

# 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*

### **10OZ 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*