

THE STABLES

COWLEY, EXETER EX5 5ER

local independent freehouse

Food Menu

AVAILABLE MIDDAY UNTIL 9.00PM EVERY DAY (EXCEPT SUNDAY MIDDAY - 4.30)

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.

TO GRAZE

Mixed Marinated Olives (GF) (DF) (V+) (V)	2.95
Garlic Ciabatta (V)	3.75
Cheesy Garlic Ciabatta (V)	4.75

TO START

Homemade Soup of the Day with granary bread & butter (V)	6.75
Breaded Brie Wedges with cranberry chutney (V).....	8.25
Chilli Beef with avocado & tomato salsa.....	8.50
Traditional Prawn Cocktail with Marie Rose sauce & granary bread.....	7.95
Moroccan Spiced Vegetable Tart with a tomato & herb sauce (GF) (DF) (V+).....	7.50

TO SHARE

Stables Bread Board	7.95
with feta & olive focaccia, warm ciabatta, mixed marinated olives, olive oil, balsamic reduction & sea salt (V)	
Rustic Baked Camembert	11.50
with red onion chutney & warm ciabatta (V)	

FOR THOSE WITH SMALLER APPETITES

Rump Steak (4oz/113g) with chips & peas (GF) (DF).....	8.95
Local Real Ale Battered Fish & Chips with peas & tartare sauce.....	8.95
Honey Roast Ham & Egg with chips (GF)	8.25
Grilled Fillet of Fish with chips, peas & tartare sauce (GF).....	8.85
Hunter's Chicken Breast topped with bacon, smoked	8.95
Cheddar cheese & BBQ sauce with chips & salad garnish (GF)	
Wholetail Scampi with chips, peas & tartare sauce.....	8.25
Mushroom Risotto with green beans, peas and spinach (GF) (DF) (V+) (V)	8.75
Westcountry Pork Sausages with herb mash, peas & red onion gravy	8.50
Sweet Potato, Cauliflower & Coconut Curry	8.50
with rice, warm ciabatta & mango chutney (V) (V+) (DF)	

STABLES HOMEMADE PIES

Served with a choice of herb mash, new potatoes or chips

Beef & Local Real Ale Shortcrust Pie	13.75
seasonal vegetables & a jug of homemade gravy	
Chicken, Ham & Leek Shortcrust Pie	13.75
seasonal vegetables & a jug of homemade gravy	
Moroccan Spiced Vegetable Pie	12.95
with a jug of tomato & herb sauce (V) (V+)	

Please see our 'Pie of the Week'

FROM THE GARDEN

Sweet Potato, Cauliflower & Coconut Curry	12.95
with rice, warm ciabatta & mango chutney (V) (V+) (DF)	
Mushroom, Green Beans, Peas and Spinach Risotto (GF) (DF) (V+) (V)	12.75
Caesar Salad	10.50
with gem lettuce, croutons, bacon, anchovies, parmesan cheese & Caesar dressing	
Warm Vegetable Salad	10.50
with Chantenay carrots, green beans, peppers, new potatoes & cherry tomatoes on mixed leaf & gem lettuce with mustard dressing (GF) (DF) (V+) (V)	
Spinach & Avocado Salad	10.50
with cucumber, tomatoes, olives, toasted pine nuts & a olive oil & lemon juice dressing (GF) (DF) (V+) (V)	
Add to any salad Grilled chicken 3.50 Baked salmon fillet 3.50	
Mediterranean Vegetable Lasagne with garlic bread & salad garnish (V).....	11.95
ADD Chips to your Lasagne	2.95

STABLES CLASSICS

Local Real Ale Battered Fish & Chips with minted mushy peas & tartare sauce	13.50
Honey Roast Ham & Eggs with chips (GF).....	12.75
Grilled Fillet of Fish with chips, minted mushy peas & tartare sauce (GF).....	12.95
Wholetail Scampi with chips, peas & tartare sauce.....	12.50
Hunter's Chicken Breast topped with bacon, BBQ sauce,	13.50
smoked Cheddar cheese with chips & salad garnish (GF)	
Westcountry Pork Sausages	12.95
with herb mash, peas & onion gravy (GF)	
Beef Lasagne with garlic bread & salad garnish.....	13.50
ADD Chips to your Lasagne.....	2.95
Oven Baked Salmon Fillet.....	13.50
with sweet chilli glaze, buttered herb new potatoes & spring green vegetables (GF)	

