

Nibbles – to natter over

Garlic Ciabatta	£3.00
Garlic Bread Supreme	£3.50
Garlic Ciabatta & Melted Mozzarella	
Mixed Olives	£2.75
Nachos – (to share)	£4.50
Melted Cheese, Optional Jalapenos & Tomato Salsa & Sour Cream & Chive Dip	



Starters – to begin with

Prawn Cocktail	£6.95
Greenland Prawns, Iceberg Lettuce, Marie Rose Sauce	
Half a Rack of BBQ Ribs	£6.25
Tempura King Prawns, Sweet Chilli Dip	£6.25
Homemade Thai Style Roasted Smoked Salmon Fishcakes	£6.50
Sweet Chilli Dipping Sauce	
Goats Cheese Tart with Red Onion Chutney	£6.25
Balsamic Dressed Leaves	
Home-made Chicken Liver Pate	£6.00
Caramelised Red Onion & Toasted Ciabatta	
Mushrooms Garlic Cream, Toasted Ciabatta (v)	£5.95
Homemade Soup of the Day	£5.00
Freshly Baked Bread	
Whitebait	£5.95
Breaded and Deep Fried, Garlic Mayonnaise	

Fish & Seafood – Fresh from Lowestoft

Fish & Chips with Minted Mushy Peas	£12.75
Traditional Beer Battered Cod or Haddock	
Haddock & Prawn Mornay	£14.95
Haddock Fillet Topped with Greenland Prawns, Lobster Sauce Melted Cheese, Mashed Potatoes & Fresh Vegetables	
Whole Tail Breaded Scampi & Chips	£12.00
Garden Peas	
Sea Bass Fillet, Garlic & Prawn Butter	£15.95
Crushed New Potatoes & Wilted Spinach	
Homemade Fisherman's Pie,	£13.75
Selection of Fresh & Smoked Fish, Rich Lobster & Cheese Sauce, Mashed Potatoes & Medley of Vegetables	
Spiced Tuna, Cajun & Sweet Chilli	£15.50
Balsamic Dressed Rocket, Cherry Tomato & Parmesan Salad & Spiced Wedges	

Burgers – All served on a warmed Brioche Bun,

Chips, Coleslaw and Relish.

8 oz Beef Burger Bacon & Cheddar	£12.00
Butterflied Cajun Spiced Chicken Breast	£11.00
Spicy Tomato Mayonnaise	

Vegetarian Main Courses

Roasted Vegetable Lasagne	£11.00
Garlic Bread & Garden Salad	
Mushroom Stroganoff	£12.50
Steamed Rice	

From the Grill

All our Steaks are 28-Day aged served with Chips, Mushrooms, Grilled Tomato & Garden Peas

8oz Rump Steak	£15.00
12oz Rump Steak	£19.00
Surf & Turf	£3.50
Add- 3 Mediterranean King Prawns Optional Garlic Butter	
Prime Suffolk Gammon	£13.00
Choose between 2 Fried Eggs or Grilled Pineapple	
Mixed Grill	£19.50
Rump Steak, Gammon, Lamb Steak, Pork Steak, Sausage, Grilled Tomato, Mushrooms, Two Eggs & Onion Rings	
Leg of Lamb Steak	£15.95
Garlic & Rosemary Butter, Chips & Garden Peas	

House Favourites

Chicken Italian	£13.50
Breast of Chicken in a Tomato & Basil Sauce, Bed of Linguine topped with Melted Mozzarella & Crispy Bacon. House Salad	
Medallions of Pork Fillet	£14.50
Creamy Leek & Wholegrain Mustard Sauce, New Potatoes and Fresh Vegetables	
Barbecued Rack of Baby-Back Pork Ribs	£15.95
Served with Chips, Salad & Corn on the Cob	
Half a Rack of Ribs & Breast of Chicken	£15.50
BBQ Sauce, Chips, Salad & Corn on the Cob	
Homemade Beef Lasagne	£12.00
Garlic Bread & Garden Salad	
Chicken Caesar	Starter - £6.95 Main - £12.95
Char-Grilled Chicken Breast, Bacon, baby gem lettuce, croutons, egg, anchovies & parmesan shavings (Vegetarian option available – Starter £5.50 / Main £8.50)	

