

Rok
restaurant

Aperitifs

Coaltown Old Fashioned | *Maker's Mark, Coaltown coffee syrup, orange bitters* £10

Malfy 75 | *Blood orange gin, lemon, sparkling wine* £10

Lost in Mumbles | *Môr Ladron rum, passionfruit, lime* £10

Spicy Pineapple Margarita | *Mezcal, pineapple, chilli* £10

snacks

Milk bun, charcoal butter (v) £5

Olives (ve)(gf) £6

Mini middle white sausage, cider ketchup £6

Cockles, paprika mayo £6

small plates

Goats cheese, grilled pea asparagus, croutons (v)(gfo) £9

Salt & vinegar monkfish scampi, lemon mayonnaise £10

Fresh mackerel, pan con tomate, avocado, lime (gfo) £12

Piri-piri fried chicken, pineapple chilli jam, lime £11

Lamb croquettes, tzatziki £11

Flamed roast carrots, nduja, labneh (gfo) £10

Pembrokeshire potato salad, new season greens, chardonnay vinegar (ve)(gf) £8

Chickpea sweet potato samosa, chaat masala, coconut mint (ve) £10

Prawn sesame toast, red Thai sauce £11

large plates

Fillet of beef, dripping confit onion, crisp iceberg lettuce, pepper sauce (gf) £35

Smoked bacon chop, Welsh rarebit, apple, pecan maple crumble £27

Chicken & fennel sausage pappardelle, butter sauce, parmesan crumb £23

Grilled plaice, butter sauce, fennel (gf) £25

Flamed lamb leg, wild leaf pesto, stuffed savoy, salsa verde (gf) £32

Wild sea bass, charcoal leeks, clam sauce (gf) £30

Glazed Hen of the woods, dashi broth, greens (ve)(gf) £25

sides

Rok chips (ve)(gf) £6

Rok bravas chips, garlic aioli, pimiento (gf) £7

Local summer vegetables, wild garlic butter (gf)(ve) £6

Early new potatoes (gfo)(voa) £6

@rok_mumbles ☎ 01792 712210

(v) Vegetarian | (ve) Vegan | (veo) Vegan option available | (gf) Gluten free | (gfo) Gluten free option available - Most of our recipes can be tailored to cater for any specific dietary requirement so please ask your server. Please let us know if you have any allergies so we can provide further guidance.

In line with most other restaurants, we have added a 12.5% discretionary service charge to your bill which is shared exclusively with our amazing front of house & kitchen team. This can be removed at your request.