La Rocca

NIBBLES

Freshly Baked Homemade Bread (for 2) £7.50

Marinated Mixed Olives £5.95

Plain Garlic Bread £7.50

Garlic Bread with Mozzarella Cheese £8.95

Tomato and Pesto Garlic Bread £8.50

SHARER

Antipasti Crudo (for 2) £23.95

A selection of cold meats, cheese, olives and pickles, with homemade bread and salad.

STARTERS

Caprese (v) £9.50

Fresh buffalo mozzarella with olives, sliced tomatoes, served on a bed of salad with a drizzle of olive oil and balsamic reduction.

Zuppa del Giorno £8.50

Homemade soup of the day, served with homemade Tuscan bread and butter.

Arancini of the Day £12.95

(Ask server for details)

Bruschetta Di Napoli (v) £8.30

Cherry tomatoes marinated in olive oil, fresh basil, red onions, and a touch of garlic, drizzled with balsamic reduction, served on homemade Tuscan bread.

Bruschetta Funghi (n) £10.95

Flat mushroom filled with garlic and spinach, topped with goats cheese, pine nuts, and served on homemade Tuscan bread.

Capesante £14.95

Fresh scallops, pan fried with white wine, chilli, garlic, parsley, and lemon juice, served on a bed of butternut squash pure, topped with crispy pancetta..

Gamberoni £12.95

Pan fried king prawns with butter, white wine, garlic, and chilli, served with Tuscan bread and a slice of lemon.

Crispy Calamari £10.95

Fresh squid dusted with semolina flour, fried, served with tartar sauce and a slice of lemon.

Cozze Alla Marinara £12.95

A bowl of fresh mussels fried with garlic, chilli, herbs, and onion in a cherry tomato sauce, served with homemade Tuscan bread and a slice of lemon.

Salad & Risotto

RISOTTO

La Rocca Risotto £22.95

Arborio rice cooked in saffron and fish stock, with king prawns, scallops, and mussels, all pan-fried in garlic and chilli, finished with olive oil and parsley.

Salmon Risotto £19.50

Arborio rice cooked with fish stock, fresh herbs, salmon, finely sliced leeks, parmesan and mascarpone, with a drizzle of lemon juice.

Risotto Di Pollo £19.50

Arborio rice with chicken, asparagus, pea pure, cherry tomatoes, parmesan, and mascarpone cheese.

Risotto Al Funghi (v) £17.50

Arborio rice with roasted mushrooms, garlic butter and Italian herbs, cooked with creamy parmesan and mascarpone, finished with truffle oil.

SALAD

Insalata Caprino £16.50

Grilled goats cheese topped with caramelized onions on crisp crostini bread, served with a mixed leaves salad, cherry tomatoes, and balsamic reduction.

Caesar Con Pollo £18.50

Chargrilled chicken fillet, gem lettuce, croutons, topped with parmesan shavings, and dressed with a Caesar sauce.

La Rocca Salad £18.50

Fresh rocket, gorgonzola, red onions, cherry tomatoes, walnuts, pomegranate, and prosciutto, dressed with olive oil, lemon, and a balsamic glaze.

SIDES

Skin-on Fries £4.95

Roasted New Potatoes £4.95

Smooth Mashed Potatoes £4.95

Tender Stem Broccoli £6.95

Mixed Salad £4.95

Tomato and Onion Salad £4.95

Rocket and Parmesan Salad £4.95

Green Beans £5.95

Pesce & Carne

Pollo Dolce Latte (n) £22.95

Chargrilled chicken breast in dolce latte cheese sauce with fresh spinach and pine nuts. Served with roasted new potatoes and garnish.

Pollo Con Funghi £21.95

Chargrilled chicken breast with mushrooms, red onions, chilli, garlic, white wine, and tomato sauce. Served with roasted new potatoes and garnish.

Anatra Arrosto £31.95

Pan-fried duck breast served with saffron-infused mashed potatoes, tender stem broccoli, pancetta, sun-dried prunes, cherry tomatoes, and thinly sliced leeks in rich red wine sauce.

Saltimbocca Alla Romana £22.95

Pan-fried pork tenderloin, topped with sage and prosciutto in white wine and lemon sauce, served with fine green beans and roasted new potatoes.

Branzino La Rocca £29.95

Sea bass fillets, pan-fried with chilli and garlic, fresh mussels, and king prawns in white wine and tomato sauce. Served with roasted new potatoes.

Salmon Con Crema £26.95

Grilled salmon fillet topped in a creamy saffron and cherry tomato sauce. Served with a crushed potatoes cake bounded with leeks and parmesan, and tender stem broccoli.

