



Multi Award Winning Independent pub in the heart of Southampton.

We stock over 100 spirits, an extensive wine range, 6 hand pulls, 15 draught taps and a selection of bottles with a wide range of craft, local and specialised beers and ciders.

The heart of The Rockstone is our freshly cooked food. Alongside our famous 11oz burgers we pride ourselves on our wide range of vegan and gluten free options, feel-good street food, and decadent home-made desserts.

Find us on Facebook to see our upcoming events, festivals and keep up to date with our food & drink specials!

 /TheRockstoneSouthampton

 www.therockstone.co.uk

 bookings@therockstone.co.uk

To make a booking visit us online, email, or give us a call on:

02380 637 256

Ve = Vegan

GF = Gluten free

V = Vegetarian

* = Can be made Ve/V/GF


Allergens & Food Information

If you suffer from a food allergy or intolerance please let your server know when placing your order and we will take every measure to accommodate you.

We serve our beef burgers medium as standard; but if you'd like them well done just ask.


We are obliged by the FSA to state that undercooked meat and seafood can increase the risk of food-borne illness, particularly in the elderly, children, pregnant women and those suffering from existing illnesses.

STARTERS & STREET FOOD

Chicken Lickin'  7
Chicken strips fried in cajun batter OR in our secret seasoned flour. Served with BBQ sauce. (GF*)


Squid-Life Crisis 6.5
Calamari rings deep fried in salt & pepper flour. Served with smoked mayo. (GF)

Getting Wings Done 6
Chargrilled chicken wings in a lemon, garlic & thyme marinade. Served with 'slaw. (GF)

Hallouminati  6
Halloumi triangles deep fried in our secret seasoned flour. Served with BBQ sauce. (V/GF)

Stranger Wings 5.5
Chargrilled seitan 'chicken wings' coated with katsu curry sauce. Served with 'slaw. (Ve)

Bread Hot Chilli Peppers 3
Garlic & chilli ciabatta, served with basil mayo. (Ve)

Nacho Kind of People  6
BBQ beans, onion, chillies, guacamole & mature Cheddar/Vegan Cheddar. (V/Ve*/GF)
- Add cider pulled pork OR Mexican pulled jackfruit

Olive & Let Fry 2
Beer battered Queen olives! (Ve)

Mad Macs 4
Mac & cheese with chorizo and red peppers.

Pakora the Explorer 5
Crispy fried onion pakora. Served with mango chutney. (Ve/GF)

Should'a put a Ring on It 3 5
The old classic! Beer battered onion rings. (Ve) *Small Large*

FRIES

SEASONED FRIES 1.5 / 3

BACON DUST FRIES / FIRE FRIES 1.6 / 3.2

DIRTY FRIES / VEGAN DIRTY FRIES 4

FRIES BEFORE GUYS 4

SWEET POTATO FRIES 2 / 4

GRILL

All of our grill meals are served with seasoned fries, side salad, Rockstone 'Slaw and onion rings.

Sir Loincelet 19
12oz sirloin steak, on the bone for extra juiciness.

President Rump 22
16oz rump steak, but this ones not all talk.

Gammondorf 16
12oz smoked horseshoe gammon steak

Adventure Thyme 14
Lemon, garlic and thyme marinated chicken breast.

Up the Steaks?
Add Salt & Pepper butter 0.5
Add Blue Cheese Sauce 1
Add Pomegranate Molasses 0.5
Add Sautéed Mushrooms 1

I'LL JUST HAVE THE SALAD

Really, I'll Just Have The Salad 6
Mixed leaf salad with; spinach, grated carrots, red onion, sundried tomato, pine nuts, olives and ranch dressing. (Ve/GF)

Add chargrilled chicken breast OR cider pulled pork 4.5
Add halloumi OR hoisin seitan 3



See our boards or ask a member of staff to see our weekly Specials & Desserts!



SOUTHAMPTON'S TRUE KING OF BURGERS



All our burgers are served with a choice from our famous patties, choose from;

11oz ROCKSTONE PRIME STEAK PATTIE - CHARGRILLED HERB CHICKEN BREAST- MIXED VEGETABLE PATTIE - SWEET POTATO & BEAN PATTIE

Our burger meals are all served with seasoned fries & a side salad. Gluten Free buns are available!

