

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 OR SHARE

Stables Bread Board	7.95
with feta & olive focaccia, warm ciabatta, olive oil, balsamic reduction & sea salt (V)	
Rustic Baked Camembert	11.50
with red onion chutney & warm ciabatta (V)	
Homemade Soup of the Day with granary bread & butter (V)	6.75
Breaded Brie Wedges with cranberry chutney (V)	8.25
Traditional Prawn Cocktail	7.95
Marie Rose sauce & granary bread, topped with a crevette	
Roasted Peppers, Aubergine & Asparagus	7.50
with a tomato & herb sauce (GF) (DF) (V+)	
Sweet Chilli Chicken Skewers with garlic mayo (GF)	8.50

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 Cheddar cheese & BBQ sauce with chips & salad garnish (GF)	8.95
Wholetail Scampi with chips, peas & tartare sauce	8.25
Spinach, Almond & Mushroom Pancake	8.25
topped with Cheddar cheese, with chips & salad garnish (V)	
Pan Fried Calves' Liver (served pink)	8.50
with bacon, herb mash, peas & red onion gravy (GF)	
Sweet Potato, Cauliflower & Coconut Curry	8.50
with rice, warm ciabatta & mango chutney (V) (V+) (DF)	

FROM THE GARDEN

Sweet Potato, Cauliflower & Coconut Curry	12.95
with rice, warm ciabatta & mango chutney (V) (V+) (DF)	
Spinach, Almond & Mushroom Pancakes	12.50
topped with Cheddar cheese, served with chips & salad garnish (V)	
Mediterranean Vegetable Lasagne	11.95
with garlic bread & salad garnish (V)	
ADD Chips to your Lasagne	2.95

HOMEMADE PIES

Beef & Local Real Ale Shortcrust Pie	13.95
herb mash, seasonal vegetables & a jug of homemade gravy	
Chicken, Ham & Leek Shortcrust Pie	13.95
herb mash, seasonal vegetables & a jug of homemade gravy	
Moroccan Spiced Vegetable Pie	12.95
new potatoes & a jug of tomato & herb sauce (V) (V+)	

Herb Mash, New Potatoes & Chips option available with all Pies.

Please see our 'Pie of the Week'

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, smoked Cheddar cheese with chips & salad garnish (GF)	13.50
Pan Fried Calves' Liver (served pink)	12.95
with bacon, herb mash, peas & onion gravy (GF)	
Beef Lasagne with garlic bread & salad garnish	13.50
ADD Chips to your Lasagne	2.95
Beef Bourguignon with new potatoes & broccoli (GF)	13.50
Seafood & Chorizo Risotto smoked salmon, prawns, mussels, squid with peas & topped with a crevette (GF)	13.75

FROM THE GRILL

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

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
Pork T Bone with new potatoes, wild mushrooms, asparagus, spinach & a creamy mushroom sauce (GF)	15.95

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 gherkin, bacon, red onion chutney & smoked Cheddar cheese	13.75
Beef Burger (8oz/227g) with homemade relish	12.50
Stables BBQ Chicken Burger with bacon, smoked Cheddar cheese & garlic mayonnaise	13.50
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, Aubergine & Hummus (V) (V+)	7.95
Smoked Salmon With Cream Cheese & Dill	8.25
Honey Roast Ham & English Mustard	7.95
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)	8.25
Cheese & Beans (V) (GF)	7.75
Chicken, Bacon & Cheese (GF)	8.95
Roasted Peppers & Aubergine with tomato & herb sauce & a side of hummus (V) (V+) (DF) (GF)	7.95

STABLES HOT CIABATTA

Served with mixed leaf, coleslaw & crisps

Chargrilled Rump Steak (4oz/113g) & red onion chutney	8.95
BBQ Chicken, Bacon & Cheese	8.95
Roasted Peppers, Asparagus, Aubergine & Hummus (V) (V+)	8.25

GLUTEN FREE OPTIONS AVAILABLE ON REQUEST

STABLES PLOUGHMAN'S

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

Smoked Salmon • 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. 814 123 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. WHILE 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.

White Wine

BILLYCAN CHARDONNAY, 2017/18

South East Australia • (V) (2) 13.0% vol

Australia has moved away from heavy, oaky, simple white wines and this Chardonnay shows their new improved style. Light and fresh with crisp green apple character.

