



SPRING 2026

For the first edition of the season.

Where the land meets the sea.

Guided by our spirit of relaxed coastal dining, our dishes are inspired by our location, uniting the breathtaking views to offer you an extended dining experience.

Let yourself be surprised by a cuisine that is at times casual, at times sophisticated, but always full of flavour.

Our menu, reimagined by our new chef John Currie for the spring season, presents a refined blend of creative dishes and revisited classics.

We also invite you to enjoy our new wine list, available by the glass, so you can perfectly pair your dish with the ideal wine.

WELCOME TO THE ROCK

(LIGHT BITES)

Crispy Salt & Pepper Chicken £8
Sriracha mayonnaise & Asian slaw

Tempura Spring Vegetables £7
Satay sauce & pickled chillies

Roasted Red Pepper Hummus £8
Confit garlic oil & flatbread

Local Focaccia £6
Wight sea salt, butter pairing

Rosary Goats Cheese Mousse £8
Pickled cherries, local focaccia

Pomegranate cured salmon £9
Oil of Wight, crispy capers, heritage beetroot

(STARTERS)

Braised Pork Cheek Tacos £14
Spiced mayonnaise, slaw, crispy pork fat

Local Crab & Crayfish £18
*Dressed with mayonnaise, granny smith apple, spring herbs,
cucumber gazpacho, croutons*

Seafood Chowder £16
*Salmon, smoked haddock, cod & king prawns in a creamy white
wine sauce with spring vegetables & a parsley oil*

Hampshire Asparagus £14
*Oil of Wight vinaigrette, Isle of Wight black garlic
aioli, crispy shallot, spring pea salad*

Pan Fried Scallops £17
Kaffir lime butter sauce, sweet potato purée, sea herbs

Torched Mackerel Fillets £15
Wasabi mayonnaise, pickled fennel & courgetti salad

Isle of Wight Tomato Salad £14
*Isle of Wight tomatoes, honey-brined mozzarella ball,
tempura spring onions*

(MAINS)

Fillet of Beef £42

Veal stock fondant, asparagus, Roscoff onion, Dijon mustard sauce

Market Fish, Cooked Your Way...£MP

Caper beurre noisette, seasonal vegetables, maple glaze new potatoes & sea herbs

Lamb Rump £36

Risotto primavera, crispy shallots, asparagus tips, mint

Seafood Linguine £28

Classic linguine with mussels, pan-fried prawns with garlic & chilli, lemon, topped with parsley & black pepper

Mussels £25 / £17

*Choose between; Classic Marinière or Chef's special
Served with local bread & fries*

Tomato Gnocchi £25

Isle of Wight Briddlesford halloumi, sundried tomato butter emulsion, courgette ribbons, toasted pine nuts & Gran Padano

Ginger Marinated Cauliflower £22

Soy, pickled chilli, Vermicelli noodle salad, crispy seaweed & ponzu dressing

Caesar Salad

Candied pecans, white anchovies, Grana Padano, romaine lettuce

Classic £20 or Creedy Carver Chicken £24

The Rock Burger £24

6oz aged beef pattie in a toasted brioche with candied bacon, parmesan mayonnaise, pickle & onion relish gem lettuce, tomato, American mustard, & seasoned fries

Local Beer Battered Haddock £24

Triple-cooked chips, pea purée, tartar sauce & lemon

((SIDES))

Chorizo & Maple Glazed New Potatoes - £6

Chunky Chips & Black Garlic Mayonnaise £6

Star Anise Braised Carrots £7

Pickled fennel, carrot top pesto

Spring Pea Salad, Wasabi Mayonnaise £6

Panaché of Vegetables £6

Oil of Wight, smoked sea salt

Fries £5

Green Salad £6

((DESSERTS))