Sides – to complement your meal

Sauces – Stilton Cheese, Peppercorn	£2.50
Chips, Cajun Spiced Wedges, Sweet Potato Fries	£2.50
Garden Salad, Seasonal Vegetables	£2.50
Onion Rings	£3.50

Please see our
Daily's Special
Board &
Specials Page
Showcasing
our Season
Dishes

Weekly Set Menus

Monday:-

Lunchtime Set Menu-
2 courses £14.00

Evening Early Bird
Served 5.30pm-7pm £9.00

Tuesday:-

Lunchtime Set Menu-
2 courses £14.00

Evening Early Bird
Served 5.30pm-7pm £9.00

Wednesday:-

Lunchtime & Evening-
Homemade Pie Menu-
2 courses £14.00 Choice of Homemade Pies

Thursday:-

Lunchtime & Evening-
Fish Menu-
2 courses £14.00. Selection of wonderful
Fresh Fish direct from Lowestoft

Friday:-

Lunchtime Set Menu-
2 courses £14.00 per person
Evening – **Steak Night-**
2 courses from £14.00

Saturday:-

**Full a la carte Menu & Specials
Board**

Sunday:-

Sunday Roast Menu-
Served from 12 noon to 8.30pm

Sunday Menu

We offer an extensive Sunday Roast Menu every week at The Rose.

You can choose from our delicious roast meats

2 courses from just £17.00

There is also a great selection of fish, meat & vegetarian dishes available.

Served from 12 noon until 8.30pm

Desserts

Apple Crumble Tart with Vanilla Custard	£5.75
Poached Berries Meringue Roulade with Vanilla Ice Cream	£5.75
Lemon Cheesecake, Raspberry Coullis & Whipped Cream	£5.75
Crème Brulee Fresh Cream & Poached Berries	£5.75
Belgium Chocolate Brownie, Chocolate Sauce, Vanilla Ice Cream	£5.75
Cheese Platter, Mature Cheddar, Stilton & Cornish Brie, Plum & Apple Chutney Served with Savoury Biscuits	£6.50
Selection of Ice Creams, Wafer & Fresh Cream	£3.50

Hot Drinks

Coffee

Filter Coffee and Mints	£1.80
Cappuccino	£2.45
Espresso	£2.00
Latte	£2.45
Liqueur Coffee	£4.60
Virgin Coffee (No Liqueur)	£2.60

Tea

English Breakfast Tea	£1.80
Herbal Tea (Please Ask)	£2.00
Hot Chocolate	£2.45

Children's Meals

Traditional Prawn Cocktail	£4.00
Homemade Soup of the Day	£2.50
Home-made Chicken Liver Pate Plum and Apple Chutney & Toasted Ciabatta	£3.50
Garlic Ciabatta	£1.25
Garlic Ciabatta with Melted Mozzarella	£1.75
Tempura King Prawns with Sweet Chilli Dip	£3.50
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100% Prime Scottish Beef Burger in Bap Chips and Coleslaw, Optional Melted Cheese	£6.00
Homemade Goujons of Chicken Chicken Breast in our Light Crispy Batter, Chips & Garden Peas	£5.50
Homemade Lasagne, Garlic Bread	£5.50
Homemade Roasted Vegetable Lasagne (v) Garlic Bread	£5.50
Prime Pork Sausages Mashed Potatoes, Fresh Vegetables & Gravy	£5.50
Fillet of Cod in our Light Crispy Batter, Chips & Garden Peas	£5.50
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Chocolate Praline Torte Chocolate Sauce and Ice Cream	£3.50
Berry Meringue Roulade, Vanilla Ice Cream	£3.50
Mixed Ice Cream & Wafer	£2.00

ALLERGENS

If you require information on allergens please ask a member of the team.