



M E N U

Cold Starters

HOUMOUS (V) Classic puree of chickpeas blended with tahini, olive oil, lemon juice and a hint of garlic	£5.95
TZATZIKI (V) (GF) Cucumber in gourmet creamy yoghurt with garlic, mint, dill and olive oil	£5.95
SHAKSHUKA (V) (VG) (GF) Sauteed aubergine mixed with onion, red and green peppers, tomato sauce, olive oil and a hint of garlic	£5.95
BABAGANOUSH (V) (GF) Grilled aubergine and red pepper mixed with tahini, yoghurt, garlic and herbs	£5.95
BEETROOT SALAD (V) (VG) Pickled beetroot mixed with carrot, coriander, vinegar and a hint of garlic	£5.95
TABBOULEH (V) (VG) Chopped parsley, fresh mint, red onions, tomatoes, with cracked wheat, lemon juice and olive oil	£5.95
STUFFED VINE LEAVES (V) (VG) (N) (GF) Traditional stuffed vine leaves with rice, pine nuts, currants, caramelised onion, tomato and pepper paste, herbs and olive oil	£5.95
KISIR (V) (VG) Cracked wheat, celery, tomato juice, parsley, mixed peppers, spring onions and herbs	£5.95
CHEESE & PEPPERS (V) Grilled red peppers with greek style feta cheese marinated with parsley, olive oil and herbs	£5.95
ACILI EZME (V) (VG) Chopped onion, spicy mixed peppers, tomato, parsley with veg oil, pomegranate sauce and herbs	£5.95
AVOCADO & PRAWN COCKTAIL (GF) Baby prawns and avocado dressed in homemade seafood sauce with salad	£6.45
TARAMA Lumpfish roe mixed with breadcrumbs, fresh lemon juice, vinegar and extra virgin olive oil	£5.95
STUFFED ARTICHOKE HEART Artichoke bottom stuffed with vegetables and braised in plenty of olive oil	£6.95

Mixed Cold Starters For Two

HOUMOUS, TZATZIKI, TABBOULEH, SHAKSHUKA, BEETROOT, STUFFED VINE LEAVES, ACILI EZME AND KISIR	£21.95
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All items are subject to availability. Dishes may contain nuts/nut derivatives. Fish and chargrilled dishes may contain small bones. Olives may contain stones.

All of our food is freshly prepared and cooked to order, if you have any allergens please inform/ask a member of waiting staff who will advise of all ingredients used.

(V) Vegetarian (VG) Vegan (N) Contains Nuts
(GF) Gluten-Free (GFO) Gluten-Free Option

Hot Starters

FALAFEL (V) (VG) Crispy deep fried vegetables, covered with sesame seeds served with houmous	£6.45
CALAMARI Large crisp and tasty calamari rings coated in panko breadcrumbs to add extra crunch, deep fried and served with tartar sauce	£9.45
WHITEBAIT Dusted in seasoned flour then deep fried, served with mixed leaves and tartar sauce	£8.45
KING PRAWNS (GF) Pan fried king prawns in a garlic butter, onions, peppers and homemade tomato sauce	£9.95
TIGER PRAWNS Seasoned and marinated tiger prawns on pan grill, topped with white wine, garlic and lemon butter sauce	£9.95
OCTOPUS This Greek speciality is marinated with white wine sauce and drizzled with extra virgin olive oil and lemon	£9.95
HALLOUMI CHEESE (V) (GF) Pan fried Greek style halloumi cheese, served with a mixed leaf salad and olive oil	£6.95
TURKISH SAUSAGE Pan fried spicy beef sausage, served with mixed leaf salad	£6.45
GARLIC MUSHROOMS (V) (GF) Sauteed mushrooms, spring onion, fresh parsley, basil and garlic	£7.95
CREAMY GARLIC MUSHROOMS (V) (GF) Mushrooms sauteed with mixed herbs in a white wine, garlic and double cream sauce	£8.95
CHEESE PASTRY PARCELS (V) Filo pastry parcels with feta cheese and parsley served with salad leaves	£6.45
CHICKEN LIVER Fine chicken liver sauteed with red wine and herbs, served with salad leaves	£8.95
LAMB LIVER Fine lamb liver sauteed with red wine and herbs, served with salad leaves	£8.95
IMAM BAYILDI (V) (VG) (GF) Aubergine stuffed with onions, green peppers, tomatoes, mushroom, garlic baked in the oven	£7.95
ROCCA-MUSSELS (GF) Mussels cooked with onion, red peppers garlic in a wine and homemade tomato sauce	£9.45
SPICY CHICKEN WINGS Marinated with mediterranean herbs and deep fried and served with chilli	£8.95

