



THE ROCK POOL

Salads

Vine Tomato, Buffalo Mozzarella, Parma Ham

with Basil, Red Onion, Olive Oil and Aged Balsamic

Starter

Main

£6.25

£9.00

Caesar Salad

with Cos lettuce, Croutons, Parmesan, Caesar Dressing, and Anchovies

£6.75

£9.50

Cornish Goat's Cheese

with Mixed Beans, Garden Herbs, Mustard Vinaigrette & Parma Ham

£7.50

£10.00

Thurlestone Fish Platter

*with Dartmouth Smoked Salmon, Crab, Rollmop Herrings, King Prawns
Smoked Trout, Fresh Lemon and Mayonnaise*

£8.95

£15.50

Stone Baked Pizza

Mozzarella Cheese, Vine Tomato and Basil

£7.50

Ham, Pineapple, Mozzarella

£7.50

Cornish Goats Cheese, Pepperoni, Parma Ham and Sun-dried Tomatoes

£8.95

Lobster, King Prawn, Mozzarella, Sun-blushed Tomatoes and Wild Roquette

£14.50

Barbecue

Thurlestone 6oz Beefburger

..... Gruyere Cheese, Organic leaves and French Fries

£9.95

Fillet of Wild sea-bass

..... Cajun spices, Roasted Vegetable Cous-Cous and Lime Crème Fraiche

£13.50

Tandoori Chicken Breast

..... Citrus Fruits, Avocado, Organic Leaves and Yoghurt Dressing

£11.95

Prime Westcountry Sirloin Steak

..... Asparagus Spears, House Salad, French Fries

£17.95

River Exe Mussels

..... Garlic Butter, White Wine, Parsley and French Bread

£12.95



THE ROCK POOL

Sharing Tapas

Choose any three Tapas for £5.50. Our Tapas are served French Bread, Extra Virgin Olive Oil, and Aged Balsamic.

Parma Ham
Sun-blushed Tomatoes
Home-marinated Olives
Sliced Pepperoni
Baby Mozzarella
Balsamic Onions
Stuffed Babybell Peppers

Childrens Options

Thurlestone 30z Beefburger	£4.75
Fillet of Seabass	£5.95
Salmon Fishcake	£4.95
30z Fillet Steak	£6.75

All our children's dishes are served with French Fries and Salad

Side Orders

French Fries	£2.75
Local New Potatoes	£3.50
Mixed Leaf Salad	£3.50
Wild Rocket and Parmesan	£3.95
Helston Farm Asparagus	£4.95

*Lunch 12:30-2:30 *~*~*~*~ Dinner 6:30-9:00*

Evening bookings are essential

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