



## About Us

Stables Restaurant was originally built around 1800 as a vicarage, it has also been a wool shop, a chemist, a bistro, and since 2007, Stables Restaurant, owned by Chef proprietor Tim Mason. It is now a restaurant with an enviable reputation. Excellent quality food, attentive staff, and a relaxed atmosphere.

Tim has worked in kitchens all over the country following his dreams from a early age. The goal has always been quality food, a high standard of service, and value for money. These values are also applied to their outside catering business, catering for any special occasions, wedding & funeral breakfasts & drop off business lunches etc.

Many customers visit following personal recommendations...

As Tim says: *'Customer satisfaction is what we strive for'*.

## Private functions

If you are celebrating a birthday, christening, retirement, engagement, wedding or giving a loved one a special send off, please speak to the chef about hot & cold buffets, set menus, or your own customized special requirements, all homemade by us to you.

All our meat is brought fresh & we try to source as locally as we can without compromising on quality. We have found specialist suppliers for our menu from England, Scotland & Wales.

**The Stables Restaurant**  
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*Stables*  
R e s t a u r a n t

*Taste the Difference*

# À LA CARTE MENU

## Opening Times:

**Tuesday - Friday**  
11.00am - 2.30pm - 6.30pm - 10.00pm

**Saturday Lunch**  
(Advanced Bookings Only)

**Saturday Evenings**  
6.00pm - Late

**Sunday Lunch**  
12.00pm - 3.30pm



*Stables*  
R e s t a u r a n t

## APPETIZERS

Garlic & Cheese Ciabatta	£2.95
Warm Pittas, Olives & Beetroot Hummus	sm £2.95 lrg £5.95
Baked Sun Blush Tomato & Mozzarella Flatbread, Almond Pesto	£4.95
Marinated Olives	£1.95
Wasabi Peas	£2.95

## STARTERS

<b>Pan Fried Scallops*</b>	£7.25
Open Ravioli of Scallops, Braised Puy Lentils Red Pepper Bisque, Parmesan	
<b>Pulled Confit Duck</b>	£6.95
Bound with Palm Sugar, Chilli, Lemon Grass & Ginger, Ciabatta Crisps	
<b>Honeyed Goats Cheese Tartlet</b>	£6.50
Warmed Goats Cheese & Honeyed Sultana, Caramelized Pear Salad, Raspberry Vinaigrette	
<b>Curried Goat Samosa</b> ✓available	£6.50
Stables Minced Curried Goat Samosa, Mango & Apricot Chutney, Moroccan Salad	
<b>Pan Fried Shrimps*</b>	£7.25
Shell on Shrimps, Chilli & Spring Onion, Tamarind Glaze, Charred Garlic & Rosemary Ciabatta	
<b>Tempura Fried Squid</b> ✓available	£6.25
Soy, Ginger, Garlic, Chilli & Lemon Grass dipping Sauce	
<b>Homemade Soup of the Moment</b>	£4.95
Served with Crusty Bread	
<b>Mussel Linguine</b> ✓available	£6.50 12.95
Steamed Shetland Mussels, with Tomato, Chilli, Capers, Garlic, White Wine, & Linguine	
<b>Wild Boar Scotch Egg</b>	£6.95
Free Range Egg, Pickled Sauerkraut, Serrano Crisp, Homemade Brown Sauce	
<b>Stables Ultimate Plank* (min. 2 people)</b>	£16.95
Selection of Cured Meats & Cheese, Wild Boar Scotch Egg, Pulled Confit Duck, Caramelized Pear Salad, Raspberry Vinaigrette Olives & Pickles, Tomato & Mozzarella Flatbread	

## MAINS

### Steaks

All our steaks are aged for 21 days, & where we can, sourced locally Served with a Mushroom Garni