Fish Hot Starters For Two

CALAMARI, WHITEBAIT, KING PRAWNS AND HALLOUMI CHEESE	£20.95
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Mixed Hot Starters For Two

FALAFEL, TURKISH SAUSAGE, CALAMARI, HALLOUMI CHEESE AND CHEESE PASTRY PARCELS	£20.95
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Vegetarian Hot Starters For Two

FALAFEL, HALLOUMI CHEESE, CHEESE PASTRY AND IMAM BAYILDI	£19.95
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Chargrills

Chargrill meats are served with mixed salad and chips, wheat rice or baby roast potatoes

LAMB KOFTE (GFO) Minced lamb mixed with herbs, chillies and fresh parsley	£19.95
COP SHISH (GFO) Small cubes of marinated lamb, skewered and cooked on charcoal grill with grilled vegetables	£21.95
LAMB RIBS (GFO) Ribs with special seasoning on skewers cooked over charcoal	£19.95
CHICKEN SHISH (GFO) Marinated free range chicken cubes on a skewer	£19.95
CHICKEN WINGS (GFO) Marinated grilled free range chicken wings	£17.95
CHICKEN THIGH (GFO) Marinated free range chicken thigh cooked over charcoal	£19.95
CHICKEN KOFTE (GFO) Minced chicken mixed with herbs, garlic lamb stock and parsley	£18.95
COMBO SHISH (GFO) Marinated chicken and lamb cubes served with grilled vegetables	£21.95
COMBO KOFTE (GFO) Minced lamb and chicken mixed herbs and chillies, fresh parsley with grilled vegetables	£19.95
MIX GRILL (GFO) Grilled chicken and lamb cubes, lamb kofte, chicken wings and lamb cutlet	£25.95
LAMB BEYTI Minced lamb mixed with garlic and parsley wrapped in tortilla bread covered with yoghurt topped with chilli flake sauce	£20.95
LAMB NECK FILLET SHISH (GFO) Succulent and juicy bbq pit grilled middle neck lamb cubes (marinated with herbs and mild pepper paste) on a skewer	£24.95
CHICKEN BEYTI Minced chicken mixed with herbs, lamb stock, wrapped in tortilla bread, covered with yoghurt topped with chilli flake sauce	£19.95
LAMB BEYTI WITH CHEESE Minced lamb mixed with garlic, parsley and cheese wrapped in tortilla bread covered with yoghurt topped with chilli flake sauce	£21.95
LAMB CUTLETS (GFO) Marinated and chargrilled, seasoned tender lamb chops with grilled vegetables	£25.95
LAMB ISKENDER Minced lamb kofte served on fried bread topped with tomato sauce, yoghurt and melted butter	£21.95
CHICKEN ISKENKER Minced chicken mixed with herbs, garlic lamb stock and parsley served on fried bread topped with tomato sauce, yoghurt and melted butter	£20.95

