



THE STABLES
COWLEY, EXETER EX5 5ER
LOCAL INDEPENDENT FREE HOUSE

LUNCH MENU

Available midday until 4.30pm Monday – Saturday


We prepare most items on our menu in-house & our team of chefs take great pride in delivering you the best quality & value for money possible every day. If you have any dietary requirements please feel free to ask a team member. We use local suppliers & produce wherever possible.

STABLES SANDWICHES 

White or granary bread served with mixed leaf, coleslaw & crisps

Stables BLT with warm bacon, lettuce & tomato	7.25
Mature Cheddar cheese & chutney (V)	6.95
Roasted peppers, aubergine & hummus (V) (V+)	7.25
Smoked salmon with cream cheese & dill	7.50
ADD chips or a mug of homemade soup to your sandwich	2.95

GLUTEN FREE OPTIONS AVAILABLE ON REQUEST

 **JACKET POTATOES**

Prawns with Marie Rose sauce (GF)	7.95
Cheese & beans (V) (GF)	7.25
Chicken, bacon & cheese (GF)	8.50
Roasted peppers & aubergine with tomato	7.45
& herb sauce, & a side of hummus (V) (V+) (DF) (GF)	

STABLES HOT CIABATTA 

Served with mixed leaf, coleslaw & crisps

Chargrilled rump steak (4oz/113g) & red onion chutney	8.50
BBQ chicken, bacon & cheese	8.50
Roasted peppers, asparagus, aubergine & hummus (V) (V+)	7.45



GLUTEN FREE OPTIONS AVAILABLE ON REQUEST

 **STABLES PLOUGHMAN'S**

Served with pickled onion, chutney, homemade quiche, apple & warm ciabatta

- Smoked salmon • Mature Cheddar cheese (V)
- French Brie (V) • Devon blue cheese (V)

Choose from one of the above for 8.95 or two for 11.50

 TheStablesExeter  @stablesexeter  @thestablesexeter

V.A.T. No. 819 1723 24

All prices are inclusive of VAT. All items are subject to availability. Approximate weights uncooked.
(V) These dishes are suitable for vegetarians • (V+) These dishes are suitable for vegetarians & vegans • (DF) Dairy Free • (GF) These dishes are made with Gluten Free Ingredients, however, we prepare our food in a kitchen where gluten is present and therefore cannot guarantee any dish is entirely gluten free.

Whilst we take every care to preserve the integrity of our products, we must advise that these products are handled in a multifunctional kitchen environment. All of our products may contain seeds, traces of nuts or nut derivatives. We use non-GM produce unless otherwise stated. Allergen advice is available, please ask your server. We accept most credit & debit cards when order is in excess of £10. We do not accept American Express.

We are sure you will have a great experience at The Stables. If you do, please tell your friends. If you don't, please tell us.



THE STABLES
COWLEY, EXETER EX5 5ER
LOCAL INDEPENDENT FREE HOUSE

DELICIOUS SUNDAY ROAST



SERVED EVERY SUNDAY
FROM MIDDAY TO 4.30PM
(OR UNTIL SOLD OUT)

LOCALLY SOURCED MEATS
WITH ALL THE TRIMMINGS

FROM £9.90

SMALLER PORTIONS
AVAILABLE

FROM £8.40

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