Chocolate | £13.00

*70% Dark chocolate brownie, salted caramel parfait
& malted milk custard*

Madagascan Vanilla Crème Brulée | £13.00

Brown butter madeleines & poached blueberry compote

The Rock's Treacle Tart | £13.00

Macerated raspberries & crème fraîche

Lemon & Lime Posset | £13.00

Strawberry jelly & pink peppercorn shortbread

British Cheeseboard | £15.00

Trio of cheese, celery, grapes, artisan crackers & chutney

Affogato | £9.00

*Freshly ground coffee, vanilla ice-cream & shortbread
Add a liquor for £5*

Selection of Ice Cream £7.50 (£2.50 per scoop)

Local ice-cream with berry compote



WINE LIST

Nestled in freshwater bay, between land and sea, there are few finer places to enjoy a glass of wine.

Chosen with care, our selection is offered entirely by the bottle or the glass, inviting you to pair each wine with every dish, your mood, and the moment.

Wine List

Bottle & by-the-glass selections with short tasting notes

White	150ml	/	Bottle
Italy			
2025 Monte Di Cello Pinot Grigio <i>Pinot Grigio - Pear, apple, citrus, mineral freshness</i>	£7		£30
2024 Toledana Gavi di Gavi DOCG <i>Cortese - White peach, citrus, almond, fresh finesse</i>	£10		£46
Spain			
2024 Bernon Bodegas Aquitania Albarino <i>Albariño - Citrus, peach, mineral, lively acidity. Australasia</i>	£12		£50
2024 Yealands Single Vineyard Sauvignon Blanc <i>Sauvignon Blanc - Passionfruit, herbs, blackcurrant leaf, mineral finish</i>	£9		£39
2023 Ladies Who Shoot Their Lunch Chardonnay <i>Chardonnay - Peach, citrus, spice, creamy finish</i>	£21		£94
France			
2024 Les Moules Picpoul de Pinet <i>Picpoul - Citrus, green apple, saline, mouthwatering</i>	£9		£38
2023 Icare Chardonnay <i>Chardonnay - Honeyed citrus, subtle oak, fresh creaminess</i>	£8		£36
2024 Domaine Girard Muscadet <i>Melon de Bourgogne - Citrus, acacia, leesy minerality</i>	£8		£40
2023 Les Collinettes Sancerre <i>Sauvignon Blanc - Gooseberry, blackcurrant leaf, racy minerality</i>	£14		£70
2023 Albert Bichot Macon Lugny <i>Chardonnay - Peach, blossom, lemon, creamy freshness</i>	£14		£65
2022 Albert Bichot Chablis 1er Cru <i>Chardonnay - Apple, flowers, smoke, bright minerality.</i>	£20		£100
2021 Chassagne-Montrachet 1er Cru <i>Chardonnay - Toasty peach, lemon, rich texture</i>	£25		£120
2015 Chevalier de Sterimberg Hermitage Blanc <i>Marsanne/Roussanne - Stone fruit, flowers, citrus, persistent acidity</i>	£35		£150

South Africa

2023 Stellenrust 60 Barrel Fermented Chenin Blanc <i>Chenin Blanc - Apricot, pineapple, marzipan, savoury tang</i>	£18	£78
2022 Journey's End Ad Infinitum <i>Sauvignon Blanc/Semillon - Fig, kiwi, lemongrass, saline minerality</i>	£22	£100

Red

150ml /
Bottle

South Africa

2025 Running Duck Merlot <i>Merlot - Blackcurrant, plum, spice, smooth palate</i>	£8	£35
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Argentina

2023 Gouguenheim Malbec Reserva <i>Malbec - Black cherry, chocolate, coffee, balanced oak. Italy</i>	£10	£45
2023 Rocca Primitivo <i>Primitivo - Ripe cherry, plum, vanilla, warming spice.</i>	£11	£50
Di Lamar Brunello di Montalcino <i>Sangiovese - Cherry, herbs, earth, elegant tannins</i>	£22	£100
Bibi Graetz Testamatta <i>Sangiovese - Red berries, minerality, purity, freshness</i>	£33	£150
2017 Antinori Tignanello <i>Sangiovese/Cabernets - Cherry, spice, cocoa, silky tannins</i>	£49	£220

