

ROCHES

DUNCANNON, THE HOOK PENINSULA

WEXFORD

BIA TABHAIRNE / MENU

Ar fáil ó 12.30 / 7 lá na seachtaine

(From 12.30 / 7 days a week)

PLEASE SEE OUR BLACKBOARD FOR DAILY SPECIALS



Roches Food May Contain And Is Made In An Environment Where The Following Are Used:

Milk, Eggs, Cereals Containing Gluten, Fish, Shellfish, Celery, Celeriac, Molluscs, Mustard, Sulphur Dioxide, Lupin, Soybeans, Groundnuts (Including Peanuts & Walnuts), Sesame Seed. If You Have Any Dietary Requirements, Please Let A Member Of Staff Know

SMALL PLATES | SALADS | SHARERS

Chef's Soup of the Day

(Anraith an Lae) with Homemade Brown Bread

Warm Skeaghanore Smoked Duck (Iacha) Breast Salad

served with Salad Leaves and an Oriental Dressing

Seafood Chowder

Roches Duncannon Seafood Chowder with Homemade Brown Bread

Buffalo Chicken Wings (gf)

Chicken Wings in a Hot Zinging Louisiana Sauce with Blue Cheese Dip

Italian Roasted Red Pepper Bruschetta

with Sun Dried Tomatoes, Buffalo Mozzarella, Basil Pesto, Balsamic Reduction

Hook Head Crab Claws (crúba portáin)

Crab Claws sautéed in Garlic Butter with Homemade Brown Bread & Salad

Sizzling Garlic Prawns (cloicheáin ghairleoige)

served with fresh baked brown bread

Fisherman's Basket (great for sharing)

(ciseán) (Breaded Calamari, Prawns, Ling) Tartare Sauce & Homemade Chips

Homemade Chicken Goujons (Sicín)

served with Chips & a Thai Sweet Chilli Dip

Combo (measctha) Basket

Cocktail Sausages, Chicken Goujons, Vegetable Samosa, Chicken Wings, Chips

SOMETHING HOT FROM THE KITCHEN

Beer Battered Fresh Local Cod (Trosc)

Homemade Chips (sceallóga), Tartare Sauce, Salad

Tender BBQ Baby Back Pork (muiceoil) Ribs

with delicious homemade BBQ Sauce, Corn on the Cob, Chips

Homemade Grilled Irish Beef (martheoil) Burger

smothered with melted Wexford Cheddar, Bacon, Relish, Salad & Chips

Roches Thai Green Chicken Curry (if you need extra spice just ask)

wok Fried Chicken, Bell Peppers & Sugar Snaps, Steamed Basmati Rice (add Chips €2) **(gf)**

Roche's Monkfish & Prawn Thai Curry (add Chips €2)

Surf 'n Turf with Peppercorn Sauce (gf)

8oz Rib Eye Steak, Prawns, Portobello Mushroom, Sautéed Onions

Baked Fillet of Chicken Supreme (gf)

with Creamed Mash, Seasonal Vegetables & a Creamy Mushroom Sauce

All our beef is Guaranteed Irish



SANDWICHES served with Salad & Chips

Grilled Steak on Ciabatta Bread

Red Onion Marmalade, Side Salad, Homemade Chips

Chicken Tikka Wrap

Cajun Chicken, Red Onions, Tikka Sauce, Wexford Cheddar (céadar)

Toasted Special

The usual - Ham, cheese, tomato, onion

Before you order your food & drinks, please speak to a member of our staff if you have a food allergen or food intolerance



Roches Bar

DESSERTS (MILSEOGA)

Hazelnut Brownie, Warm Chocolate Sauce, Vanilla Ice-Cream

Assortment of Ice – Cream

See our Blackboard for other Desserts

TAE AGUS CAIFE

Speciality Teas from Java Republic – We have a wide range available, please ask to see selection

Java Republic Fresh Ground Coffee served



Roches Bar & Sqigl Restaurant is an entirely family-run business since May 1976.

Here at Roches we recognise the importance, especially in the times we are in today, of supporting Irish producers. To this end we persistently endeavour to source our produce locally or nationally. Our fish is sustainable and from Irish waters, our meat is from the Irish countryside, our vegetables and our ice cream is Irish, organic where possible and our cheese and bits and pieces are sourced from some Irish artisan producers.

On our menu we have locally caught fish sourced from Local Fishermen and Fish Merchants

Our meats are bought from Dawn & CountryStyle , all our beef is guaranteed Irish. Our garden produce is sourced locally where possible from Gerry Walsh & Keelings . Cooking Oils & Sauces from Nature's Oil in Inistioge. Gluten free breads and desserts from Mary in Tasty Parlour in Campile. We also have our own Herb Garden and grow most of our lettuces and other vegetables ourselves during the summer. We use Dillon's Londis in Fethard-on-Sea for anything we run out of!

Other notable suppliers include Honey from Kennedy's at the Hook, Tomatoes from Wallace's of Horeswood, O'Neills Sausages, Carrigbyrne Cheese, Milks, Wexford Cheddar, Hook Head Potatoes from Rowe's in Fethard-on-Sea, Wexford made Paganini Ice-Cream Bluebell Falls Goats Cheese and of course Wexford Strawberries when in season.

Also Buggy Foods, C J O'Loughlin, Pallas, Murphys C & C, Musgraves C & C

FREE WI-FI

**TO PROMOTE OUR IRISH LANGUAGE, WE HAVE INSERTED A
SMALL BIT (PÍOSA BEAG) OF IRISH INTO THE MENU**

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