

Reach New Heights
www.rock-up.co.uk/Birmingham

MENU

Rock Up Birmingham

LIGHT BITES

Sausage Sandwich	£4.75
Beans on Toast	£2.95
Toast: 2 Slices	£1.50

PANINIS

Smoked Ham & Cheese Panini	£6.25
Mozzarella, Pesto & Sundried Tomato	£5.95
Chicken, Chorizo & Roast Pepper	£6.25

PIZZAS

Whole Margherita	£6.95
Whole Pepperoni	£7.25

KIDS MEALS

Chicken Goujons, Chips, Beans/Peas	£5.95
Fish Fingers, Chips, Beans/Peas	£5.95
Sausages, Chips, Beans/Peas	£5.95
Half Margherita Pizza & Chips	£5.95

SIDES

Chips	£2.50
Cheesy Chips	£3.00

Food selection and prices may vary on site.



Reach New Heights

Reach New Heights
www.rock-up.co.uk/Hull

MENU

Rock Up Hull

LIGHT BITES

Sausage Bap	£4.75
Beans on Toast	£2.95
Toast: 2 Slices	£1.50
Toasted Tea Cake	£1.50

PANINIS

Ham & Cheese	£5.75
Mozzarella, Pesto & Sundried Tomato	£5.95
Chicken, Chorizo & Roast Pepper	£6.25

PIZZAS

Whole Margherita	£6.95
Whole Pepperoni	£7.25

KIDS MEALS

Chicken Goujons, Chips, Beans/Peas	£5.95
Fish Fingers, Chips, Beans/Peas	£5.95
Sausages, Chips, Beans/Peas	£5.95
Half Margherita Pizza & Chips	£5.95
Kids Meal Box	£4.95

SIDES

Chips	£2.50
Cheesy Chips	£3.00
Nachos <i>Add cheese for 50p</i>	£2.50

Food selection and prices may vary on site.



Reach New Heights

Reach New Heights
www.rock-up.co.uk/Lakeside

MENU

Rock Up Lakeside

LIGHT BITES

Beans on Toast	£2.95
Toast: 2 Slices	£1.50
Cheese on Toast	£1.50
Porridge	£2.10

PANINIS

Ham & Cheese	£5.75
Tuna Melt	£5.95
Mozzarella, Pesto & Sundried Tomato	£5.95
Chicken, Chorizo & Roast Pepper	£6.25

JACKET POTATO

Jacket Potato, Beans & Cheese	£6.75
Jacket Potato, Tuna & Cheese	£6.95

PIZZA

Whole Margherita	£6.95
Whole Pepperoni	£7.25

KIDS MEALS

Half Margherita & Tortilla Chips	£5.95
Kids Meal Box	£4.95

Food selection and prices may vary on site.



Reach New Heights

Reach New Heights
www.rock-up.co.uk/RushdenLakes

MENU

Rock Up Rushden Lakes

LIGHT BITES

Beans on Toast	£2.95
Toast: 2 Slices	£1.50

PANINIS

Ham & Cheese	£5.75
Mozzarella, Pesto & Sundried Tomato	£5.95
Chicken, Chorizo & Roast Pepper	£6.25

PIZZAS

Whole Margherita	£6.95
Whole Pepperoni	£7.25

KIDS MEALS

Half Margherita Pizza & Tortilla Chips	£5.95
Kids Meal Box	£4.95

Food selection and prices may vary on site.



Reach New Heights

Reach New Heights
www.rock-up.co.uk/Watford

MENU

Rock Up Watford

LIGHT BITES

Beans on Toast	£2.95
Toast: 2 Slices	£1.50

PANINIS

Ham & Cheese	£5.75
Mozzarella, Pesto & Sundried Tomato	£5.95
Chicken, Chorizo & Roast Pepper	£6.25

PIZZAS

Whole Margherita	£6.95
Whole Pepperoni	£7.25

KIDS MEALS

Half Margherita Pizza & Crisps	£5.95
Kids Meal Box	£4.95

Food selection and prices may vary on site.



Reach New Heights

Reach New Heights
www.rock-up.co.uk/Whiteley

MENU

Rock Up Whiteley

LIGHT BITES

Sausage Bap	£4.75
Bacon Bap	£4.75
Beans on Toast	£2.95
Toast: 2 Slices	£1.50

PANINIS

Ham & Cheese Panini	£5.95
Tuna Melt Panini	£5.95
Mozzarella, Pesto & Sundried Tomato	£5.95
Chicken, Chorizo & Roast Pepper	£6.25

PIZZAS

Whole Margherita	£6.95
Whole Pepperoni	£7.25
Half Margherita & Chips	£6.25
Half Pepperoni & Chips	£6.55

KIDS MEALS

Chicken Goujons, Chips, Beans/Peas	£5.95
Fish Fingers, Chips, Beans/Peas	£5.95
Sausages, Chips, Beans/Peas	£5.95
Half Margherita Pizza & Chips	£5.95
Kids Meal Box	£4.95

SIDES

Chips	£2.50
Cheesy Chips	£3.00

Food selection and prices may vary on site.



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