MEAT BURGERS

The Classic	14.5
Chargrilled smoked bacon, caramelised onion, burger sauce, mature Cheddar. (GF*)	
Cowboy Kirk	15.5
BBQ beans, ranch dressing, cheddar, onion ring. (V*)	
BBC	14.5
Chargrilled smoked bacon, French Brie, cranberry sauce. (GF*)	
Black & Blue	15.5
Black pudding, sauteed mushroom, blue cheese.	
Hellboy 🍌🍌	15
Chorizo, charred salsa, fresh chillies, buffalo mayo, Red Leicester. (GF*)	
The Pull Monty	15.5
Cider pulled pork, honey-mustard, Emmental. (GF*)	
Jean-Claude Van Jam 🍌🍌🍌	15
Chilli & apricot jam, peanut butter, smoked bacon, Emmental. (GF*)	
Volcano 🍌🍌🍌🍌	14.5
Fresh chillies, scotch bonnet & naga chilli Volcano sauce, chilli Cheddar. (V*/GF*)	
Paint It Black	14.5
Black garlic mayo, spinach, Mozzarella. (V*/GF*)	
Little Swiss Sunshine	14.5
Smoked mayo, sautéed mushrooms, Emmental. (V*/GF*)	
Gonna Need a Bigger Bun	18.5
11oz beef pattie, chicken breast, double bacon, cider pulled pork & mature Cheddar. (GF*)	
Blando Calrissian	12
A plain pattie of your choice, just add your own upgrades! (Ve*/GF*)	

VEGAN BURGERS

Vegan Classic	13.5
Sundried tomato ketchup, vegan bacon, caramelised onion, vegan Cheddar. (Ve)	
Guac To The Future 🍌	13.5
Guacamole, charred salsa, nachos, vegan Cheddar. (Ve/GF*)	
Pull Metal Jacket	14
Mexican pulled jackfruit, Rockstone 'slaw, onion ring. (Ve/GF*)	
Hoisin Dirty	13.5
Hoisin seitan, chargrilled spring onion, shredded cabbage. (Ve)	
Hotlime Miami 🍌🍌	13.5
Jerk sauce, grilled pineapple, rum & lime salsa, vegan Cheddar. (Ve/GF*)	
The Great Mouse Detective	13.5
Basil mayo, olives, sun dried tomato, vegan Mozzarella. (Ve/GF*)	
Roots Radical	13
Roast garlic hummus, beetroot ketchup, chargrilled aubergine & fire roasted bell peppers. (Ve/GF*)	
Shroom Raider	13.5
Sautéed mushrooms, ranch dressing, celery, vegan blue cheese.	

WEIRD & WONDERFUL

We like to shake things up here at The Rockstone, and as a result we're proud to offer some more adventurous and unusual burgers. Here's a few of our most popular creations!

Charlie & Chorizo Factory	16.5
Chorizo, chocolate BBQ sauce, mature Cheddar. Served in a sweet Belgian waffle bun, drizzled with chocolate sauce.	
Pizza Pals	15
Sundried tomato ketchup, olives, Mozzarella & mature Cheddar 'pizza buns'. (V*/Ve*)	
Dressed to Impretz	15.5
Smoked mayo, sauerkraut, currywurst onion, Emmental cheese. Served in a salted pretzel bun. (V*)	
Katsu Stacksu 🍌	15.5
Panko breaded aubergine & sweet potato, katsu curry sauce, shredded cabbage, tonkatsu sauce. (Ve*)	
Montezuma 🍌🍌	15
Ancho & cocoa dusted nachos, charred salsa, chopped chillies, chocolate sauce & mature Cheddar. (V*/GF*)	
Big Mac (& Cheese)	15
Chorizo mac & cheese, BBQ sauce, cider pulled pork & Red Leicester cheese.	

UPGRADES

MEAT & CHEESE	TOPPINGS & SAUCES	EXTRAS & FRIES
Bacon / chorizo / cider pulled pork / vegan bacon / hoisin seitan / pulled jackfruit	Caramelised onion / charred salsa / mushrooms / chillies / BBQ beans / guacamole / pineapple	Add an extra pattie! 4.5
Cheddar / chilli Cheddar / Red Leicester / French Brie / Emmental	Burger sauce / BBQ sauce / jerk sauce / buffalo mayo / smoked mayo / black garlic mayo / vegan basil mayo / beetroot ketchup / garlic hummus / Volcano sauce / chilli & apricot jam / peanut butter / cranberry sauce	Add three chicken wings 2.5
Halloumi / blue cheese / vegan Cheddar / vegan Mozzarella		Upgrade to Sweet Potato Fries 2
		Upgrade to Bacon Dust / Fire Fries 0.5