



Menu

A Sample menu for our celebration of the sea, served between April - October 2026 at The Rock House, Lynmouth Foreshore.

Snacks

Toasted Baguette

Olive Oil and Balsamic £5.50

Rameken Of Olives

Large Green Olives £5.00

Red Pepper Humus

Roasted Red Pepper Humus with Toasted Baguette, Olive oil and balsamic (good to share) £8.50

Starters

MOULES MARINAIRE

Westcountry Mussels served in rich and creamy sauce with Crusty Baguette, £11

Fancy a twist ? ask about our Tomyum Moules Marinaire

GRILLED SARDINES


Sardines grilled and served with Wholegrain Honey Mustard. £11

KAPROW PORK BELLY

Slow Roasted and Hot wokked Belly Pork with Chilli & Basil. £9.00

CORN RIBS

*A revisit from our post covid Cottage Menu
Quartered Corn on the cob, deep fried and tossed in Nanami Togarashi. £8.50*





Mains

CLASSIC COD & CHIPS

Fillet of Atlantic cod, battered and served with chunky chips, and Mushy Peas £19.50

PAN FRIED HAKE FILLET

Fillet of Hake, Pan fried and served with New Potatoes Seasonal Veg and Parsley & Herb Sauce. £24.00

Whole Baked Sea Bream

Cooked Thai Style, charred with oyster Sauce, served with aromatic Nasi Gorreng Rice and NamJim Spicy Thai dipping sauce

**Note Namjim is authentic Thai sauce and is very spicy, dish can be enjoyed without Namjim. £32.00*

100Z RUMP STEAK

*Served with Chunky Chips and Seasonal Veg £29.00
Peppercorn Sauce £3.00*

DUCK RED THAI CURRY

Chef Nartnapas Classic Red Curry with Roasted Duck, served with Jasmine Rice. £22.50

NUT ROAST

Home Made Nut Loaf served with New Potato, Seasonal Vegetables and onion Gravy. £19.00

Dessert

Home Made Desserts Shown on board