Bottle 15.00 250ml 5.30 175ml 4.10

WHISTLE BLOWER SAUVIGNON BLANC-SEMILLON, 2018/19

Casablanca Valley, Chile • (V+) (1) 12.5% vol

A pleasant aromatic nose with a hint of citrus fruit. A young and fresh wine with tropical fruit flavours and a balanced acidity.

Bottle 14.50 250ml 5.20 175ml 3.90

ARAPALA SKY INZOLIA PINOT GRIGIO, 2018/19

Sicily, Italy • (V+) (1) 12.0% vol

Delicate green apple and citrus aromas follow onto the palate with a crisp, clean finish.

Bottle 15.00 250ml 5.30 175ml 4.10

PICPOUL DE PINET M, 2018/19

Languedoc, South of France • (V+) (1) 12.5% vol

This is an outstanding wine that really delivers. Fresh, with a bright aroma of white flowers & zesty citrus.

Bottle 19.00 250ml 6.90 175ml 5.60

BOLITHO'S BLOCK SAUVIGNON BLANC, 2017/18

Marlborough New Zealand • (4) 12.5% vol

An expressive Sauvignon Blanc that has rich tropical aromas of mango, melon & ripe citrus. Lush on the palate, excellent fruit concentration & a long juicy finish.

Bottle 19.00 250ml 6.90 175ml 5.60

Rosé Wine

LAROMA PINOT GRIGIO ROSATO, BOTTER, 2018/19

Veneto, Italy • (V+) (2) 12.0% vol

As pleasing a Pinot Grigio rosé as you could find. It has freshness, delicacy & rose-scented charm all the way through.

Bottle 15.00 250ml 5.30 175ml 4.10

THE DEEP ZINFANDEL ROSÉ, 2017/18

California, USA • (4) 11.0% vol

This wine has gorgeous strawberry, raspberry & melon fruit flavours in a gently sweet but refreshing style.

Bottle 16.00 250ml 5.70 175ml 4.40

Red Wine

VILLA ROSAURA MERLOT RESERVA, 2018/19

Central Valley, Chile • (V+) (C) 13.0% vol

A deep violet red wine with mature red fruit aromas of plum combined with spiced notes. On the palate it is rich with velvety tannins, a medium body & a lasting finish.

Bottle 15.00 250ml 5.30 175ml 4.10

BILLYCAN SHIRAZ, 2018/19

South East Australia • (V) (B) 13.5% vol

Here's a juicy fruity Aussie red with balanced alcohol to give a deliciously easy drinking Shiraz. It's time to rediscover just how good the wines from down under taste.

Bottle 15.50 250ml 5.50 175ml 4.20

1000 MILHOJAS CRIANZA, 2016/17

Rioja, Spain • (C) 14.0% vol

Made from 75% Tempranillo & 25% Garnacha this is an open & friendly Rioja with vanilla spice & baked red fruit. Full-bodied but smooth enough to drink on its own.

Bottle 18.30 250ml 6.50 175ml 5.00

AVANTI MALBEC, 2018/19

San Juan, Argentina • (V+) (C) 13.0% vol

Fully ripe, intense & glossy. It is bright & silky with vibrant hedgerow fruits & layers of subtle berry & spice flavours.

Bottle 18.50 250ml 6.80 175ml 5.10

Sparkling Wine

PROSECCO BORGO SANLEO, NV

Veneto, Italy • (V+) (1) 11.0% vol

Intense floral, fruity bouquet. A wonderfully fresh & well-balanced, apple palate with just a hint of delicate almond.

Bottle 18.50 200ml 5.30

ROSATO SPUMANTE, BOTTER, NV

Veneto, Italy • (V+) (2) 11.0% vol

Dazzling pink fizz that is soft & well-balanced on the palate, with a sherbet cherry touch.

Bottle 20.00

PONSARD BRUT, NV

Champagne, France • (V) (1) 12.5% vol

Champagne Ponsard is a sous label from the renowned de Castellane in Epernay which is owned by the Laurent-Perrier group. It has a delicious full yeasty aroma from the Chardonnay & Pinot Noir grapes.

