

Our all day menu.

For our more senior guests, try the Grown Up Club - 25% off food orders 11-6 Monday - Thursday for over 60's

Food orders taken 11am to 8pm

Please take time to browse our extensive menu. Light bites are fair portions, main courses larger!

Many dishes are available both as main courses and as "light bites". Please check in both lists depending on how hungry you are!

(V) indicates a vegetarian dish

(Q/P) indicates available in a Quorn & roasted red pepper strip version

Appetisers

A hearty bowl of soup £4.20

Served with half a warm baguette

Baked Camembert to share £7.95 (V)

A whole Camembert baked to perfection in the oven served with spicy chutney, mixed leaves and a warm baguette.

Blackened mushrooms £4.85 (V)

Button mushrooms and black pudding in a rich red wine sauce served with half a warm baguette

Today's special fishcakes £5.25

Breaded fishcakes of varying flavours served on a bed of mixed leaves and tartare sauce

Nic's Prawn cocktail £4.85

Prawns in peppercorn and brandy Marie Rose sauce on a bed of Iceberg lettuce, served with a warm baguette

Garlic Mushrooms £4.45 (V)

Whole button mushrooms breaded stir fried in garlic butter and served with a warm baguette

Potato boats £4.95 (V)

Three deep fried potato boats, filled with cheese and bacon, JD chicken and Brie and cranberry, served with mixed leaves

Marinated salmon £4.95

Goujons of salmon marinated in different flavours each week, shallow fried, with a salad garnish

Goat's cheese slice £4.45 (V)

Garlic bread with slices of tomato and goat's cheese, baked in the oven, accompanied by a salad garnish and drizzled with a sweet balsamic vinegar glaze

Baked wedges of Brie £5.65 (V)

Two substantial wedges of Brie in a sage and onion stuffing coating, baked in the oven on a bed of mixed leaves with cranberry sauce

Mango sweet chilli chicken goujons £4.95

Chicken pieces served with a mango sweet chilli sauce and mixed leaves

Why not try one of our delicious garlic breads.

Plain, with cheese or cheese and bacon

On the Rock

These dishes are brought to the table with a Black Rock hot volcanic rock slab for you to cook your meats to your own taste at the table. All weights are approximate uncooked weights

All below served with stir fry onions and mushrooms, vegetables (or salad), with your choice of potato and sauces to dip

Safari Rock for two £32.50

Four pieces of various meats of different textures and flavours, accompanied by fresh pineapple and tomato.

Kangaroo fillet steak £15.95

Large Rump Steak £15.45

Fillet steak £17.45

Sirloin steak £16.95

Gammon Steak £9.95

with fresh pineapple

Ostrich fillet steak £15.95

Mixed meat grill £16.95

Ostrich, pork loin, gammon, rump steak, black pudding and fresh pineapple

3 Rock grilled prawn skewers £13.95

10 king prawn tails on each skewer. One skewer marinated in lime and Tequila. one in sweet Jack Daniels sauce and the other plain

Surf and Turf £16.95

Either a large Rump steak, Kangaroo or Ostrich with a skewer of prawns in a marinade of your choice. (Lime and Tequila or sweet Jack Daniels)

For many other exotic meats please see our specials board

(Choose a rub to add a little flavour to your meal: garlic, cracked black pepper or Cajun.)

Main Courses

All main courses are served with your choice of potatoes and salad or vegetables unless otherwise stated. (Q/P) indicates can be made with Quorn fillets and roasted red pepper strips.

Cranberry Lamb £14.45

A slow roasted lamb in red wine on a bed of red pepper mashed potatoes, topped with a cranberry gravy

Ocean platter £12.45

Garlic king prawns, Louisiana catfish bites, today's fishcake and fish of the day

Breaded wholetail scampi £9.55

Breaded wholetail scampi, served with chips and peas, salad or vegetables

Thai sweet chilli chicken £10.95 (Q/P)

Chicken breast filled with Thai sweet chilli sauce and garlic stuffed olives, wrapped in smoked streaky bacon

Smoked haddock Florentine £11.45 (Q/P)

Oak smoked fillet of haddock on a bed of spinach leaves topped with a piquant cheddar sauce and boiled egg

Wild mushroom and brandy parcel £9.95 (V)

A delicate blend of wild and fresh mushrooms, brown rice, courgettes and creamy brandy sauce in a puff pastry parcel, on a bed of peppered mash

Marmaduke chicken £10.95 (Q/P)

A chicken breast stuffed with goat's cheese and sweet orange marmalade, wrapped in bacon, coated in a warm marmalade

Wexford Chicken £9.95 (Q/P)

Smothered in a spicy pepper and brandy sauce, Stilton and mushrooms

Mountainous minted Lamb £14.45

Topped with minted gravy, served on a bed of spinach mashed potato

Appleberry chicken £10.95 (Q/P)

A chicken breast stuffed with Brie, wrapped in smoked streaky bacon, on a bed of cranberry and apple

Your choice of Lasagne £9.45 (V)

Meat lasagne al forno or roasted butternut squash, spinach and mushroom with pumpkin seeds (V) served with chips and garlic bread

Moby battered Cod £8.95 **may contain bones**

A large piece of freshly battered cod, served with chips and peas, salad or vegetables

Honey and mustard pork steak £10.45

A pork steak marinated in honey and mustard, served on a baked black pudding and apple potato cake

Baked black and blue sirloin £18.95 (Q/P)

A sirloin steak stuffed with Stilton, baked in the oven and smothered in a rich red wine and mushroom sauce

