

Rok

restaurant

Bracelet Bay, Mumbles

sunday lunch

2 course £30 | 3 course £36

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

Fried chicken, satay sauce, chilli, lime

Monkfish scampi, tartare sauce

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

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

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

mains

Longhorn beef (pink or well done)

12 hour braised Welsh pork belly

Herb brined chicken breast

Five nut filo parcel, root vegetable gravy (ve)

All served with roast potatoes, seasonal greens, glazed carrots, root veg, Yorkshire pudding, stuffing & gravy

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

sides

Caramelised cauliflower, hafod cheese sauce, truffle crumb £6

Sticky middle white pork mini sausage, honey mustard glaze £5.5

New season potatoes, Welsh butter £5.5

Mashed potatoes £5

desserts

White chocolate yuzu baked cheesecake, passion fruit sorbet

Clotted cream panna cotta, British strawberries, Welsh cake crumb (gfa)

Chocolate torte, crème fraîche, strawberry (gf)

Sticky toffee pudding, vanilla ice cream

@rok_mumbles ☎ 01792 712210

(v) Vegetarian | (ve) Vegan (gf) Gluten Free - 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.

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