

LUNCHTIME MENU

Main Meals £5.95

8oz Gammon Steak with egg or pineapple and chips
(with both for 50p extra)

Breaded Plaice or Battered Cod with chips

Roast Chicken Breast Dinner

Chicken Curry with rice and chips

Rob's Homemade Corned Beef Pie with chips and gravy

Rob's Home-Cooked Ham with egg and chips

Sausages and Mash with gravy and peas

Baguettes £3.95

A choice of the following: Prawn, Tuna Mayonnaise,
Chicken and Bacon, Chicken, Ham, Cheese

Jacket Potatoes £4.95

A choice of the following: Prawn, Tuna Mayonnaise,
Cheese, Beans, Ham, Chicken Mayonnaise, Chicken Curry

Bowl of Homemade Chips £1.50

SUNDAY LUNCH

Pre-booking
advisable

Starters £3.25

Breaded Garlic Mushrooms

Homemade Soup

Prawn Cocktail

Main Courses £7.95

Roast Beef with yorkshire pudding

Roast Lamb with mint sauce

Roast Pork with apple sauce

Roast Chicken or Chicken Breast

All meals are served with fresh vegetables, boiled and roast potatoes

Please ask for a choice of desserts £3.95

Welcome to

Taylor's B & B



Five superior designed en-suite rooms from £65 per night per room

For enquiries, bookings and reservations
for meals and Taylor's B&B
contact Paul & Jennifer Taylor at

The Rock Country Inn & Restaurant
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Gwent NP12 1DD

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PARTICIPATING
ACCOMMODATION



The Rock

Country Inn & Restaurant



MENU



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Inn
★★★★

MENU for lunchtimes and evenings

STARTERS

Rob's Homemade Soup £2.95
served with crusty bread

King Prawn Cocktail £4.25
served with salad in a cocktail sauce

Hot Cheese Filled Jalapeños £3.95
jalapeños halves filled with cream cheese,
garlic and herbs, coated in breadcrumbs

Venison Pâté £3.95
served with crusty bread and a
caramelised red onion chutney

Breaded Garlic Mushrooms £3.95
served with a garlic mayonnaise and salad

Rob's Smoked Haddock and Spring Onion Fishcakes £4.95
served with salad and tartare sauce

SIDE ORDERS

Stilton topper for your steak £1.95

Onion Rings £1.95

Mushroom £1.95

Pepper Sauce £1.95

Garlic Sauce £1.95

Garlic Bread £1.95

Garlic Bread and Cheese £2.25

Extra Portion of Fresh Vegetables £1.95



MAIN COURSES

All main meals are served with a choice of chips, jacket potato,
boiled potatoes or fresh vegetables.

Grill

cooked according to your taste

8oz Sirloin Steak £12.95

8oz Fillet Steak £18.95

16oz T-bone Steak £14.95

16oz Gammon Steak £9.95
served with egg or pineapple (or with both for 50p extra)

Minted Lamb Chops £9.95
served with a red wine mint gravy on a bed
of mash potato

Poultry

Garlic Chicken Breast £8.95
in a creamy garlic sauce with mixed peppers

Crispy Chilli Orange Grilled Chicken £9.95
marinated with muscovado sugar, chilli flakes, garlic,
oranges and garnished with lime rind and orange wedges.

Lemon Pepper Chicken Breast £9.95
chicken breast marinated in lemon juice and zest,
honey, Dijon mustard, cracked black pepper and garlic,
served with a separate lemon and pepper sauce.

Duck in Black Cherry Kirsch Sauce £10.95
served with mashed potato

Traditional

Lamb Shank £9.95
in mint and onion gravy

Homemade Steak and Guinness Pie £8.95
made on the premises

(All our beef, lamb, pork and poultry are the Celtic Pride brand
and sourced from West Wales).

Fish

Fillet of Fresh Cod £8.95
served in our own batter

Roasted Fillet of Fresh Salmon £8.95
with hollandaise sauce

Breaded Whole Tail Scampi £7.95
deep fried

Smoked Fresh Haddock Terrine £8.95
smoked haddock with diced onions and tomatoes,
seasoned and topped with cheese, then lightly grilled.

Curry

Chicken Tikka Masalla £8.95
served with rice and chips

Chicken Madras £8.95
served with rice and chips

Vegetarian

Wild Mushroom Lasagne £8.95
a medley of woodland mushrooms in a tomato sauce
with egg lasagne and topped with a rich cheese sauce.

Mushroom, Cranberry and Brie Wellington £8.95
sautéed mushrooms, cranberries and seasoned spinach with
hazelnuts, topped with brie and encased in puff pastry.

Vegetable Thai Curry £8.95
a mixture of fresh crisp vegetables in a hot spicy creamy
sauce with a delicious aroma of fresh eastern herbs.

Sorry, we are unable to cater for customers with food allergies.