



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

F O O D M E N U

Available midday until 9.00pm every day
(Except Sunday midday - 4.30pm)

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.

T O G R A Z E 🍷

- Mixed marinated olives (GF) (DF) (V+) (V) 2.55
- Garlic ciabatta (V) 3.25
- Cheesy garlic ciabatta (V) 4.20

FOR THOSE WITH SMALLER APPETITES

- Rump steak (4oz/113g) 8.50
with chips & peas (GF) (DF)
- Local real ale battered fish & chips 8.75
with peas & tartare sauce
- Grilled fillet of fish with 8.65
chips, peas & tartare sauce (GF)
- Hunter's chicken breast topped with bacon, 8.25
smoked Cheddar cheese & BBQ sauce
with chips & salad garnish (GF)
- Wholetail scampi 7.50
with chips, peas & tartare sauce
- Spinach, almond & mushroom pancake 7.25
topped with Cheddar cheese,
with chips & salad garnish (V)
- Pan fried calves' liver (served pink) 7.95
with bacon, herb mash,
peas & red onion gravy (GF)
- Sweet potato, cauliflower & coconut curry 7.75
with rice, warm ciabatta
& mango chutney (V) (V+) (DF)

TO START OR SHARE

- Stables bread board with feta & olive focaccia, . . 5.95
warm ciabatta, olive oil, balsamic reduction
& sea salt (V)
- Antipasti Platter with mixed olives, hummus, . . . 12.25
warm ciabatta, olive oil & balsamic reduction
- Homemade soup of the day with 5.75
granary bread & butter (V)
- Breaded Brie wedges with cranberry chutney (V) . . 7.45
- Traditional prawn cocktail Marie Rose sauce . . . 7.25
& granary bread, topped with a garlic king prawn
- Roasted peppers, aubergine & asparagus with . . . 6.50
a tomato & herb sauce (GF) (DF) (V+)

STABLES HOMEMADE PIES 🥧

- Beef & local real ale shortcrust pie 12.95
herb mash, seasonal vegetables
& a jug of homemade gravy
- Chicken, ham & leek shortcrust pie 12.95
herb mash, seasonal vegetables
& a jug of homemade gravy

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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.



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STABLES CLASSICS 🍷

Local real ale battered fish & chips	12.45
with minted mushy peas & tartare sauce	
Grilled fillet of fish	11.95
with chips, minted mushy peas & tartare sauce (GF)	
Wholetail scampi	11.50
with chips, peas & tartare sauce	
Hunter's chicken breast	12.45
topped with bacon, BBQ sauce, smoked Cheddar cheese with chips & salad garnish (GF)	
Pan fried calves' liver (served pink)	11.95
with bacon, herb mash, peas & onion gravy (GF)	
Beef lasagne	12.50
with garlic bread & salad garnish ADD chips to your lasagne2.95
Chicken Skewers	12.95
lightly dusted in our own spicy rub, served with salad garnish, chips & peri peri sauce (GF) (DF)	

FROM THE GARDEN/SALADS 🌿

Mediterranean vegetable lasagne	10.95
with garlic bread & salad garnish (V) ADD chips to your lasagne	2.95
Sweet potato, cauliflower & coconut curry	11.95
with rice, warm ciabatta & mango chutney (V) (V+) (DF)	
Spinach, almond & mushroom pancakes	11.25
topped with Cheddar cheese, served with chips & salad garnish (V)	
Seafood Salad, baby gem lettuce, mixed leaves, . . .	12.95
cherry tomatoes & cucumber topped with prawn Marie Rose, smoked salmon, garlic king prawns & a cream cheese & dill dip (GF)	
Chicken & chorizo salad	12.25
with pan fried peppers, cherry tomatoes & chorizo oil on baby gem & mixed leaves (GF) (DF)	
Rump steak & asparagus salad	12.25
with baby gem, mixed leaves, cherry tomatoes, balsamic reduction & horseradish dip (GF)	

FROM THE GRILL 🍖

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

Rump (8oz/227g) (GF) (DF)	16.45
traditional cut, succulent & tasty	
ADD to your steak	
Scampi3.50
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
Horseshoe gammon steak (8oz/227g).	13.25
with chips, peas & a pineapple ring, topped with Cheddar cheese & fried egg (GF)	

STABLES BURGERS 🍔

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

Stables beef burger (8oz/227g)	12.25
with homemade relish, pickled gherkin, bacon, red onion chutney & smoked Cheddar cheese	
Beef burger (8oz/227g)	10.50
with homemade relish	
Stables BBQ chicken burger	12.25
with bacon, smoked Cheddar cheese & garlic mayonnaise	
Butternut squash, goats cheese & beetroot burger . .	11.25
with garlic mayonnaise & grilled goats cheese (V) (GF)	
Double up your burger for 3.50	
Add bacon 1.00 · Add goats cheese 1.00	
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
Sweet potato fries (V+) . . .	3.95
Granary or white bread & butter (V)	1.95
Homemade coleslaw (GF) (V)	2.50