

FOOD MENU

BREAKFAST

TORIN'S BREAKFAST R59

1 Slice of toast, 2 eggs, 1 pork sausage, fried tomatoes and mini butter

THE HALF IRISH R75

1 Slice of toast, 1 egg, 1 pork sausage, fried tomatoes and back bacon

THE FULL IRISH ROCK R143

2 Slices of toast, 2 eggs, 2 pork sausages, fried tomatoes, fried mushrooms, back bacon and served with chips

WIFI BREAKFAST R70

2 Eggs, back bacon, chips, toast and butter

WIFI BREAKFAST PROMO R65

2 Eggs, back bacon, chips, toast and butter.
Available Monday - Friday until 12pm

BREAKFAST ROLL *New* R50

Burger roll topped with lettuce, tomato, back bacon, 1 egg and burger sauce

THE HALF IRISH BREAKFAST



NACHOS

Our Nacho chips are covered with flavourful Mexican salsa, topped with cheddar and mozzarella cheese, served with guacamole and sour cream

PLAIN R96

CHILLI CON CARNE R128

CHICKEN R142

NACHO MINCE *New* R152

BACON, AVO AND FETA SALAD



SALADS

GREEK SALAD R77

Lettuce, tomato, cucumber, sliced carrots, red onions, feta cheese and black calamata olives served with the Irish Rock salad dressing

HALLOUMI & CALAMARI SALAD R153

Served on a bed of lettuce, tomato, olives, red onion, cucumber and feta, topped with crumbed halloumi and calamari strips

BACON, AVO & FETA SALAD R88

Garden salad topped with crispy bacon bits, fresh avo and feta, served with our house salad dressing

WARM CHICKEN SALAD *New* R95

House salad with pan-fried chicken strips, topped with sesame seeds

CHILLI CON CARNE NACHOS



TOASTIES

CHICKEN MAYONNAISE R46

BACON, EGG & CHEESE R51

HAM AND CHEESE R32

TRAMEZZINI

Our tramezzini's are served with chips or side salad

FAB R98

Feta, avo and bacon

KEEGAN'S R105

Chicken mayo, avo and spring onion

FAB TRAMEZZINI



LIGHT MEALS

GAELIC WEDGES R59

Deep-fried potato wedges topped with cheese sauce, bacon pieces, melted cheddar and served with sour cream

CAMEMBERT STARTER R105

Crumbed and deep-fried Camembert cheese topped with bacon, fig and balsamic reduction



CAMEMBERT
STARTER

AVO DHIAGA R98

Avo stuffed with egg, covered in bacon, crumbed and deep-fried. Served with sweet chilli sauce and toast

CHEESY GARLIC BREAD R63

Shamrock French loaf layered with garlic butter, cheese sauce and topped with melted cheddar

BACON WRAPPED HALLOUMI R69

Crumbed and deep-fried halloumi cheese wrapped in bacon and served with sweet chilli sauce

CRUMBED MUSHROOMS R66

Crumbed and golden fried button mushrooms served with tartar sauce

CHEESE & BACON POTATO SKINS *New* R68

Delicious deep-fried potato skins, covered with cheese sauce and bacon pieces and topped with melted cheddar cheese. Served with sour cream



CHEESE AND
BACON POTATO
SKINS



CHEESY GARLIC
PRAWNS

CHEESY GARLIC PRAWNS R92

Enjoy succulent prawn meat cooked in a creamy garlic sauce and topped with melted cheddar. It's delicious!

JALAPEÑO POPPERS R83

Crumbed and deep-fried whole jalapeños stuffed with cheddar cheese and served with sour cream



JALAPEÑO
POPPERS

CHICKEN LIVERS PERI-PERI R84

Chicken livers with braised onion sauteed in our secret sauce with a dash of cream and served with our homemade nutty wheat bread. Your choice of hot or mild

CREAMY GARLIC SNAILS R77

Snails in a creamy garlic sauce, served with our homemade nutty wheat bread

CHICKEN & PEA SOUP R76

With our homemade nutty wheat bread

6 LITTLE PIGS R74

Six little pork sausages wrapped in pastry and served with our homemade spicy mayo