Seafoods

GRILLED SEA BASS (GF) Specially seasoned, whole sea bass cooked over charcoal, served with boiled roast potatoes or chips and salad	£20.95
SEA BASS FILLET (GF) Specially seasoned sea bass fillet served with boiled roast potatoes or chips and salad	£20.95
GRILLED SALMON (GF) Specially seasoned salmon cooked over charcoal, served with boiled roast potatoes or chips and salad	£21.95
PRAWN GUVEC (Casserole) (GFO) King prawn cooked with white wine, onions, peppers, mushroom, garlic, tomato sauce in the oven topped with cheese, served cracked bulgur wheat	£20.95
KING PRAWNS (GFO) Pan fried king prawns in a garlic butter, onions, peppers and homemade tomato sauce	£20.95
ROCCA KING PRAWNS (GFO) King prawns cooked with onions, spinach, mushroom, garlic, green and red peppers in a creamy wine sauce, served with cracked bulgur wheat	£20.95
TIGER PRAWNS Seasoned and marinated tiger prawns on pan grill, topped with white wine, garlic and lemon butter sauce	£20.95
OCTOPUS This Greek speciality is marinated with white wine sauce and drizzled with extra virgin olive oil and lemon	£23.95
GRILLED SWORDFISH (GF) Specially seasoned swordfish cooked over charcoal, served with boiled roast potatoes or chips and salad	£21.95
GRILLED TRIO-FISH (GF) Chargrilled salmon, swordfish and sea bass fillet, served with boiled roast potatoes or chips and salad	£24.95
GRILLED SALMON-PRAWN SHISH (GF) Marinated king prawns and salmon with vegetables on skewers cooked over charcoal, served with boiled roast potatoes or chips and salad	£23.95

Salads

HALLOUMI SALAD (V) (GF) Chargrilled halloumi cheese with fresh crispy salad, chargrilled peppers, tomatoes and olives	£15.95
SALMON SALAD (GF) Chargrilled salmon with fresh crispy salad, chargrilled peppers, tomatoes and olives	£19.95
CHICKEN CAESAR SALAD (GF) Grilled chicken fillet with crisp leaves, parmesan cheese and croutons with a Caesar salad dressing	£18.95
GREEK SALAD (V) (VG) (GF) Finely chopped tomatoes, cucumber, red onions, peppers, parsley, served with feta cheese and olives	£12.95
AVOCADO SALAD (V) (VG) Made with an abundance of rich and creamy avocados, vibrant tomatoes, crisp cucumbers, bright red onions and a fresh herb dressing	£14.95
ÇOBAN SALAD (V) (VG) Consisting of finely chopped tomatoes, cucumbers, long green peppers, onion and flat-leaf parsley	£11.95

Pasta

PENNE WITH CHICKEN Chicken cooked in creamy sauce with tomatoes, mushrooms, wilted spinach, basil pesto and parmesan cheese	£16.45
SEAFOOD PENNE Fresh mixed seafood cooked with olive oil, garlic, tomatoes, white wine, capers and a creamy sauce	£16.95
PENNE MEDITERRANEAN (V) (VG) Mixed peppers, mushroom, courgette, cooked in olive oil with sun dried tomatoes, basil pesto and chopped parsley	£15.45

Rocca Specials

ROCCA ISLIM KEBAB Aubergine slices wrapped around chunks of lamb and veg, made with ground meat along with a robust tomato sauce topped with a slice of tomato and green pepper	£20.95
ROCCA CENTIK Grilled lamb and chicken on a nest of crispy shoestring potatoes, topped with yoghurt and butter sauce, garnished with grilled tomatoes and peppers. Served with cracked bulgur wheat and salad	£22.95
ROCCA CHICKEN (GFO) Grilled chicken breast cubes cooked with onion, spinach, mushrooms, peppers and creamy wine sauce, served with cracked bulgur wheat	£20.95
LAMB GUVEC (Casserole) (GFO) Diced lamb, aubergine, mushrooms, peppers, onions, tomatoes cooked with cheese in the oven, served with cracked bulgur wheat	£19.95
CHICKEN GUVEC (Casserole) (GFO) Diced chicken, aubergine, mushrooms, peppers, onions, tomatoes cooked with cheese in the oven, served with cracked bulgur wheat	£18.95
KLEFTIKO (GFO) Slow cooked tender knuckle of lamb mixed with celery, potatoes, onions, carrots and herb sauce, served with cracked bulgur wheat	£22.95
LAMB MOUSSAKA A well-loved classic Greek dish of minced lamb with carrots, potatoes, aubergine, courgettes, mixed peppers and onions in a homemade tomato and bechamel sauce topped with cheese, served with salad and cracked bulgur wheat	£19.95
SIRLION STEAK Specially seasoned British beef, served with grilled vegetables, chips or roast potatoes and homemade peppercorn mushroom sauce	£26.95

