

APPETISERS

Pint of breads 5.95 (V)

Various chunks of warm breads served with garlic, olive oil and balsamic vinegar to dip

Camembert to share 11.95 (V)

A baked camembert served with chunks of various warm breads, accompanied by our apple and ale chutney

Hot and spicy chicken pieces 6.45

Spicy coated chicken pieces on a bed of lettuce with chipotle mayonnaise

Humus and warm garlic flatbread 5.95

Chilli or garlic humus served with warm flatbread sticks

Battered chicken balls 6.45

Chunks of chicken in a light batter on a bed of lettuce, topped in a sweet and sticky Thai sauce

King prawn cocktail 7.55

A king prawn skewer on a bed of iceberg lettuce, drizzled in Marie Rose sauce. Served with half a warm baguette

5 panko breaded squid strips 7.45

Strips of squid in a crunchy panko breadcrumb, served with a salad garnish and mango sweet chilli dip

Bread and bits 6.95 (V)

Various chunks of warm homemade breads served with olives sundried tomatoes and feta cheese

Main Courses

All main courses are served with your choice of potato and vegetables or salad unless otherwise stated. (VEG) shows can be made with our chicken alternative

We have many dishes which can be served gluten free. Please ask one of our staff

Mango match Made in heaven bake 11.45/16.95(VEG)

Chicken chunks, mango chutney and stilton cheese, topped with panko breadcrumbs baked in the oven

Oriental Thai salmon 17.45

Served on a bed of pea and pepper rice topped with a sweet, sticky Thai sauce

Steak ale and mushroom pie 11.95/16.95

Slow cooked steak, ale and mushroom pie with a puff pastry lid

Chicken New Yorker 11.95/16.45 (VEG)

Chicken breast and BBQ sauce topped with bacon, mixed cheese and fried red onions

Breaded wholetail scampi 11.25/15.95

Breaded wholetail scampi, served with chips and peas

Peri Peri pork 11.45/16.65

Pork in our peri peri spices topped with a jalapeno and a spicy sauce

Ham egg and chips 11.95/15.95

Slices of slow baked gammon ham, small one fried egg, large two fried eggs, chips and peas

Lemon and pepper chicken 11.95/16.45 (VEG)

A chicken breast marinated in our special spices, bacon, mixed cheese and jalapeno peppers

Teriyaki salmon 17.45

A salmon fillet coated in our special teriyaki marinade, on a bed of spinach sauté potatoes

Moroccan pork 11.45/16.95

Pork steaks in our special spiced marinade on a leek and cheese potato cake

Garlic and herb lemon sole fillets 10.95/16.95

Oven baked Lemon sole fillets in a garlic and herb coating

Your choice of lasagne (V) 11.95/15.95

Meat lasagne or vegetable lasagne, Garlic bread and chips

Wexford chicken bake 12.45/17.45

Chicken chunks topped with mushrooms, and stilton in a warming peppercorn sauce, topped with panko breadcrumbs

Ocean Platter 18.95

A skewer of king prawns in garlic butter, a coated lemon sole fillet, teriyaki salmon, salt and vinegar Squid pieces

Burgers

Every burger is topped with tomato, red onion, melted cheese slice and gherkin. Served in a sesame seed brioche bun with chips and coleslaw

Ye olde Texan burger £14.95

Two 4 oz burgers topped with BBQ sauce and bacon

The vegetarian stacker £14.95 (V)

A Thai vegetable burger, roasted pepper, mango sweet chilli sauce

The Hash brown tower £16.95

Two 4 oz burgers sandwiched between crispy hash brown and topped with our Tennessee Jack Daniels sauce

The ultimate burger stack £17.95 Not for the faint hearted!!!!

Four 4oz burgers!! Yes 4!! A combination of The olde Texan burger (above) and the aged cheese and bacon burger (below)

The aged cheese and bacon burger £15.95

Two 4 oz burgers topped with bacon and our aged cheddar cheese sauce

The spicy chicken burger £16.95 (VEG)

Salt and pepper marinated chicken breast, topped with chipotle mayonnaise and jalapenos

The Brie and Bacon Burger £16.95

Our beefburger topped with brie, bacon and cranberry sauce

Why not add extra cheese, bacon or 4 beer battered onion rings for £1

Your choice of HOT BAGUETTE or TORTILLA WRAP BAKE

Served with salad and tortilla chips.