FROM THE GRILL

Our West Country steaks are chargrilled to your liking & served with a grilled mushroom, tomato & chips

Rib Eye (10oz/283g) rich buttery flavour & a tender texture (GF) (DF)	21.95
Rump (8oz/227g) traditional cut, succulent & tasty (GF) (DF).....	18.95
ADD to your Steak	
Scampi.....	3.50
Onion Rings.....	2.50
Peppercorn Sauce (GF) (V).....	2.95
Blue Cheese Sauce (GF) (V).....	2.95
Creamy Mushroom Diane Sauce (V) (GF).....	2.95

STABLES BURGERS

Our burgers are made in-house & served in a lightly toasted brioche bun with gem lettuce, sliced tomato, homemade coleslaw & chips

Stables Cheeseburger (8oz/227g) with homemade relish, pickled	13.75
gherkin, bacon, red onion chutney & smoked Cheddar cheese	
Beef Burger (8oz/227g) with homemade relish.....	12.50
Stables BBQ Chicken Burger with bacon, smoked	13.50
Cheddar cheese & garlic mayonnaise	
Butternut Squash, Goats Cheese & Beetroot Burger	12.50
with garlic mayonnaise & grilled goats cheese (V) (GF)	

Double up your Burger for 3.50

Add Bacon 1.00 • Add Goats Cheese 1.50 • Add Cheddar Cheese 1.00 • Add Egg .75

GLUTEN FREE BURGER BUN AVAILABLE ON REQUEST

SIDES

Chips (GF) (DF) (V) 2.95 • Cheesy Chips (GF) (V) 3.95
Seasonal Vegetables (GF) (DF) (V+) 2.95 • Side Salad (GF) (DF) (V+) 2.95
Beer Battered Onion Rings (V) 3.50 • Granary Or White Bread & Butter (V) 1.95
Homemade Coleslaw (GF) (V) 2.50

Lunch Menu

AVAILABLE MIDDAY UNTIL 4.30 MONDAY - SATURDAY

STABLES SANDWICHES

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

Stables BLT with warm bacon, lettuce & tomato.....	7.95
Mature Cheddar Cheese & Chutney (V).....	7.50
Roasted Peppers, Tomato, Avocado & Rocket (V) (V+).....	7.95
Prawn Marie Rose.....	8.25
Honey Roast Ham & English Mustard	7.95
ADD chips to your sandwich.....	2.95

GLUTEN FREE OPTIONS AVAILABLE ON REQUEST

JACKET POTATOES

Prawns With Marie Rose Sauce (GF).....	8.25
Cheese & Beans (V) (GF)	7.75
Chicken, Bacon & Cheese (GF)	8.95
Moroccan Spiced Vegetables (V) (V+) (DF) (GF)	7.95

STABLES WARM CIABATTA

Served with mixed leaf, coleslaw & crisps

Chargrilled Rump Steak (4oz/113g) & red onion chutney.....	8.95
Westcountry Pork Sausages & red onion chutney.....	8.95
BBQ Chicken, Bacon & Cheese	8.95
Roasted Peppers, Tomato, Avocado & Rocket (V) (V+) (DF)	8.50

GLUTEN FREE OPTIONS AVAILABLE ON REQUEST

STABLES PLOUGHMAN'S

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

Goats Cheese (V) • Mature Cheddar Cheese (V)
French Brie (V) • Devon Blue Cheese (V)

Choose from one of the above for 9.95 or two for 12.50

DELICIOUS ROAST SERVED EVERY SUNDAY

AVAILABLE MIDDAY UNTIL 4.30 (OR UNTIL SOLD OUT)

VAT 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 & 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.

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