<b>8oz Fillet Steak*</b>	£22.00
<b>10oz Ribeye</b>	£18.00
<b>14oz Sirloin on the Bone*</b>	£21.00
<b>Add a rub</b>	£1.50
Chimichurri	
Cracked Pink Peppercorn	
Piri Piri	
<b>Add a butter</b>	£1.75
Wild Mushroom & Truffle	
Garlic & Herb	
Anchovy & Rosemary	
<b>Sauces</b>	£1.95
Peppercorn	
Creamy Wild Mushroom	
Dolcelatte	
Red Wine	
<b>Steak Toppers</b>	£3.95
<b>'The South Carolina'</b>	
Prawns covered in Garlic Butter Sauce	
<b>'The Texan'</b>	
Bbq Pulled Pork & topped with Monterey Jack Cheese	
<b>'The Louisiana'</b>	
Button Mushrooms smothered in Creamy Dolcelatte	
<b>Shell on Prawn Skewer with Tamarind Glaze</b>	£3.50
<b>Sautéed Whole tail Scampi in Garlic Butter</b>	£3.50
<b>House Grill for 2 People*</b>	£48.00
Piri Piri Chicken, Bbq Ribs, Rump Steak, Chorizo, Garlic Prawns, Chips, Grill Garnish, choice of sauce	

## MAINS

<b>Classic Beef Wellington</b>	£22.00
Prime Fillet Steak cooked Medium Rare, Mushroom Duxelle, Rich Red Wine Reduction	
<b>Char Grilled Pork Chop</b>	£14.95
Homemade Spam & Black pudding Fritter, Bramley Apple Purée, Mustard & Tarragon Emulsion	
<b>Ballotine of Cumbrian Chicken</b>	£15.95
Porcini Mushrooms, Panko Chicken Lollypop, Roasted Carrot Purée, Au Lait	
<b>Lamb 3 Ways</b>	£17.95
Herb Crusted Lamb Chop, Comfit Lamb Shoulder, Lambs Liver Pudding, Squash Purée, Pan Juice	
<b>Duck L'Orange</b>	£15.95
Pan Fried Duck Breast served Pink, Confit Duck Leg Roll, Orange & Brandy Sauce, Roasted Shallots	
<b>Fish</b>	
<b>Blackened Marlin Kebab</b>	£14.95
Marinated in Basil Oil, Fennel Seeds, Mediterranean Rice & Tzatziki	
<b>Grilled Tiger Shrimp</b>	£15.95
Sun Blush Tomato & Saffron Risotto, Roasted Red Pepper Emulsion	
<b>Thai Yellow Monkfish &amp; Shrimp Curry</b>	£16.95
Coriander Rice, Fried Basil, Grilled Naan Bread	
<b>Seafood Fettuccine</b>	£16.95
Selection of Shell Fish, Squid & Scallops, Tomato & Chilli, Parmesan Shavings	
<b>Mussel &amp; Chorizo Gigli</b>	£13.95
Twisted Pasta with Menai Mussels, Spiced Chorizo	
<b>Vegetarian</b>	
<b>Sautéed Wild Mushroom Flatbread</b>	£10.95
Red Onion Marmalade, Goats Cheese & Red Pepper, Rocket & Almond Pesto	
<b>Baked Squash &amp; Gnocchi</b>	£11.95
Slow baked in Tomato & Garlic, Cream & Mozzarella, Turmeric Rice	
<b>Baked Aubergine &amp; Puy Lentil Lasagne</b>	£10.95
Slow Baked in Tomato & Red Pepper, Mature Cheddar Crust, Tomato & Pine Nut Salad	

### Gluten Free

**Gluten Free meals available on request. Recipes include Gluten Free Pasta or Breads.**

## SIDES

<b>Hand Cut Chips</b>	£2.25
<b>Piri Piri Salt &amp; Pepper Chips (Onions, Peppers &amp; Chilli)</b>	£2.75
<b>Pulled Pork &amp; Monterey Jack Cheese</b>	£3.25
<b>House Salad</b>	£3.95
<b>Braised Peas in Smoked Pancetta &amp; Chicken Stock</b>	£2.95
<b>Rubbed Garlic Ciabatta</b>	£2.20
<b>Rubbed Garlic Ciabatta with Cheese</b>	£2.95
<b>Marinated Olives</b>	£1.95
<b>Basket of Bread</b>	£1.95

## SWEETS

**Please ask staff for Blackboards.**

✓(Vegetarian option available)

*All items marked with\* are not included in any other offers.*

*For your convenience a suggested service charge of 10% will be added to your bill of parties over 8 people.*

**Some dishes contain nuts because we use nuts in our kitchens some other dishes may contain traces of nuts.**