The Cheeky pig 6.95 (VEG)

BBQ Chicken, bacon and cheese

The Hogs Back 7.45

Bacon, brie and cranberry melt

Spicy Cheesy Greek 6.95

Feta cheese, mushroom, peppers, olives and arrabbiata sauce (V)

Steak and Cheese 8.95

Rump steak strips onions, mushrooms and aged cheddar sauce

The Meatball melt 7.95

Meatballs and red onions in a spicy arrabbiata sauce and cheese

The Waves 7.45

Tuna mayo and sweetcorn cheese melt

The pepperoni pleaser 8.95

Chicken, pepperoni, spicy beef, red onions in aged cheddar melt

Veggies Galore Melt 7.45

Roasted vegetables, aged cheddar sauce melt (V)

The Tennessee Teaser 8.95

Rump steak strips, onions and mushrooms with our tangy Tennessee bourbon sauce

The spiced chicken 7.45

Crunchy salt and chilli chicken pieces, lettuce and mayo baguette

The Quacker 8.95

Shredded duck, cucumber, spring onion and hoi sin sauce

COLD BAGUETTES

Chicken, bacon and mayonnaise 7.45

Cheese and Onion 6.95

Tuna mayonnaise and cucumber 7.45

Ham, Cheese and Onion 7.45

Summer Salads

The fancy French salad 14.95

Stir fried chicken and bacon in French dressing

The soft and Tangy salad 15.45

Bacon, brie and cranberry

Neptune's Salad 16.95

Tuna mayo, king prawns and teriyaki salmon

The chicken crunch salad with a kick 15.45

Crunchy salt and chilli breaded chicken topped with a Thai sticky sauce

The sunshine special salad 15.45

Feta cheese, olives, sundried tomatoes and our garlic humus dip

All served with mixed salad, tomato, cucumber, red onion, coleslaw, grated carrot, garlic herb croutons and a warm baguette

Speciality filled jackets 7.95

Sausage, bacon and onion

Tuna and Mayonnaise

Cheese and beans

Bacon brie and cranberry

CHILDRENS MENU (includes a fruit shoot) 7.95

Jumbo battered fishfinger

Sausages

Battered chicken nuggets

Plain chicken fillet

All served with a choice of chips or mashed potato, and peas or baked beans

OUR SPECIAL PITTAFLATS

Spicy Chicken and Mushroom £7.95

Chilli and lime coated mushrooms, red onions and peppers with crunchy chilli chicken pieces and a Thai honey sauce

Pulled Pork and jalapeno £8.45

BBQ pulled pork, red onion and jalapenos

Saving the world £7.95

Goats cheese, red onion, péppers, sundried tomatoes, olives and a tomato and máscarpone sauce (V)

The Indian Duck €9.00

Shredded duck marinaded in Tikka spices, and a tikka sauce

GARLIC AND MOZZARELLA FLATBREADPIZZERS

Shredded crispy duck £9

Hoi sin sauce, cucumber and spring onion

The Quad, £9

Pulled pork, pepperoni, spicy beef, and meatball slices. Drizzled with a

Tennessee Jack Daniels sauce

The Greek god of taste £8

Feta cheese, olives, peppers, red onions, and sundried tomato.

Drizzled in our mango sweet chilli sauce

The Lempep chic £8

Lemon and pepper coated chicken pieces, fresh chilli, red onion, and peppers.

Drizzled with a Thai sticky honey sauce

Why not add extra cheese, bacon or

4 beer battered onion rings for €1

STEAK ON THE STONE MEALS

All served with stir fried onions and mushrooms, vegetables, peas or salad with your choice of potato



The Safari Rock Experience for Two £38.50 4 Different Meats

These meats are of different textures and flavours, accompanied by fresh tomato. Served with either stir fried onions and mushrooms, peas, vegetables or salad with your choice of potato.

Large Rump Steak £20.95 Fillet Steak £24.50

For other exotic meats please see our specials board

All served with either stir fried onions and mushrooms, peas, vegetables or salad and choice of potato

Single Exotic Steak £20.95

Choose one exotic meat

Double Up Rock £25.45

Choose two exotic meats

3 Rock Grilled Prawn Skewers

£18.45

10 king prawn tails in each dish. One dish in lime and tequila one mango sweet chilli sauce and the other plain.



Surf & Turf

£23.95

Either a large rump steak or foreign meat of your choice, with a dish of king prawns tails in your choice of lime and tequila, mango sweet chilli or plain

DO NOT TOUCH THE ROCKS THEY ARE HOT!!!!!!!

SIZZLING FAJITAS

Our Fajitas are served with Guacamole, Sour Cream, Tomato Salsa, Mixed Cheese and wraps

Chicken £16.95

Steak strips £18.95

Vegetable £16.45(V)VEGAN

Mixed Chicken and Rump £17.95

Vegetarian chic pieces 16.95(V)VEGAN



STACK-O-RIBS £19.45 Half Rack £12.95

Our Slow baked ribs individually cut and served with your choice of sauces or marinated in various spices. Served with chips and coleslaw

Wet and Sticky Toppings

BBQ, Mango Sweet Chilli, Thai Sticky Honey or Tennessee Bourbon

Dry Rub Marinades : Oriental salt and pepper, Spicy Jamaican Jerk, Tasty Chinese or BBQ Guinness