Vegetarian and Vegan

VEG-KEBAB (V) (VG) (GF) Chargrilled mixed vegetables and tomato sauce, served with boiled roast potatoes or chips and salad	£17.95
VEG-MOUSSAKA (V) A well-loved classic Greek dish layered with carrots, potatoes, aubergine, courgettes, mixed peppers and onions in a homemade tomato and bechamel sauce topped with cheese, served with salad and cracked bulgur wheat	£17.95
VEG-GUVEC (Casserole) (V) (VG) (GF) Aubergine, peppers, onions, mushrooms, courgettes, garlic, tomatoes, cooked in the oven, served with boiled roast potatoes or chips and salad	£16.95
HALLOUMI KEBAB (V) (GF) Aubergine, peppers, onions, mushrooms, courgettes, garlic, tomatoes, cooked in the oven, served with boiled roast potatoes or chips and salad	£17.95
MUSHROOM GUVEC (Casserole) (V) (VG) (GFO) Pan fried mushrooms cooked with onions, green and red peppers, tomatoes and garlic, served with cracked bulgur wheat	£16.95
FALAFEL (V) (VG) Chickpeas, broad beans, mixed vegetables, sesame seed and herb fritters, served with a houmous dip and salad	£16.95
IMAM BAYILDI (V) (VG) (GF) Aubergines stuffed with mushrooms, onion, green peppers, tomatoes, garlic and chopped parsley baked in the oven, served with boiled roast potatoes or chips and salad	£16.95

Side Orders

MIXED SEASONAL SALAD (V) (VG) (GF)	£3.95
CHIPS (V) (VG) (GF)	£3.45
CRACKED BULGUR WHEAT (V)	£2.95
SWEET POTATO FRIES (V) (GF)	£4.95
BOILED ROAST POTATOES (V) (VG) (GF)	£2.95
YOGHURT (V) (GF)	£2.45
OLIVES (V) (VG) (GF)	£3.95
MIXED GRILLED VEG (V) (VG) (GF)	£3.45

The Rocca Kitchen Tasting Menu

GRILLED MEAT	£30.95
FIRST COURSE (COLD) HOUMOUS, TZATZIKI, TABBOULEH, SHAKSHUKA, BEETROOT, ACILI EZME, BABAGANOUSH AND KISIR	
SECOND COURSE (HOT) FALAFEL, TURKISH SAUSAGE, HALLOUMI CHEESE AND CHEESE PASTRY	
THIRD COURSE (MIXED GRILL MEAT) LAMB SHISH, CHICKEN SHISH, CHICKEN WINGS, LAMB KOFTE, CHICKEN KOFTE AND 2 LAMB CUTLETS	
Served with cracked bulgur wheat and salad	
FOR 2 PEOPLE £30.95 PER PERSON	
GRILLED FISH	£30.95
FIRST COURSE (COLD) HOUMOUS, TZATZIKI, TABBOULEH, SHAKSHUKA, BEETROOT, ACILI EZME, BABAGANOUSH AND KISIR	
SECOND COURSE (HOT) CALAMARI, WHITEBAIT, HALLOUMI CHEESE AND TURKISH SAUSAGE	
THIRD COURSE (GRILL MIX FISH) GRILLED SALMON, GRILLED SWORDFISH AND SEA BASS FILLET	
Served with roast potatoes and salad	
FOR 2 PEOPLE £30.95 PER PERSON	
VEGETARIAN	£27.95
FIRST COURSE (COLD) HOUMOUS, TZATZIKI, TABBOULEH, SHAKSHUKA, BEETROOT, ACILI EZME, BABAGANOUSH AND KISIR	
SECOND COURSE (HOT) FALAFEL, HALLOUMI CHEESE, CHEESE PASTRY, IMAMBAYILDI	
THIRD COURSE VEG-KEBAB, VEG-MOUSSAKA	
Served with cracked bulgur wheat and salad	
FOR 2 PEOPLE £27.95 PER PERSON	

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