

Rok
restaurant

Aperitifs

Coaltown Old Fashioned | *Maker's Mark, Coaltown coffee syrup, orange bitters* £12

Malfy 75 | *Blood orange gin, lemon, sparkling wine* £12

Lost in Mumbles | *Môr Ladron rum, passionfruit, lime* £12

Spicy Pineapple Margarita | *Mezcal, pineapple, chilli* £12

inspired by the season.

July 4th – September 25th

snacks

Milk bun, Welsh butter, sea salt £6

Gordal olives (gf)(df) £6

Salt & pepper cockles, Sichuan pepper mayo (dfa) £7

Fried zucchini, cashew nut dip (ve)(df) £7

small plates

Chicken caesar fried chicken, crisp lettuce, smoked bacon, parmesan, cracked black pepper dressing £11

King prawn croquettes, chorizo jam, sweet red peppers £12

Monkfish scampi, tartare sauce £10

Flamed lamb flatbread, tzatziki (gfa) £12

Whipped goat's cheese, lettuce, fine beans, onion, nut crumble (gf) £10

Fresh mackerel, pan con tomate, charred corn, avocado, lime (gfa)(dfa) £12

Chickpea & sweet potato samosa, chaat masala, curry ketchup (ve)(df) £9

Cured & smoked salmon, yuzu citrus, sourdough (gfa)(dfa) £11

Heritage tomatoes on toast (ve)(df) £9

large plates

Fillet beef steak, confit plum tomato, lettuce wedge, peppercorn sauce (gf)(dfa) £35

Peanut panko chicken, satay sauce, Asian green salad (dfa) £27

Seafood tagliatelle, white wine sauce £24

Primavera vegetable risotto, roast nut crumble (ve)(df) £21

Market fish, sauce vierge, summer courgettes (gf)(df) £29

Smoked bacon chop, Welsh rarebit, fine beans, shallots (gfa)(dfa) £26

sides

Rok black garlic & parmesan chips (gf)(dfa) £7

Rok chips (gf)(df) £6

Heritage tomato salad, aged vinegar dressing(ve)(df) £7

Roasted nut butter fine beans, pesto £6.5

Pembrokeshire potatoes, sea salt(gf)(dfa) £6

📷 @rok_mumbles 📞 01792 712210

(v) Vegetarian | (ve) Vegan | (veo) Vegan option available | (gf) Gluten free | (gfa) Gluten free option available
(dfa) Dairy free | (dfa) Dairy 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.