

# ROCK GARDEN

## STARTERS & SMALL PLATES

### BREAD & OLIVES <sup>VG</sup> 5.50

Warm Italian flatbread served with dipping oil

### BREAD & HOUMOUS <sup>VG</sup> 5.50

Homemade houmous served with warm Italian flatbread

### BRUSCHETTA <sup>VG</sup> 5.50

Oven baked ciabatta bread topped with our own tomato & olive oil dressing

### GARLIC BREAD <sup>VG</sup> 5.50

Fresh Italian ciabatta topped with our vegan garlic & parsley butter.

Add Cheese/Vegan Cheese +0.50

### FAUX CHICKEN NUGGETS <sup>VG</sup> 6.00

Our vegan faux-chicken nuggets are coated in breadcrumbs & oven cooked. Served with vegan mayo

### MEATFREE-BALLS <sup>VG</sup> 6.50

In a tomato & basil sauce served with warm bread

### BAKED CAMEMBERT 7.50

Warm & gooey oven baked Camembert served with toasted Italian flatbread & our Devon chutney

**CHOOSE ANY 3 FOR JUST €16!**

## JACKETS

Oven baked and locally sourced. Choose from:

CHEDDAR CHEESE<sup>V</sup>, COLESLAW<sup>V</sup>,  
HOUMOUS<sup>VG</sup>, BEANS<sup>VG</sup>, PEPPERS<sup>VG</sup>,  
VEGAN CHEESE<sup>VG</sup> OR COLESLAW<sup>VG</sup>

1 = 5.50 2 = 6.00 3 = 6.50

### 5 BEAN CHILLI <sup>VG</sup> 6.50

### SWEET POTATO CURRY <sup>VG</sup> 6.50

### BBQ PULLED JACK FRUIT <sup>VG</sup> 6.50

## CIABATTAS

Served on fresh rustic ciabatta roll with salad garnish & crisps

### CLUB MED <sup>VG</sup> 6.50

Houmous, peppers, sun-dried tomatoes & rocket leaves

### MEATFREE-BALL SUB <sup>VG</sup> 7.00

Our classic Italian meatfree meatballs in a tomato & basil sauce topped with vegan cheese

### SMOKIN' TOFU MELT <sup>VG</sup> 7.00

Marinated tofu, vegan cheese & BBQ sauce

### BBQ PULLED JACK FRUIT <sup>VG</sup> 7.50

Homemade pulled jack fruit in our secret recipe BBQ sauce. Add Cheese/Vegan cheese +0.50

# V/VG

## SALADS

All consist of mixed leaf, cos, tomato, cucumber & red onion

### VEGAN SALAD <sup>VG</sup> 8.00

Sweetcorn, roasted peppers & sun-dried tomatoes

### GOATS CHEESE 8.50

Freshly baked goats cheese & roasted peppers

## NACHOS

A large bowl of nachos with salsa & jalapeños served with pots of sour cream<sup>V</sup> & guacamole. Choose from:

### CHEDDAR CHEESE 9.50

### VEGAN CHEESE <sup>VG</sup> 10.00

ADD + 0.50:

Homemade 5 Bean Chilli<sup>VG</sup>  
BBQ Pulled Jack Fruit<sup>VG</sup>

VEGETARIAN<sup>V</sup> / VEGAN<sup>VG</sup>



## BURGERS

Served with skinny fries or homemade wedges, vegan coleslaw & salad

### SPICY BANGKOK BAD BOY BURGER <sup>VG</sup> 11.00

A spicy oriental inspired vegan burger with mixed vegetables, coriander, chilli, lemongrass & lime leaf coated in black onion, sesame & cumin seeds with a crunchy red lentil crumb topped with salsa, fresh tomato & lettuce

### THE BIG VEGAN <sup>VG</sup> 11.50

Our homemade vegan patty topped with caramelised onions, vegan cheese & vegan mayo

## TOP-IT-UP

0.50

Roasted Peppers, Caramelised Onions, Cheddar Cheese

1.00

Vegan Cheese, Goats Cheese, BBQ Pulled Jack Fruit, 5 Bean Chilli

## PIZZA

Homemade, wood fired & stone baked. Choose from a homemade tomato, BBQ base or vegan garlic 'butter' base <sup>V/VG</sup>

### CREATE YOUR OWN

#### MARGHERITA <sup>VG</sup> 11.00

#### VEGAN MARGHERITA <sup>VG</sup> 11.50

0.50

Jalapeños, Pineapple, Roasted Peppers, Red Onions, Sun-dried Tomatoes, Sweetcorn, Mushrooms, Spring Onion, Caramelised Onions, Rocket Leaves

1.00

Blue Cheese, Goats Cheese, Olives, BBQ Pulled Jack Fruit <sup>VG</sup>, 5 Bean Chilli <sup>VG</sup>

## FAVOURITES

All served with skinny fries or wedges & salad unless otherwise stated such as chilli, curries & fajitas

### GARDEN CHILLI <sup>VG</sup> 11.00

Our homemade 5 bean chilli served with rice

### SWEET POTATO CURRY <sup>VG</sup> 11.00

Our homemade creamy sweet potato korma has a little bit of a kick and is served with rice, naan & mango chutney

### CHIK'N NUGGETS <sup>VG</sup> 11.50

Our vegan faux-chicken nuggets are coated in breadcrumbs & oven cooked

### VEGAN KEBAB <sup>VG</sup> 12.00

A warm pitta filled with our cajun spiced faux-chicken with sweet chilli or vegan mayo, lettuce, tomato & cucumber

### MARINATED TOFU <sup>VG</sup> 12.50

Soy marinated tofu on top of a tomato, red onion & olive oil salsa verde

### CREAMY CARIBBEAN BITES 12.50

Our faux-chicken chunks are cooked in our secret recipe creamy coconut sauce

### VEGETABLE FAJITAS <sup>V/VG</sup> 13.00

Red onions, peppers, mushrooms, sun-dried tomatoes & sweetcorn served on a sizzling platter with warm tortillas, guacamole, salsa, sour cream <sup>V</sup> & Cheddar cheese <sup>V</sup> or vegan cheese <sup>VG</sup>

### FAUX-CHIK'N FAJITAS <sup>V/VG</sup> 14.00

Our fajita spiced faux-chik'n served on a sizzling platter with warm tortillas, guacamole, salsa, sour cream <sup>V</sup> & Cheddar cheese <sup>V</sup> or vegan cheese <sup>VG</sup>

### TOFU FAJITAS <sup>V/VG</sup> 14.00

Tofu, peppers & onions served on a sizzling platter with warm tortillas, guacamole, salsa, sour cream <sup>V</sup> & Cheddar cheese <sup>V</sup> or vegan cheese

### ENCHILADAS <sup>V/VG</sup> 14.00

Choice of BBQ Pulled Jackfruit or 5 Bean Chilli oven roasted in a fresh tortilla & topped with our homemade tomato & basil sauce & Cheddar cheese <sup>V</sup> or vegan cheese <sup>VG</sup>



## SIDES

### HOMEMADE ROCK'SLAW 2.50

### VEGAN SLAW <sup>VG</sup> 2.50

### HOMEMADE SEASONED WEDGES <sup>VG</sup> 3.50

### SIDE SALAD <sup>VG</sup> 3.50

### MIXED OLIVES <sup>VG</sup> 3.50

### SKINNY FRIES <sup>VG</sup> 3.50

### LOADED WEDGES OR FRIES <sup>VG</sup> 6.50

Wedges or fries with vegan chilli or BBQ pulled jack fruit, topped with vegan cheese



# ROCK GARDEN

#SUPPORTLOCAL



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