

## Seafoods

Seafood is served with mixed salad and chips, wheat rice or baby roast potatoes.

### GRILLED SEA BASS (GF) £16.45

*Specially seasoned, whole sea bass cooked over charcoal, served with boiled roast potatoes or chips and salad*

### SEA BASS FILLET (GF) £16.45

*Specially seasoned sea bass fillet served with boiled roast potatoes or chips & salad*

### GRILLED SALMON (GF) £16.45

*Specially seasoned salmon cooked over charcoal, served with boiled roast potatoes or chips and salad*

### PRAWN GUYEC (Casserole) (GFO) £15.95

*King prawns cooked with white wine, onions, peppers, mushrooms, garlic, tomato sauce in the oven topped with cheese, served cracked bulgur wheat*

### ROCCA KING PRAWN (GFO) £16.95

*King prawns cooked with onions, spinach, mushrooms, garlic, green and red peppers in a creamy wine sauce, served with cracked bulgur wheat*

### GRILLED SWORDFISH (GF) £16.45

*Specially seasoned swordfish cooked on charcoal, served with boiled roast potatoes and chips and salad*

### GRILLED TRIO-FISH (GF) £18.95

*Chargrilled salmon, swordfish and sea bass fillet, served with boiled roast potatoes or chips and salad*

### GRILLED SALMON-PRAWN SHISH (GF) £17.95

*Marinated king prawns and salmon with vegetables on skewers cooked over charcoal, served with boiled roast potatoes or chips and salad*

## Salads

### HALLOUMI SALAD (V) (GF) £12.95

*Chargrilled halloumi cheese with fresh crispy salad, chargrilled peppers, tomatoes and olives*

### SALMON SALAD (GF) £14.95

*Chargrilled salmon with crispy salad, chargrilled peppers, tomatoes & olives*

### CHICKEN CAESAR SALAD (GF) £13.95

*Grilled chicken fillet with mixed leaves, parmesan cheese and croutons with a Caesar salad dressing*

### GREEK SALAD (V) (VG) (GF) £9.95

*Finely chopped tomatoes, cucumber, red onions, peppers, parsley, served with feta cheese and olives*

### AVOCADO SALAD (V) (VG) £11.95

*Made with an abundance of rich and creamy avocados, vibrant tomatoes, crisp cucumbers, bright red onions and a fresh herb dressing*

### COBAN SALAD (V) (VG) (GF) £9.95

*Consisting of finely chopped tomatoes, cucumbers, long green peppers, onion and flat-leaf parsley*

## Side Orders

### MIXED SEASONAL SALAD (V) (VG) (GF) £3.95

### CHIPS (V) (VG) (GF) £3.45

### CRACKED BULGUR WHEAT (V) £2.95

### SWEET POTATO FRIES (V) (GF) £3.95

### BOILED ROAST POTATOES (V) (VG) (GF) £2.95

### YOGHURT (V) (GF) £2.45

### OLIVES (V) (VG) (GF) £2.95

### MIXED GRILLED VEG (V) (VG) (GF) £3.45

## Rocca Specials

Rocca specials are served with mixed salad and chips, wheat rice or baby roast potatoes

### ROCCA CENTIK £17.95

*Grilled lamb and chicken on a nest of crispy shoestring potatoes, topped with yoghurt and butter sauce, garnished with grilled tomatoes and peppers. Served with cracked bulgur wheat and salad*

### ROCCA CHICKEN (GFO) £16.45

*Grilled chicken breast cubes cooked with onion, spinach, mushrooms, peppers and creamy wine sauce, served with cracked bulgur wheat*

### LAMB GUYEC (Casserole) (GFO) £15.45

*Diced lamb, aubergine, mushrooms, peppers, onions, tomatoes cooked with cheese in the oven, served with cracked bulgur wheat*

### CHICKEN GUYEC (Casserole) (GFO) £14.95

*Diced chicken, aubergine, mushrooms, peppers, onions, tomatoes cooked with cheese in the oven, served with cracked bulgur wheat*

### KLEFTIKO (GFO) £17.95

*Slow cooked tender knuckle of lamb mixed with celery, potatoes, onions, carrots and herb sauce, served with cracked bulgur wheat*

### LAMB MOUSSAKA £14.95

*A well-loved classic Greek dish of minced lamb with carrots, potatoes, aubergine, courgette, mixed peppers, and onions in a homemade tomato and bechamel sauce topped with cheese, served with salad & cracked bulgur wheat*

### SIRLION STEAK £19.95

*Specially seasoned British beef, served with grilled vegetables, chips or roast potatoes and homemade peppercorn mushroom sauce*