Monkfish £28.95

Fresh monkfish served with a crushed potatoes cake bounded with leeks and parmesan, tender stem broccoli, and mussels, in a creamy Sambuca mustard sauce with leeks.

S T E A K S

Sirloin Steak 10oz
£30.95

Grilled Sirloin steak, served with skin-on fries and garnish.

Fillet Steak 8oz
£32.95

Grilled fillet steak, served with skin-on fries and garnish.

Rib Eye Steak 10oz
£31.95

Grilled rib eye steak, served with flat mushrooms, skin-on fries, and garnish.

ADD SAUCE TO YOUR STEAK : £3.95

Dolce Latte Cheese Sauce
Red Wine Sauce
Peppercorn Sauce

Pasta

Spaghetti Bolognese £15.95

Spaghetti pasta in a rich Bolognese sauce with fresh basil.

Linguine Carbonara £16.50

Linguine pasta with crispy pancetta in a creamy sauce made with egg yolk, black pepper and aged parmesan.

Lasagne £16.95

Fresh pasta layers with minced beef, bechamel sauce, fresh herbs, and mozzarella, baked in the oven.

Penne Al Forno Della Casa £17.95

Penne pasta with chicken, mushrooms, roasted peppers and crème fraiche, topped with parmesan cheese, baked in the oven.

Penne Arrabbiata (v) 14.50

Penne pasta with chilli, garlic, and cherry tomatoes in homemade tomato and basil sauce.

Linguine Primavera (v) £16.50

Linguine pasta with tender stem broccoli, pea pure, asparagus, and sun-dried tomatoes, finished with white wine, a touch of cream, and lemon juice.

Ravioli of the Day £17.50

(Ask server for details)

Linguine La Rocca £20.95

Linguine pasta with fresh king prawns and mussels, pan-fried together with chilli, garlic, and butter, cooked in a homemade tomato sauce.

Linguine Pescatore £21.95

Linguine pasta with fresh salmon, mussels, and king prawns pan-fried together with fresh herbs, in a chilli, garlic, and white wine cream sauce.

Paccheri alla Siciliana £19.95

Paccheri pasta with fresh monkfish, capers, and black olives in a chilli and garlic cherry tomato sauce.

Paccheri Nduja £18.95

Paccheri pasta with spicy Italian sausage and chicken in tomato and mascarpone sauce, seasoned with chilli, garlic and mixed Italian herbs.

Gnochi con Salsiccia £19.50

Potato pasta with Italian sausage and curly kale, in a creamy sun-dried tomato sauce, seasoned with chilli, garlic, and mixed Italian herbs.

Pizza

Pizza Margherita (v) £13.95

Tomato, mozzarella, fresh basil, and a drizzle of olive oil.

Pizza Fiorentina (v) £15.50

Tomato, mozzarella, spinach, egg, olives, and parmesan shavings.

Pizza Caprino (v) £17.95

Tomato, mozzarella, goats cheese, caramelized onions, roasted peppers, and oregano.

Pizza Vegetarian (v) £17.95

Tomato, mozzarella, and roasted mixed vegetables.

Pizza La Rocca £19.50

Tomato, mozzarella, king prawns, anchovies, red onion, chilli oil, topped with rocket.

Pizza Prosciutto e Funghi £16.50

Tomato, mozzarella, thin slices of ham, and mushrooms.

Pizza Buffalo £18.50

Tomato, mozzarella, buffalo mozzarella, prosciutto, fresh basil, rocket, cherry tomatoes, and parmazan shavings.

Pizza Etna £15.95

Tomato, mozzarella, pepperoni, chilli and garlic.

Pizza Sofia £18.50

Tomato, mozzarella, chicken, pepperoni, chilli and garlic.

Pizza Picante £17.95

Tomato, mozzarella, salami Milano, roasted peppers, and chilli oil.

Pizza Calabrese £18.50

Tomato, mozzarella, pancetta, nduja sausage, chilli, and topped with rocket.

Italian Calzone £21.95

Folded pizza filled with chicken, pepperoni, ham, Bolognese sauce, and mozzarella. Topped with garlic butter, served with fresh salad.

***Additional toppings available from £1.95 each**

Allergy Information

(n) denotes dishes which contain nuts.

(v) denotes dishes which are suitable for vegetarians.

Due to the presence of nuts in our restaurant, there is a small possibility that traces of nuts may be found in any of our items.

All prices are inclusive of VAT.

All our meat is locally sourced.

Weights denoted are pre-cooked.

There is a discretionary 10% service charge for parties of 8 or more people.

Cake may be brought; however, cannot be consumed due to allergen regulations.

For details of allergens, please speak to a member of our team.