CHICKEN LIVERS
PERI-PERI

PLATTERS

BAR PLATTER R375

5 Cocktail beef samoosas, 200g crumbed calamari strips, 300g ribs, 200g crumbed chicken strips, crumbed mushrooms, chips and onion rings, served with sweet chilli, peri-peri and tartar sauce

PLATTER FOR 2 R195

150g Cocktail ribs, 100g crumbed chicken strips, onion rings, 5 cocktail beef samoosas, 120g meatballs served with chips, sweet chilli sauce and pepper sauce

SAMPLER R249

Cheese and bacon potato skins, 300g ribs, 6 chicken nuggets, 5 cocktail samoosas, fried halloumi fingers. Served with sour cream and honey mustard mayo

PLATTER DE LUX *New* R358

300g Ribs, 4 chicken wings, crumbed mushrooms, vegetable spring rolls, 6 chicken nuggets and chips. Served with honey mustard and sweet chilli sauce

PLATTER
FOR 2



SAUCES R28 each

Garlic, Mushroom, Cheese, Tartar, Sweet Chilli, Pepper, Honey Mustard Mayo



PLATTER
DE LUX



BASKETS

OH MY VEGGIES R179

4 Jalapeno poppers, crumbed halloumi, vegetable spring rolls, baby marrow chips, crumbed mushrooms and sweet chilli sauce

BEEF LOADED R248

150g Cocktail ribs, meatballs, 200g rump steak strips and boerewors served with potato wedges and feta jalapeno sauce

CHIP BASKET R55

400g Chips and sauce

CALAMARI BASKET *New* R103

200g Crumbed calamari steak strips served with chips and tartar sauce

RIB BASKET R135

300g Riblets covered in our house basting sauce, served with chips

MEDLEY BASKET R155

Crumbed chicken strips, 150g riblets, 5 cocktail beef samoosas, 1 pork sausage and 3 onion rings. Served with chips and a sauce of your choice

CHICKEN WINGS BASKET *New* R146

4 Chicken wings grilled in our special basting served with chips

THE ROCK BASKET R135

6 Cocktail pork sausages, 5 cocktail beef samoosas, 3 cocktail sausage rolls, served with chips and sweet chilli sauce

CHICKEN MUNCHIES R185

Chicken nuggets, chicken drumsticks, chicken wings, onion rings, crumbed mushrooms served with potato wedges and sweet chilli sauce

CHICKEN STRIP BASKET R87

200g Crumbed chicken strips, served with chips and a sauce of your choice

RUSSIAN & CHIPS BASKET R72

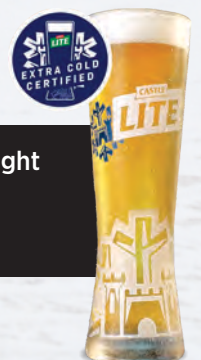
Footlong cheese Russian with 200g chips

THE ROCK
BASKET



Add a 500ml Castle Lite draught to any basket

FOR ONLY **R35**



ALE HOUSE FAVOURITES

CHICKEN SCHNITZEL R105

200g Chicken breast fillet, crumbed and golden fried and served with cheese sauce and your choice of starch

MEXICAN SCHNITZEL R114

200g Chicken breast crumbed and deep-fried, topped with salsa sauce, mozzarella and sliced jalapeno served with your choice of starch



CHICKEN & PRAWN CURRY

CHICKEN GOURMET R128

Chicken stuffed with ham, butternut and mozzarella cheese, deep-fried and covered with our mouth-watering feta and jalapeño sauce, served with your choice of starch

FISH & CHIPS R115

Golden fried hake fillet served with tartar sauce and chips. Your choice: beer batter or Panko bread crumbs

FETA & JALAPEÑO CHICKEN BREAST R99

A 150g chicken breast covered in our mouth-watering feta jalapeño sauce, served with veg of the day and your choice of starch

CHICKEN & PRAWN CURRY R160

Prawns and chicken breast strips cooked in mild Malaysian cream curry sauce, served with savoury rice, sambals and poppadoms

HAKE & CALAMARI COMBO *New* R185

200g Deep-fried hake and 200g crumbed calamari, served with 200g chips and tartar sauce