## Vegetarian and Vegan

Vegetarian and Vegan foods are served with mixed salad and chips, wheat rice or baby roast potatoes

### VEG-KEBAB (V) (VG) (GF) £14.45

*Chargrilled mixed vegetables and tomato sauce, served with chips or boiled roast potatoes and salad*

### VEG-MOUSSAKA (V) £14.45

*A well-loved classic Greek dish layered with carrots, potatoes, aubergine, courgettes, mixed peppers and onions in a homemade tomato and bechamel sauce topped with cheese, served with salad and cracked bulgur wheat*

### VEG-GUYEC (Casserole) (V) (VG) (GF) £13.95

*Aubergine, peppers, onions, mushrooms, courgette, garlic, tomatoes, cooked in the oven, served with chips or boiled roast potatoes and salad*

### HALLOUMI KEBAB (V) (GF) £14.45

*Aubergine, peppers, onions, mushrooms, courgette, garlic, tomatoes, cooked in the oven, served with chips or boiled roast potatoes and salad*

### MUSHROOM GUYEC (Casserole) (V) (VG) (GFO) £13.45

*Pan fried mushroom cooked with onions, green and red peppers, tomatoes and garlic, served with cracked bulgur wheat*

### FALAFEL (V) (VG) £13.45

*Chickpeas, broad beans, mixed vegetables, sesame seed and herb fritters accompanied with a houmous dip and salad*

### IMAM BAYILDI (V) (VG) (GF) £14.45

*Aubergines stuffed with mushrooms, onion, green peppers, tomatoes, garlic and chopped parsley baked in the oven, served with chips or boiled roast potatoes and salad*



# Rocca

## TAKE AWAY



# MENU

☎ 01342 300389

🌐 [www.roccakitchen.co.uk](http://www.roccakitchen.co.uk)

📍 42-44 High St, East Grinstead RH19 3AS

## Cold Starters

<b>HOUMOUS (V)</b> <i>Classic puree of chickpeas blended with tahini, olive oil, lemon juice and a hint of garlic</i>	£5.45
<b>TZATZIKI (V) (GF)</b> <i>Cucumber in gourmet creamy yoghurt with garlic, mint, dill and olive oil</i>	£5.45
<b>SHAKSHUKA (V) (VG) (GF)</b> <i>Sauteed aubergine mixed with onion, red and green peppers, tomato sauce, olive oil and a hint of garlic</i>	£5.45
<b>BABAGANOUSH (V) (GF)</b> <i>Grilled aubergine and red pepper mixed with tahini, yoghurt, garlic and herbs</i>	£5.45
<b>BEETROOT SALAD (V) (VG)</b> <i>Pickled beetroot mixed with carrot, coriander, vinegar and a hint of garlic</i>	£5.45
<b>TABBOULEH (V) (VG)</b> <i>Chopped parsley, fresh mint, red onions, tomatoes, with cracked wheat, lemon juice and olive oil</i>	£5.45
<b>STUFFED VINE LEAVES (V) (VG) (N) (GF)</b> <i>Traditional stuffed vine leaves with rice, pine nuts, currants, caramelised onion, tomato and peppers paste, herbs and olive oil</i>	£5.95
<b>STUFFED CHEESE PEPPERS (V) (VG)</b> <i>Grilled red peppers with Greek style feta cheese marinated with parsley, olive oil and herbs</i>	£5.45
<b>ACILI EZME (V) (VG)</b> <i>Chopped onion, spicy mixed peppers, tomato, parsley with veg oil, pomegranate sauce and herbs</i>	£4.95
<b>AVOCADO &amp; PRAWN COCKTAIL (GF)</b> <i>Baby prawns and avocado dressed in homemade seafood sauce with salad</i>	£5.95
<b>KISIR (V) (VG)</b> <i>Cracked wheat, celery, tomato juice, parsely, mixed peppers, spring onions and herbs</i>	£5.45

## Mixed Cold Starters For Two

<b>HOUMOUS, TZATZIKI, TABBOULEH, SHAKSHUKA, BEETROOT, STUFFED VINE LEAVES, ACILI EZME AND KISIR</b>	£19.95
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## Hot Starters

