilli sauce	8.50
Roasted Half Shell Scallops Caught within a few miles of this restaurant. Roasted in the shell with loads of garlic & breadcrumbs	9.95
Dressed Salcombe Crab with Mayonnaise & Bread The best way to eat crab Cooked & picked every day and put back in the shell the traditional way for easy eating	9.95
Italian Seafood Salad A selection of marinated seafood with lemon juice, olive oil & salad leaves.	7.95
Half Pint of Norwegian Prawns  Caught in ice cold Arctic waters, these prawns are delicious & sweet. The best we've ever tasted, served shell-on with cocktail sauce	6.95
Crisp Fried Halloumi Lightly battered, crisp fried & served with chopped dill pickle relish	5.95



 **Hook up**
with our free wi-fi



We add a discretionary £1 to your bill, which is donated to a local charity. Visit our website to see which charity each restaurant supports. We trust you will help us raise funds which has a direct benefit to our local communities



MAIN COURSES

served with unlimited fresh cut chips or house salad and our classic tartare sauce

LOCAL FISH & SHELLFISH	
We have a selection of local fish every day, your server will mark your tablecloth to let you know what's fresh in this morning.	Grilled <small>see tablecloth for today's price</small> with lemon, garlic & parsley
	Crisp Fried <small>see tablecloth for today's price</small>

TRADITIONAL FISH & CHIPS	
Fried in Rockfish batter, served with unlimited fresh cut chips & tartare sauce. This is the best, most sustainable cod & haddock we can find, caught in the ice cold water off Norway where the stocks are really healthy, growing in numbers and certified sustainable by the MSC	Prime Cod Fillet  11.95 We use a special thick cut of prime cod loin prepared daily from only the largest fish
	Line Caught Haddock  12.95 A whole fillet fried with the skin on for maximum juiciness & flavour
	Scampi 16.95 Prime sweet Scottish langoustine tails prepared in the kitchen each day & fried in a light breadcrumb

THE ROCKFISH FRITTO MISTO	
	Our take on the Italian classic dish of fried seafood. Crisp fried prawns, monkfish scampi, local scallops, cod in batter & crisp fried calamari. Served with chilli & tartare sauce with unlimited chips or salad
	14.95

BURGERS	
Rockfish Cheese Burger Prime English chuck steak beefburger, seasoned & grilled with a slice of Gruyère cheese, salad, house relish & pickles	Chickpea Burger Chickpeas, coriander, cumin & lemon blended into a patty & fried. Served with salted chilli sauce & fresh corriander yoghurt
12.95	9.95

UNLIMITED CHIPS

We want you to enjoy our chips at their best. Freshly cooked, crisp & hot

That's why we offer unlimited chips with every order from the main menu

All our fish can be fried in gluten free batter

SALADS	
A few classics made fresh to order	
House Salad	2.95
Cos, frisse, rocket, red onion, cucumber & cherry tomato dressed with classic vinaigrette	
Greek Salad	5.95
Lettuce, cucumber, cherry tomatoes, red onion, Kalamata olives, barrel aged feta & oregano dressing	
Caesar Salad	4.50
Romaine lettuce, anchovies, croutons & Parmesan with our Caesar dressing	

ROCKFISH TARTARE SAUCE	
The Classic	complimentary
Capers, gherkins, dill pickles & red onion	
Seaweed	1.50
The classic tartare with four Cornish seaweeds	
Jalapeño	1.50
The classic sauce with hot jalapeño peppers	

SIDES	
Hot Garlic Bread	2.50
Soft Roll with Sea Salted Butter	2.25
Fried Pickled Onion Rings	1.95
Mushy Peas	.95
Buttered Garden Peas	1.50
Unlimited Fresh Cut Chips	2.50
Chip Shop Curry Sauce	.95
Singapore Style Chilli Sauce	.95

PICKLES	
Delicious with grilled & fried fish	
Sweet & Sour Dill Pickles	2.50
The traditional pickle with fried fish	
Pickled Onions in Sweet Balsamic Vinegar	2.50
You have to try these	