COTTAGE PIE R98

Beef mince topped with mash and baked until golden. Served with veg of the day

LIVERS & ONION R98

Lambs liver braised in red wine, bacon, onion and gravy, served on a bed of potato mash



MCGUINNESS LOADED FRIES

LOADED FRIES

MCGUINNESS R145

400g chips covered with Guinness cheese sauce, salsa sauce, bacon, sour cream and spring onions

MEXICAN R160

400g Chips covered with onion cheese sauce, 200g chilli con carne, topped with avo puree and chopped fresh coriander

IRISH ROCK R165

400g Chips covered with BBQ cheese sauce, topped with salsa sauce, chopped wors, sliced jalapeno pieces and sprinkled with fresh parsley

BUNNY CHOW

Rated by our regulars as the BEST Bunny in town!

CHICKEN R110

BEEF R125

BEEF & GUINNESS *New* R130

BEEF BUNNY CHOW



HAKE & CALAMARI COMBO



**JACK
BURGER**

BURGERS

MEXICAN AVO & BACON *New* R139

A 180g pure beef burger layered with smashed avo, back bacon, slice mozzarella and marinated red onion rings covered with a Mexican salsa sauce and served with your choice of starch

SRIRACHA THAI *New* R120

A 180g beef burger layered with slice cheddar cheese, bacon jam, pickles and a Sriracha sauce served with your choice of starch

JACK BURGER R127

A pure 180g beef patty grilled in our special Jack Daniel's basting and topped with a slice of cheese and bacon strips, served with your choice of starch

3 CHEESE R120

A 180g grilled beef patty with cheddar, feta and mozzarella, topped with caramelised red onions, onion rings and honey mustard mayo

SAUCY R122

Homemade 180g beef patty topped with a sauce of your choice. Served with your choice of starch. Ask your waitron for our selection of homemade sauces

CHICKEN *New* R87

Our sesame seeded roll topped with lettuce, onion burger sauce, 150g chicken breast (grilled or crumbed - your choice) served with your choice of starch

BILTONG JALAPENO R160

Homemade 180g beef patty stuffed with bacon, biltong and cheddar cheese, topped off with a cheese sauce and served with your choice of starch

THE IRISH ROCK R125

Three mini beef burgers with individual toppings and caramelised red onions

- Bacon & Cheese Sauce
- Mushroom Sauce
- Lettuce & Tomato

**POPEYE
PIE**



PIES

IRISH PECKER R150

A mouth-watering mix of chicken, mozzarella and creamed spinach, wrapped in puff pastry and covered in our signature Marengo sauce

POPEYE R130

A pastry case of creamed spinach, button mushrooms and feta, topped with warm cheese sauce. Served with a Greek side salad

BEEF & GUINNESS R186

Traditional homemade Irish Guinness and beef pie, served with veg of the day and your starch of choice

Add a 300ml Guinness Draught for only R30



**3 CHEESE
BURGER**



SPECIAL ITEMS

THAI CHICKEN CURRY & RICE R141

250g Thai chicken curry cooked with garlic, onion, coriander, coconut milk and LOVE, served with rice

BEEF BOURGUINON R130

A hearty beef stew cooked to perfection in red wine, carrots, onion, garlic, bacon and spices. Served with potato mash

**BEEF
BOURGUINON**



HUNGA BUSTING

BEEF

All steaks are served with your choice of starch unless otherwise stated

200g | 300g

SMOKEY JOE STEAK **R165 | R204**

Rump steak so "divine" with our secret basting topped with bacon, melted mozzarella and fresh avocado

HILLBILLY STEAK **R183 | R217**

Succulent rump steak grilled to perfection with our secret basting topped with melted cheddar and mozzarella cheese, bacon and egg and fresh avocado

HUNTERS STEAK 300G **R159 | R198**

Mouth-watering rump steak grilled to perfection with our secret basting smothered with a mushroom sauce, topped with braised onion and crisp bacon bits

FILLET **R191 | R259**

Fillet grilled to your liking

STEAK, EGG & CHIPS **R131 | R168**

A rump steak grilled to perfection with our secret basting and topped with an egg and served with chips