<b>FALAFEL (V) (VG)</b> <i>Crispy deep fried vegetables, covered with sesame seeds served with houmous</i>	£5.95
<b>CALAMARI</b> <i>Large crisp and tasty calamari rings coated in panko breadcrumbs to add extra crunch, deep fried and served with tartar sauce</i>	£7.45
<b>WHITEBAIT</b> <i>Dusted in seasoned flour then deep fried, served with mixed leaves and tartar sauce</i>	£6.95
<b>KING PRAWNS (GF)</b> <i>Pan fried king prawns in a garlic butter, onions, peppers and homemade tomato sauce</i>	£7.95
<b>HALLOUMI CHEESE (V) (GF)</b> <i>Pan fried Greek style halloumi cheese, served with leaf salad and olive oil</i>	£6.45
<b>TURKISH SAUSAGE (GF)</b> <i>Pan fried spicy beef sausage, served with mixed leaf salad</i>	£5.95
<b>GARLIC MUSHROOM (V) (GF)</b> <i>Sauteed mushrooms, spring onion, fresh parsley, basil and garlic</i>	£6.95
<b>CHEESE PASTRY PARCELS (V)</b> <i>Filo pastry parcels with feta cheese and parsley served with salad leaves</i>	£5.95
<b>CHICKEN LIVER</b> <i>Fine chicken liver sauteed with red wine and herbs, served with salad leaves</i>	£7.45
<b>LAMB LIVER</b> <i>Fine lamb liver sauteed with red wine and herbs, served with salad leaves</i>	£7.45
<b>IMAM BAYILDI (V) (VG) (GF)</b> <i>Aubergine stuffed with onions, green peppers, tomatoes, mushroom, garlic baked in the oven</i>	£6.95
<b>ROCCA-MUSSELS (GF)</b> <i>Mussels cooked with onion, red peppers garlic in a wine and homemade tomato sauce</i>	£7.45

## Mixed Hot Starters For Two

<b>FALAFEL, TURKISH SAUSAGE, CALAMARI, HALLOUMI CHEESE AND CHEESE PASTRY</b>	£17.95
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## Vegetarian Hot Starters For Two

<b>FALAFEL, HALLOUMI CHEESE, CHEESE PASTRY AND IMAM BAYILDI</b>	£16.95
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## Chargrills

Chargrill meats are served with mixed salad and chips, wheat rice or baby roast potatoes

<b>LAMB KOFTE (GFO)</b> <i>Minced lamb mixed with herbs and chillies and fresh parsley</i>	£15.45
<b>COP SHISH (GFO)</b> <i>Small cubes of marinated lamb, skewered and cooked on charcoal grill with grilled vegetables</i>	£18.95
<b>LAMB RIBS (GFO)</b> <i>Ribs with special seasoning on skewers cooked over charcoal</i>	£15.95
<b>CHICKEN SHISH (GFO)</b> <i>Marinated free range chicken cubes on a skewer</i>	£15.95
<b>CHICKEN WINGS (GFO)</b> <i>Marinated grilled free range chicken wings</i>	£14.95
<b>CHICKEN KOFTE (GFO)</b> <i>Minced chicken mixed with herbs, garlic lamb stock and parsley</i>	£14.95
<b>COMBO SHISH (GFO)</b> <i>Marinated chicken and lamb cubes served with grilled vegetables</i>	£17.95
<b>COMBO KOFTE (GFO)</b> <i>Minced lamb and chicken mixed herbs and chillies, fresh parsley with grilled vegetables</i>	£15.95
<b>MIX GRILL (GFO)</b> <i>Grilled chicken and lamb cubes, lamb kofte, chicken wings, lamb cutlet</i>	£19.95
<b>LAMB BEYTI</b> <i>Minced lamb mixed with garlic and parsley wrapped in tortilla bread covered with yoghurt topped with chilli flaked sauce</i>	£16.45
<b>LAMB NECK FILLET SHISH (GFO)</b> <i>Succulent and juicy bbq pit grilled middle neck lamb cubes (marinated with herbs and mild pepper paste) on a skewer</i>	£18.95
<b>CHICKEN BEYTI</b> <i>Minced chicken mixed with herbs, lamb stock, wrapped in tortilla bread, covered with yoghurt topped with chilli flake sauce</i>	£15.95
<b>LAMB BEYTI WITH CHEESE</b> <i>Minced lamb mixed with garlic, parsley and cheese wrapped in tortilla bread covered with yoghurt topped with chilli flake sauce</i>	£16.95
<b>LAMB CUTLETS (GFO)</b> <i>Marinated and chargrilled, seasoned tender lamb chops with grilled vegetables</i>	£19.95
<b>LAMB ISKENDER</b> <i>Minced lamb kofte served on fried bread topped with tomato sauce, yoghurt and melted butter</i>	£17.95
<b>CHICKEN ISKENKER</b> <i>Minced chicken mixed with herbs, garlic lamb stock &amp; parsley served on fried bread topped with tomato sauce, yoghurt and melted butter</i>	£16.95