Guest Ale, Steak and Mushroom pie £9.75

A large pie topped with pastry, made from the guest ale of the week

Oven baked salmon in lemon and coriander £11.95

Salmon marinated in lemon and coriander served on a leek and cheese potato cake

Courtown chicken £9.95 (Q/P)

A chicken breast, smothered in a mushroom, Stilton and white wine sauce

Caribbean lamb £14.45

Slow baked lamb shoulder on a bed of spinach and garlic sauté potatoes, topped with sweet mango chilli sauce

Vietnamese chicken £10.25 (Q/P)

A chicken breast, sweet chilli sauce, topped with bacon, mixed cheese and pineapple pieces

Upside Down pork steak £10.45

Pork steak topped with spicy apple sauce and stuffing, baked in the oven, served with a white wine sauce

Large lemon pepper Catfish £9.55

Two fillets of catfish, in a lemon pepper breadcrumb, baked in the oven

Maple glazed roasted Ham, 2 eggs and chips with a salad garnish £8.45

Chicken New Yorker with a special BBQ and apple butter sauce £9.95 (Q/P)

Chicken breast, BBQ and apple butter sauce topped with bacon and mixed cheese

REMEMBER TO CHECK OUR DAILY SPECIALS BOARD

Ribs, Burgers and Salads

Whole rack of ribs £12.95

In your choice of mouth-watering marinades, served with chips, a salad garnish and coleslaw

Dockside ribs and garlic king prawns £12.95

A half rack of ribs with five king prawns baked in garlic butter served with chips, a salad garnish and coleslaw

Marinated salmon goujons and half a rack of ribs £12.95

A half rack of ribs with goujons of salmon in this week's marinade, served with chips, a salad garnish and coleslaw

Tennessee style chicken and ribs £12.95

A half rack of ribs and chicken breast marinated in coconut and lime, served with chips, a salad garnish and coleslaw

Zesty chicken burger £8.45

Marinated chicken breast in coconut and lime, smoked streaky bacon and fresh mozzarella, onion rings, chips, salad and coleslaw

The Texan Burger (served medium) £8.45

A homemade beefburger topped with smoked streaky bacon, fresh mozzarella, onion rings and BBQ apple butter sauce, fries and coleslaw

The Ultimate in Burgers (served medium) £9.45

Two homemade 100% beefburgers with onion rings, smoked streaky bacon, fresh mozzarella cheese, BBQ sauce, fries and coleslaw

The Underground Burger (served medium) £8.95

A homemade beefburger topped with onions, mushrooms and fresh Mozzarella, Jack Daniel's sauce, onion rings, fries and coleslaw

Sexy Salmon Burger £8.95

Slices of marinated salmon strips (different flavours each week), onion rings, fries, salad and coleslaw

Sweet Chicken and Bacon salad £8.95 (Q/P)

Stir fried in French dressing and served with a warm baguette

Side Orders

Garlic bread £1.95

**Garlic bread with mixed cheeses £2.55 (V)
or with bacon and cheese £2.95**

Pepper and brandy sauce £1.50

White wine sauce £1.50

Stilton, Mushroom and pepper sauce £1.95

Chips £1.95 - Cheesy chips £2.85

Baquettes

All served with Stealth chips and a salad garnish.

Hot Baquettes all £4.95

Chicken, Bacon and cheese melt (Q/P)

Thai sweet chilli chicken, garlic olives and bacon melt (Q/P)

Meatball marinara and cheese melt

Tuna and cheese melt

Rump steak, Stilton, onion and mushroom (£2.00 extra)

Sausage and onion

Coconut and lime chicken with roasted red pepper melt

Roasted vegetable melt (V)

BBQ apple butter chicken and cheese melt (Q/P)

Maple ham, pineapple and cheese melt

Goat's cheese, tomato, peppers, onion and mango sweet chilli melt (V)

Very hot and spicy Jamaican jerk chicken and roasted red pepper melt (Q/P)

Southern fried chicken, lettuce and mayo

All day breakfast baguette (£1.00 extra), sausage egg and bacon

Cold Baguettes all £4.95

Tuna, mayonnaise and cucumber

Maple glazed roast ham and cheese

Prawn and Marie Rose sauce

Cheese and onion (V)

Marinated salmon and lettuce

Chicken and bacon club

Egg mayonnaise (V)

Chef's jacket potatoes all £4.95

Cheese and coleslaw (V)

Coconut and lime chicken

Prawn and Marie Rose sauce

Roasted vegetables and cheese (V)

Tuna mayo and coleslaw

Cheese and beans (V)

Sweet chilli chicken and pepper (Q/P)

Ham, pineapple and cheese

Hot Jamaican jerk chicken and roasted red peppers (Q/P)

Bacon, Brie and cranberry

Marinated salmon strips (flavours change daily)

Light Bites

**** All Light Bite meals are £5.95 unless otherwise indicated and are served with choice of potato and vegetables or salad****

Steak, ale and mushroom pie

Chicken New Yorker (Q/P)

Wexford Chicken (Q/P)

Vietnamese Chicken (Q/P)

Battered Cod

Courtown Chicken (Q/P)

Maple roast ham 2 eggs and chips

Breaded lemon pepper catfish

Wholetail Scampi

Upside down pork Valentine

Sausage, chips and beans

Appleberry chicken (Q/P)

Coconut and lime chicken

Thai sweet chilli chicken £6.95

Meat lasagne al forno

Half rack of ribs (choice of coating) £6.95

Served with salad chips and coleslaw

5oz Gammon steak with egg, chips and pineapple £6.95

Marmaduke chicken, topped with goat's cheese, wrapped in bacon and orange marmalade sauce £6.95

Smoked haddock Florentine £6.95

Honey and mustard pork steak