

## starters

pea, apple & curry soup	3.95
shelled west coast langoustine tails roasted with baby plum tomatoes, spinach & capers with a minted yoghurt & lime dressing	9.95
peat smoked salmon from the summer isles with pink grapefruit & avocado salad, west coast crab & lime vinaigrette	8.95
warm salad of parma ham & roasted butternut squash spiced with sumac, manchego cheese & gremolata dressing	7.95
salad of buffalo mozzarella & roasted red & yellow peppers with baby plum tomato, roasted aubergine, basil & mint	6.95
honey & soya glazed belly of pork with oven roasted sweet potato, spinach, sesame & a fresh ginger & chive dressing	7.95

## Mains

pan fried escalope of chicken with parmesan & herb crust & a roasted pumpkin & avocado salad with shaved feta cheese & lemon butter	14.95
risotto of wild mushrooms & fresh spinach with garlic, thyme & parmesan	8.95
pan fried escalopes of calves liver with fresh sage, sweet fried onions & champ potato with crisp pancetta rashers	16.95
fillet of halibut poached in lemon scented olive oil with crab & herb risotto, crisp calamari & a fresh tomato & basil sauce	17.95
best end of lamb roasted with garlic & thyme, cassoulet of white beans, champ potato & pan fried Italian sausage with wilted spinach	17.95
parsnip fritters with granny smith apple & mint salad, maple syrup & a blue cheese & walnut whip	10.95

## Extras

garlic bread	2.95
hand cut chips	3.95
crispy onion rings	2.95

## rocpool classics

### starters

fresh west coast mussels with thai red curry & coconut cream	7.95
hand dived king scallops with chorizo sausages, garlic butter & spring onion crème fraiche	8.95
cullen skink soup of smoked haddock & potatoes with leeks, cream & chives	6.95
chicken liver parfait with fresh mango chutney & toasted brioche	6.95
parmesan crusted crème brulee with griddled asparagus tips & roasted wild mushrooms with pine nuts, spinach & marsala	6.95

### mains

lemon sole 'nicoise' style with tomato, olive & anchovy, hot buttered new potatoes & fine beans	17.95
linguine with fresh mussels, west coast crab & king scallops with prawns, white wine & oven roasted cherry tomato sauce	16.95
loin of venison roasted with parma ham & black pudding, creamed parsnips & wild mushrooms with garlic, thyme & crisp fried potato	17.95
peppered scotch sirloin steak with crisp golden polenta, pan fried button mushrooms & crisp fried onion rings with pancetta & marsala	20.95

seasonal green vegetables with minted butter	3.50
rocket salad with cherry tomato & parmesan	4.95