

## Starters

Soup of the day	£5.00
Crispy Duck Spring Rolls with Sweet Chilli Sauce	£6.95
Pan Fried King Prawns in a Garlic Butter	£8.50 / £16.50 main
Homemade Thai Fishcakes with Sweet Chilli Sauce	£6.25
Caramelised Red Onion & Goats Cheese Bruschetta served with Rocket & Balsamic	£6.25
Stornoway Black Pudding with Toulouse Sausage, Apple Puree & Worcester Jus	£6.50
Baked King Prawns in Chilli, Tomato, Garlic & Coriander served with a Garlic Ciabatta	£8.95 / £16.95 main

## The Grill

Surf n Turf (Fillet Steak topped with Garlic Prawns) served with Chunky Chips & Salad	£29.95
Fillet Steak served with Chunky Chips & Salad (choice of sauce: pepper, diane or blue cheese)	£26.00 / £2.00

## Main Course

Chicken with a choice of one from each of the following: either Asparagus or Tenderstemmed Broccoli / Mash or Sweet Potato Mash / Pepper, Diane Sauce or Tandoori Curry Sauce	£14.95
Sweet Chilli Chicken Hanging Kebab served with Fries	£14.50
Lamb Curry with Sweet Potato & Fresh Mango served with Rice & Naan Bread	£13.00
Steak & Ale pie with a Puff Pastry Lid served with Chunky Chips or Vegetables	£11.95
Oriental Pan Fried Salmon Steak with Bok Choi, Stir Fried Vegetables, Sweet Chilli Sauce & Prawn Crackers	£14.95
Cod Steak with New Potato, Chorizo, Sunblushed Tomatoes, Pea Shoots & Balsamic Dressing	£14.95
Mince & Dumplings served with Creamy Mash & Garden Peas	£11.50
Fish & Chips served with Chunky Chips & Peas	£12.50
Whitby Scampi, Side Salad, Peas & Chunky Chips	£11.50
Chicken Parmo served with Chunky Chips & Salad	£13.00 / £9.95 small
Vegetable Curry with Rice & Naan Bread (v)	£11.95
Tandoori Cod with Sweet Potato, grilled Asparagus, Curry Sauce & a Poppadom	£14.95

## Side Dishes

Chunky Chips/Fries	£3.00	Sweet Potato Fries	£3.50
Creamy Mash	£3.00	Side Salad	£3.00
Tomato & Onion Salad	£3.00	Onion Rings	£3.95
Mexican Spiced Cheesy Fries	£3.95	Cheesy Fries	£3.95
Seasonal Veg	£3.95		

## Desserts

Sticky Toffee Pudding served with Butterscotch Sauce & Vanilla Ice Cream	£6.00
Cheesecake of the day	£6.00
Chocolate Brownie with Chocolate Sauce & Pistachio Ice Cream	£6.00
Eton Mess with Strawberries, Meringue & Fresh Cream	£6.00
Strawberry Sundae (Short Bread, Strawberry Ice Cream, Strawberry Sauce & Whipped Cream)	£6.00
Chocolate Sundae (Chocolate Brownie, Vanilla Ice Cream & Whipped Cream)	£6.00
Toffee Sundae (Toffee Pudding, Vanilla Ice Cream, Toffee Sauce & Whipped Cream)	£6.00
Selection of Ice Cream 4 scoops	£6.00

## Kids Menu

(main course, fruit shoot & ice cream £5.75)

Any Pasta

Fish Fingers served with Fries and either Beans or Peas

Chicken Nuggets served with French Fries and either Beans or Peas

Sausage with Creamy Mash & Gravy

Fish & Chips with Beans or Peas

Burger or Cheeseburger served with Fries

9" Pizza with any topping (excludes Fillet Steak & Duck)

## Snacks

Snack menu is not available after 7pm on Friday or Saturday

Roast Baguette of the day, Fries & Salad	£9.95
Toasted Triple Decker New York Club & Fries	£9.50
Stables House Salad with Chicken, Bacon & choice of dressing	£8.95
Stables Burger with Cheese, Bacon & Mushroom with a portion of Chunky Chips	£9.95
Chicken Parmo Burger with a portion of Chunky Chips	£9.95
Mexican Chicken Wrap	£6.95
Mexican Steak Wrap	£7.95
Aromatic Duck Wrap	£7.50
Goats Cheese & Vegetable Wrap (v)	£5.75
Stables B.L.T. with Fries & Garlic Mayo	£8.95
Chilli Beef Nachos topped with Cheese & Sour Cream	£7.95
Potato Skins served with Garlic Mayo (mixed dips £6.95) (v)	£5.95

## Coffee Menu

Filter	£2.00	Cappuccino	£2.95	Hot chocolate	£2.95 / Luxury £3.50
Espresso	£2.00	Flat White	£2.95	Herbal Tea	£2.00
Latte	£2.95	Liqueur	£4.95	Tea	£2.00

# Happy Hour\*

all pizzas & pastas are £6.95

(\*except Rock n Rolla, Steak & Blue Cheese & Cheeseburger pizza & gluten free pasta dishes)

Monday - Saturday 12.00-2.30pm / 5.30 - 7.00pm

THIS DOES NOT APPLY ON A BANK HOLIDAY

## Fresh Pizza

All our pizza's are 12"

Margarita (v) Cheese & Tomato	£8.50
American Fresh Chilli & Pepperoni	£9.50
Meat Feast Duck, Chicken, Pepperoni & Ham	£9.00
Aromatic Duck hoi-sin, Spring Onion & Duck	£9.50
Eden Chicken, Mushroom, Ham & Sweetcorn	£9.00
Hawaiian Ham & Pineapple	£9.00
Barbecue Chicken BBQ Sauce & Chicken	£9.00
Steak and Blue Cheese Fillet Steak sprinkled with Blue Cheese	£11.50
Rock n Rolla Fillet Steak, Salsa, Mexican Spices, Red Onion Spring Onion, Chilli & Sour Cream	£11.50
Marinara Smoked Salmon, Spinach, Prawns & Pesto	£9.00
Chilli Beef Chilli Beef, Cheddar & Sour Cream	£9.50
Mexican Chicken Red Onion, Peppers & Sour Cream	£9.00
Goats Cheese (v) Spinach, Cherry Tomatoes & Pesto	£9.00
Cheeseburger Pizza with Gherkins and our own Big Mac Sauce	£10.50
Garlic Bread (v)	£6.50
Garlic Bread (v) with Tomato	£7.00
Garlic Bread (v) with Cheese & Tomato	£8.50
Extra toppings (excludes Fillet Steak & Duck)	50p

## Fresh Pasta all our pasta dishes are £8.95

Gluten free options are available

Bolognese classic meat sauce
Carbonara Garlic, Ham, Mushroom & Cream
Romano Chicken, Mushroom, Onion, Cream & Tomato
Fungi (v) Mushroom, Spinach, Garlic & Cream
Eden Chicken, Ham, Mushroom & Cream
Goats Cheese Mediterranean Vegetables & Tomato
Marinara Smoked Salmon, Spinach, Prawns, Pesto & Cream
Pollo Chicken, Pesto, Red Onion & Cream
Marcus Smoked Pancetta, Cherry Tomato, Onion, Crushed Chillies & Tomato

All prices include VAT.

As every dish is individually cooked a delay may occur in peak periods.

Gratuities are left to the discretion of the customer.

Due to our insistence upon fresh quality produce, some dishes may be unavailable or subject to change.

Some of our dishes may contain nuts & gluten.

Please ask for advice.