Spain

2017 Bodegas Navajas Rioja Reserva <i>Tempranillo blend - Black fruit, vanilla, spice, velvety finish</i>	£11	£47
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Australia

2024 McPherson Three Vineyards Shiraz <i>Shiraz - Mulberry, blackberry, pepper, juicy palate</i>	£9	£37
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France

2024 Benieres Reserve Pinot Noir <i>Pinot Noir - Black fruits, clove, velvety freshness</i>	£9	£40
2022 Chateau Tour Bel Air St-Emilion <i>Merlot blend - Cherry, liquorice, menthol, long finish</i>	£12	£51
2024 Sainte Marguerite Fleurie <i>Gamay - Strawberry, raspberry, violet, light tannins</i>	£12	£55
Chateau Teynac St-Julien <i>Cabernet-led blend - Cassis, plum, cedar, polished tannins</i>	£25	£110

Chateau Chantalouette Pomerol <i>Merlot-led blend - Red fruits, spice, elegant tannins</i>	£20	£90
Pastourelle de Clerc Milon magnum <i>Bordeaux blend - Black fruit, liquorice, pepper, refined tannins</i>	£40	£180
Chateau Batailley Pauillac <i>Cabernet-led blend - Blackcurrant, tobacco, spice, ripe tannins</i>	£36	£160
Savigny-les-Beaune Pinot Noir <i>Pinot Noir - Red fruits, violets, spice, elegance</i>	£26	£115

America

Othello <i>Cabernet blend - Cassis, raspberry, mint, peppery finish</i>	£30	£130
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Rose

150ml / Bottle / Magnum

2024/25 Whispering Angel <i>Grenache/Cinsault/Rolle - Red berries, floral, dry finish</i>	£11	£50	£120
Rock Angel <i>Grenache/Rolle - Red berries, florals, mineral creaminess</i>	£17	£75	£170
Chateau d'Esclans <i>Grenache/Rolle - Floral red berries, pear, saline finish</i>	£21	£95	
Les Clans <i>Grenache/Rolle - Red berries, citrus, oak spice</i>	£33	£150	
Garrus <i>Grenache/Rolle - Peach, strawberry, citrus, mineral power</i>	£47	£210	

Champagne & Fizz

125ml / Bottle

nv Moet Brut Imperial <i>Pinot Noir/Meunier/Chardonnay - Apple, citrus, white peach</i>	£14	£84
nv Moet Rose Imperial <i>Pinot Noir/Meunier/Chardonnay - Wild strawberry, raspberry, peach</i>	£17	£100
nv Moet Nectar Imperial Rose <i>Pinot Noir/Meunier/Chardonnay - Ripe berries, caramel, nutmeg</i>	£20	£115
nv Veuve Clicquot Yellow Label <i>Pinot Noir/Chardonnay/Meunier - Pear, peach, brioche</i>	£17	£100
nv Ruinart Blanc de Blancs <i>Chardonnay - Lemon, pear, white flowers, spice</i>	£25	£150

nv Ruinart Rose <i>Pinot Noir/Chardonnay - Red berries, tropical fruit, grapefruit</i>	N/A	£150
2015 Dom Perignon <i>Chardonnay/Pinot Noir - Citrus peel, flowers, slate</i>	N/A	£215
Dessert	70ml /	Bottle
Tokaji Meszes <i>Furmint-led Tokaji - Honey, peach, pineapple, balanced sweetness</i>	£14	£69
2016 Chateau Suduiraut Sauternes <i>Semillon/Sauvignon Blanc - Candied fruits, mango, ginger, opulent</i>	£16	£80
2006 Chateau d'Yquem <i>Semillon/Sauvignon Blanc - Honeyed tropical fruit, citrus, ginger</i>	£70	£350

All descriptions are condensed from online producer or merchant tasting notes.