

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.

snacks

Milk bun, Welsh butter, sea salt £6

Gordal olives (gf)(df) £6

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

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

small plates

Fried chicken, satay sauce, chilli, lime £11

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

Monkfish scampi, tartare sauce £10

Gower lamb hash brown, harissa, pickled shallots, dill £12

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

Whipped goats cheese, harissa carrots, nut crumble (gf) £10

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

Cured salmon, yuzu citrus, chilli (dfa)(gf) £11

Heritage tomato, pickled shallot, sourdough toast (ve)(df) £9

large plates

230g Beef fillet steak, confit shallot, peppercorn sauce (gfa) £35

Corn fed chicken, butter chicken sauce, grilled hispi (gfa) £27

Seafood tagliatelle, white wine sauce £24

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

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

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

600g Côte de boeuf, confit shallot, peppercorn sauce (gfa) £66

sides

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

Rok chips (gf)(df) £6

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

Roasted nut butter fine beans, pesto £6

Pembrokeshire potatoes, garlic butter, 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.