RUMP STEAK **R120 | R160**

Rump steak grilled to perfection with our secret basting

FETA JALAPEÑO STEAK **R165 | R185**

Rump steak brushed with our secret basting topped with our mouth-watering Feta and jalapeño sauce

PREGO STEAK ROLL **New R148 | R182**

Our delicious rump steak served on a roll, topped with Prego sauce and egg, with your choice of starch

IRISH ROCK STEAK 300G **R157 | R192**

Rump steak out of this world with our secret basting topped with mushroom sauce, melted cheddar cheese and shoulder bacon

GUINNESS HONEY BEER STEAK

Tender rump/fillet steak grilled to perfection and topped with a real Guinness honey butter medallion



RUMP **R145 | R182**

FILLET **R215 | R284**

Add a 300ml Guinness Draught for only R30

PORK RIBS



GRILLS

GUINNESS HONEY BEER STEAK



SMOKEY JOE STEAK



300g | 500g

T-BONE **R172 | R260**

A T-Bone steak grilled to perfection with our secret basting, topped with a fried egg

BEEF RIBS 500G **R198**

A 500g portion of succulent smokey flavoured beef ribs served with your choice of starch

CHICKEN



HALF CHICKEN **R160**

500g Chicken with your choice of lemon and herb or peri-peri sauce

FULL CHICKEN **New R268**

With your choice of lemon and herb or peri-peri sauce

EISBEIN



PORK

800g

EISBEIN **R233**

Best in town! Crispy honey glazed and served with sauerkraut

400g | 900g

PORK RIBS **R188 | R360**

We only use loin rib... more meat, more flavour!

VEGETARIAN *New*

BROWN RICE SALAD R99

A brown rice mixed with onion, garlic, sundried tomatoes, almonds, black olives, fresh basil and parsley. Served on lettuce and with a wedge of lime and half an avo



BROWN RICE SALAD



BRINJAL MUSHROOM PASTA BAKE R144

Penne pasta mixed with brinjals, garlic, mushroom, tomatoes, vegetarian cheese and red wine. Topped with creamy bechamel, vegetarian cheese and nutmeg

VEGETABLE COTTAGE PIE R86

A mouth-watering vegetable mix with patty pans, lentils, onion, peas and mushrooms, topped with mashed potatoes and sprinkled with vegetarian cheese

VEGETARIAN LASAGNE R139

An old time favourite. A layered creamy vegetable lasagna



VEGETARIAN LASAGNE

BRINJAL & COCONUT MILK BAKE



VEGAN *New*

BRINJAL & COCONUT MILK BAKE R117

A vegan brinjal bake flavoured with garlic, coconut milk and spices, topped with Flaked Almonds

BABY MARROW RISOTTO R85

Baby marrow risotto topped with diced baby marrow, pine nuts and lemon zest



BABY MARROW RISOTTO

YELLOW LENTIL COCONUT CURRY R130

A delicious lentil coconut curry with cauliflower, served with rice and poppadom, topped with coriander and coconut flakes

GREEK STYLE MOUSSAKA R110

Layered Brinjals and Lentil filling topped with a vegan Bechamel sauce

GREEK STYLE MOUSSAKA



KIDDIES



**2 BEEF BURGER SLIDERS
AND CHIPS
R76**



**VEG NUGGETS AND
POTATO WEDGES
R70**



**CHICKEN NUGGETS AND
POTATO WEDGES
R60**



**MAC AND CHEESE
R76**

**CHICKEN STRIPS
AND CHIPS
R60**

**HAKE NUGGETS AND
POTATO WEDGES
R85**

DESSERT



**3 CARAMEL ITALIAN
KISSES R45**



**BAR ONE
BOW R65**

**MALVA PUDDING &
ICE-CREAM R66**



**ICE-CREAM &
CHOCOLATE
SAUCE R47**

APPLE CRUMBLE R69

An all-time favourite that takes you back to Mamma's kitchen... this delectable apple pie and cinnamon combination embraced by sweet pastry and topped with pastry crumbs will give you that warm and fuzzy loved feeling



NUTTY BROWNIE GANACHE R69

Stirring the soul of the chocolate lover... this decadent nutty brownie, topped with chocolate ganache and extra pecan nuts melts in your mouth. Nothing can quite describe it!