Bottle 30.50

White, Rosé, Sparkling & Dessert Wines

- 1 Relatively light, bone-dry wine
- 2 Dry wine, most white wines sit here
- 3 Medium-dry wine
- 4 Medium wine
- 5 Sweet wine

Red Wines

- A Light, soft and easy-drinking wine
- B Slightly more body but not tannic
- C The catch-all category for most red
- D Heavier, more concentrated wine
- E Reserved for the real heavyweights

REAL ALES, DRAUGHT LAGER + CIDER

Carlsberg	(V+) 3.8%	4.00
Guinness	(V+) 4.1%	4.50
San Miguel	(V+) 5.0%	4.40
Thatchers Gold	(V+) (6f) 4.8%	4.10
Devon Red Cider	(V+) (6f) 4.5%	4.20
Devon Mist Cloudy Cider	(V+) (6f) 4.5%	4.20
Real Ales (Various ABV)	from	4.10

BOTTLED BEVERAGES

Peroni	(V) (V+) (6f) 4.7%	4.00
Crabbie's Ginger Beer	4.0%	4.60
Rekorderlig Mango & Raspberry	4.0%	4.60
Rekorderlig Strawberry & Lime	4.0%	4.60
Rekorderlig Wild Berries	4.0%	4.60
Thatchers Haze	(V+) 4.5%	4.40
Alcohol Free Beck's Blue	0.02%	2.90

SOFT DRINKS

Coca Cola	330ml Bottle	2.80
Pepsi MAX/Diet Pepsi/Lemonade	Regular	2.30 / Pint 2.80
Still/Sparkling Water		2.40
Fever Tree Tonic (Various)		2.30
Orange/Apple/Cranberry/Pineapple Juice	Regular	2.30 / Pint 2.80
J20 Orange & Passion Fruit, Apple & Mango, Apple & Raspberry		2.95
Luscombe Presse Elderflower/Sicilian Lemonade/Raspberry Crush		2.95
Appletiser		2.90
Fruit Shoots Blackcurrant, Orange		1.75

GIN LIST

BEEFEATER LONDON DRY

Complex & juniper forward with a hint of spice.

Paired with Fever-Tree Indian Tonic.

EXETER GIN

Uses ancient botanicals favoured by the Romans such as tarragon, basil, cardamom, cinnamon & marigold combined with 11 other botanicals.

Paired with Fever-Tree Indian Tonic.

TANQUERAY GIN

Unique flavour using a selection of botanicals including juniper, coriander, angelica & sweet liquorice.

Paired with Fever-Tree Indian Tonic.

GORDON'S PINK GIN

The natural sweetness of raspberries & strawberries balanced with the tang of redcurrant, served up in a unique blushing tone.

Paired with Fever-Tree Lemon tonic.

PLYMOUTH GIN

Full-bodied with a slight sweetness & a rich, fresh aroma of juniper followed by coriander & cardamom.

Paired with Fever-Tree Mediterranean Tonic.

TARQUIN'S STRAWBERRY & LIME GIN

A celebration of the great British strawberry. London dry gin distilled with lime & the addition of Cornish strawberries.

Paired with Fever-Tree Mediterranean Tonic.

BEEFEATER BLOOD ORANGE GIN

Fresh citrus bitter sweet blood orange & juniper notes that develop into a long, rich finish.

Paired with Fever-Tree Indian Tonic.

TREVETHAN RHUBARB & APPLE GIN

Zingy & crisp with a tart finish.

Paired with Fever-Tree Indian Tonic.

ASK YOUR SERVER ABOUT OUR GIN OF THE WEEK

HOT BEVERAGES

Americano - 2.20 • Latte - 2.50
Cappuccino - 2.40 • Espresso - 2.20

All above can be made decaf on request

Tea - 2.20 • Decaf Tea - 2.20
Camomile Tea - 2.20 • Peppermint Tea - 2.20
Green Tea - 2.20 • Earl Grey - 2.20

Hot Chocolate 2.90

LIQUEUR COFFEES

All 5.10

Cointreau • Amaretto • Irish • Kahlua
Frangelico • Tia Maria • Baileys • Brandy

BAR SNACKS

Burts Local Potato Crisps
Mr Porky Scratchings
The Dormen Nuts – Salty & Dry

Vintages & % volumes may vary depending on availability. Drinks on this list may contain allergens. Please ask a member of staff should you require guidance.
Drinks supplied by St Austell Wines, St Austell Brewery Co Ltd., Cornwall

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