

Our Menu



CALORIE AND ALLERGEN INFORMATION
Whether you are vegetarian or vegan, have an allergy or intolerance to any ingredient, or just want more detail about our food and drinks including calories - simply scan the QR code to find out more.

FISH

Regular Cod <i>434kcal</i>	6.15
Haddock <i>479kcal</i>	6.15
Fishcakes (2) <i>851kcal</i>	3.65
Breaded Scampi <i>396kcal</i>	6.15



CHIPS

Regular Chips <i>701kcal</i>	2.75
Large Chips <i>1051kcal</i>	3.25

PIES

Steak & Kidney Pie <i>574kcal</i>	3.85
Chicken & Mushroom Pie <i>569kcal</i>	3.85
Beef & Onion Pie <i>646kcal</i>	3.85

CHICKEN

Battered Chicken Nuggets <i>453kcal</i>	4.15
Chicken Burger <i>596kcal</i>	4.75

SAUSAGE

Battered Sausages (2) <i>634kcal</i>	3.65
Sausages (2) <i>482kcal</i>	3.65
Saveloy <i>377kcal</i>	2.50

SIDES

Onion Rings <i>370kcal</i>	1.00
Floured Bap & Butter V <i>312kcal</i>	1.00
Mushy Peas V <i>102kcal</i>	1.00
Baked Beans Ve <i>101kcal</i>	1.00
Grated Cheddar Cheese V <i>253kcal</i>	1.00
Curry Sauce <i>56kcal</i>	1.00
Pickled Gherkin Ve <i>28kcal</i>	1.00
Gravy Ve <i>21kcal</i>	1.00
Pickled Egg V <i>84kcal</i>	60p
Pickled Onion Ve <i>22kcal</i>	60p

DRINKS

	Regular	Large
Coke Zero	2kcal 2.40	3kcal 2.90
Diet Coke	3kcal 2.40	4kcal 2.90
Coca-Cola	207kcal 2.60	265kcal 3.15
Fanta	98kcal 2.40	133kcal 2.90
Lemonade	85kcal 2.40	115kcal 2.90
Capri-Sun (200ml) Choose Orange or Apple and Blackcurrant.		1.85
Vimto Still (250ml) Mixed Fruit Juice		1.95
Smart Water (600ml)		1.85

Add a drink for only £1 when you buy any item from our fish, pies, chicken or sausages, with regular chips. Choose from: Regular Coke Zero, Diet Coke, Coca-Cola, Fanta, Lemonade, Smart Water (600ml). *See packaging for calorie information.*

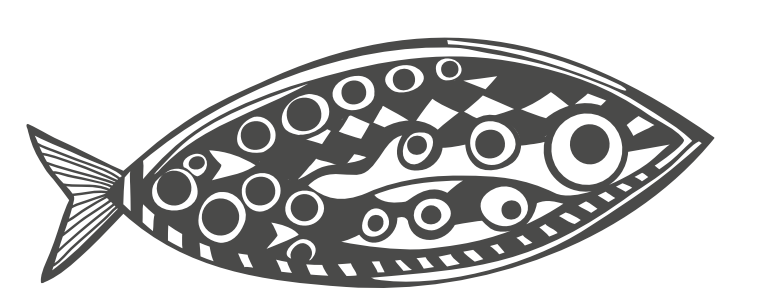
Adults need around 2000kcal a day.

ICE CREAM £2.75

Individual ice cream tubs. Choose from:

Vanilla	Lotus Caramelised Biscoff
Strawberry	Mint Chocolate
Chocolate	Salted Caramel

See packaging for calorie information.



Children's Meal Deal £5.95

Choose from:

- Cod Bites & Chips *518kcal*
- Fishcake & Chips *684kcal*
- Sausage & Chips *455kcal*
- Scampi & Chips *412kcal*
- Battered Chicken Nuggets (4) & Chips *486kcal*
- Battered Sausage & Chips *607kcal*

Add one of these drinks:

- Coke Zero (small) *2kcal*
- Diet Coke (small) *2kcal*
- Coca-Cola (small) *117kcal*
- Fanta (small) *58kcal*
- Lemonade (small) *49kcal*
- Still Water (330ml)
- Capri-Sun (200ml)
Choose Orange or Apple and Blackcurrant

See packaging for calorie information.

Menu Allergy info Disclaimer **Ve** Suitable for vegans. **V** Suitable for vegetarians.

For more information about the presence of allergens in all our food or drink, please ask a member of our team every time before ordering even if you have dined with us before as our food or drink ingredients and specifications can change. Full allergen information on the ingredients in the food or drink we serve is available via QR code on menu. Calorie information is correct at time of going to print. Please scan the QR code for the most up to date calorie information. Packaged products (i.e. sauce sachets and bottles, juices, water) are not covered in this allergen guide, allergen information for these products is printed on the packaging. We take great care to prevent cross-contamination when preparing your food and drink, however, please be aware that all our dishes are prepared in kitchens and bars where all known allergens are present and there is also risk of allergen cross contamination through shared cooking equipment e.g. fryers. Therefore, we cannot guarantee that any food item is completely free from allergens. If you would like further information on our cooking methods, please ask. As we use either foods containing gluten in our kitchens and bars we cannot declare or guarantee that any of our dishes are gluten-free. Our menu descriptions do not list all ingredients, please advise the team of any dietary requirements when ordering. Our staff cannot offer specific advice or recommendations beyond our published allergen communications. Please note that all our fish may contain small bones. Quorn® is a registered trade mark. All images are for illustration purposes only. Some products may contain nuts, please seek advice from a team member. All items on this menu are subject to availability. Prices include VAT at the current rate.

Rock & Sole
FISH & CHIPS