

# LIGHT MEALS

Allergies & Intolerances, Some Dishes can be Gluten Free  
Our Kitchen is NOT an Allergy Free Environment ( Please Ask)

***Fresh Shetland Mussels*** £13.95

*Cooked in White Wine with Onions, Thyme & a Splash of Cream & Served with Garlic / Brown / White Bread.*

***Double Beef Burger 2 x 4oz,***

***In a Bun with Bacon, Cheese, Salad & Chips*** £12.95

***8oz Rump Steak with Mushroom, Tomato & Chips*** £12.95

***Pint of Shell on Prawns***

*Served with Salad & White / Brown Bread* £10.95

***Hayward's Sausages, Chips & Peas*** £10.95

***Hayward's Sausages, Mash & Onion Gravy*** £10.95

***Hayward's Ham, Eggs (2) with Chips or Mash*** £10.95

***Breaded Wholetail Scampi with Chips & Peas*** £10.95

***Breaded Plaice Goujons with Chips & Peas*** £9.95

***Crispy Fried Chicken with Chips & Peas*** £9.95

***Roast Beef (When available) with Chips & Peas*** £9.95

## Add Extras

***Only £1.75 Each When added to a Main Course***

***Side Salad***

***Buttered Peas or Mushy***

***2 x Fried Eggs***

***Baked Beans***

***Onion Gravy***



**HOMEMADE**  
**VEGETARIAN**  
**MEALS £10.95**



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***White Rock Macaroni Cheese Bake.***

*Served with a Crisp Mixed Salad or Chips or Garlic Bread.*

***White Rock Vegetable Curry.***

*Served with Basmati Rice, Naan Bread & Pappadom.*

**See our Stretcher Menu & Ala Carte for other Options**

**SIDE DISHES**

<b><i>Mash Potatoes</i></b>	<b>£1.75</b>
<b><i>Chips</i></b>	<b>£3.25</b>
<b><i>Cheesy Chips</i></b>	<b>£3.75</b>
<b><i>Garlic Bread</i></b>	<b>£3.20</b>
<b><i>Cheesy Garlic Bread</i></b>	<b>£3.70</b>
<b><i>Crisp Mixed Salad</i></b>	<b>£3.95</b>
<b><i>Battered Onion Rings</i></b>	<b>£2.95</b>
<b><i>Homemade Coleslaw</i></b>	<b>£1.95</b>
<b><i>Seed Roll &amp; Butter</i></b>	<b>£1.10</b>

# PLAITED ROLLS

(Not Available In Restaurant)

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*Brown or White Groombridge Plaited Roll  
Served With Green Salad & Tortilla Chips*

<i>Mature Cheddar</i>	<b>£6.95</b>
<i>Hayward's Cooked Ham</i>	<b>£6.95</b>
<i>Roast Beef (When available)</i>	<b>£6.95</b>
<i>Fried Egg &amp; Bacon</i>	<b>£6.95</b>
<i>Brie &amp; Bacon Melt</i>	<b>£6.95</b>
<i>With Red Onion Marmalade</i>	
<i>Sausage in a Roll with fried Onions</i>	<b>£6.95</b>
<i>Smoked Salmon and Cream Cheese</i>	<b>£7.50</b>
<i>Rump in a Roll with fried Onions</i>	<b>£7.50</b>
<i>Royal Greenland Prawns</i>	<b>£7.50</b>

# PLOUGHMAN'S

*Choice of Brown or White Groombridge Platted Roll,  
Mixed Salad, Homemade Coleslaw, Onions & Pickle.*

<i>Medium Mature Cheddar</i>	<b>£8.95</b>
<i>Hayward's Sausage</i>	<b>£8.95</b>
<i>Hayward's Cooked Ham</i>	<b>£8.95</b>
<i>Home Cooked Roast Beef</i>	<b>£8.95</b>
<i>Trevarrian Cornish Brie</i>	<b>£8.95</b>
<i>Clawson Blue Stilton</i>	<b>£8.95</b>
<i>Royal Greenland Prawn</i>	<b>£8.95</b>

## **BAR BITES**

**(Not Available In Restaurant)**

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***The White Rock Inn Nachos*** £8.95

***(Ideal For Sharing.)***

*Tortilla Chips Smothered with Salsa, Cheese & Jalapenos  
Topped with Sour Cream & Guacamole..*

***Crispy Breaded Whitebait*** £6.25

*Deep fried & Served with Salad  
Garnish with Brown Bread & Butter*

***Surf & Turf*** £7.95

*Breaded Whole Tail Scampi (4) & Chicken Bites (4)  
Served with a Lemon Mayonnaise.*

***Vegetable Spring Rolls (6)*** £4.95

*Served with a Salad Garnish & Sweet Chilli Dip.*

***Chefs Soup of the Day*** £6.25

*Served with a Seed Roll or Garlic Bread.*

***Can be a Main Course***

***(Subject to Availability)***



***Stuck for Present Ideas***  
***WE NOW SELL***  
***GIFT VOUCHERS***