

MENU

SNACKS

Misto Olives (V)(VG)(DF)(GF) (NF) 5

Sourdough, Crisp Bread, Garlic Herb Butter (V)(NF) 8

NIBBLES & SHARERS - ANY 3 FOR 24 (+ £2 FOR CAMEMBERT)

Pork Belly Bites, Merlot & Gherkin Sauce (GF)(NF) 9

Prawns with Chilli, Garlic, Lemon & Sourdough (DF)(Gfo)(NF) 9

Salt & Pepper Squid, Saffron Aioli (NF) 9

BBQ Chicken Wings, Sour Cream, Spring Onion (NF) 9

Herb Stuffed Camembert, Sourdough (V) (Gfo)(NF) 12

Mushroom Pate, Red Onion Jam, Pickled Mushroom, Sourdough (V) (VG) (DF) (Gfo) (NF) 8

MAINS

Slow-Cooked Steak & Guinness Pie, St Austell Brewery Tribute Gravy, Clotted Cream Mash, Steamed Broccoli (NF) 21

Crispy Chicken Burger, Cheddar, Avocado, Jalapenos, Lettuce, Tomato, Brioche, Apple Slaw, Fries, House Sauce (NF) 19

Rare Breed Beef Burger, Streaky Bacon, Cheddar, Lettuce, Tomato, Gherkin, Brioche, Apple Slaw, Fries, House Sauce (NF) 21

Beer Battered Atlantic Haddock & Chips, Mushy Peas, Tartare Sauce (NF) 21

Spiced Bean Burger, Gherkin Sauce, Smoked Applewood, Fries (Vgo)(Dfo)(NF) 18

Slow Cooked Lamb Shank in Red Wine Sauce, Creamy Rosemary Mashed Potato, Steamed Broccoli (GF) 36

Thai Green Vegetable Curry, Coconut Milk, Aromatic Rice (GF)(DF)(Vegan) 17

Chicken Tikka Masala, Aromatic Rice, Garlic, Coriander, Naan Bread Mango Chutney, Kachumber Salad 18

8 oz Sirloin Steak (Dfo)(GF) (NF) 35

Cherry Tomatoes, Watercress, Truffle Oil, Parmesan Chips, Steamed Broccoli

Sauce

Peppercorn (GF)(NF), Chimichurri Sauce (GF)

Pan Seared Salmon 27

Sauteed Swiss Chard, Carrot and Ginger Puree, Green Oil, Lemon Beurre Blanc Sauce

V- Vegetarian VG- Vegan DF- Dairy Free GF- Gluten Free NF- Nut Free o- Option

MENU



Chicken Supreme 25

Creamy Wild Mushroom Risotto, Garlic, Shallots, White Wine, Mascarpone, Parmesan, Truffle Oil (GF)

12 Hour Slow Cooked Beef Shin 28

Creamy Horseradish Mash, Roast Carrot, Steamed Broccoli, Red Wine & Thyme Jus (GF)

PASTA

King Prawn and Chorizo Spaghetti, Courgette, Tomato Sauce 27

Spaghetti Carbonara, Bacon, Egg, Parmesan 23

Spicy Spaghetti Napoletana 19

SALADS

Caesar Salad (NF) 14

Add Smoked Salmon (DF)(GF) 8 or Marinated Chicken (DF)(GF) 6 or King Prawns (GF)(NF) 8

Quinoa Superfood Salad 14

Spinach, Pomegranate, Cherry Tomatoes, Carrot, Broccoli, Sweet Potato, Kale, Lemon & Honey Oil Dressing(V)(Vgo)(Dfo)(GF)(NF)

Add Smoked Salmon (DF)(GF) 8 or Marinated Chicken (DF)(GF) 6 or King Prawns (GF)(NF) 8

SIDES

Fries (V)(VG)(DF)(GF)(NF) 5.5

Truffle, Parmesan & Chive Fries (V)(GF)(NF) 7.5

Triple Cooked Chips (V)(VG)(DF)(GF)(NF) 7.5

Rocket, Parmesan, Balsamic Glaze (V)(GF)(NF) 5

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The Stables at Cantley is not a completely allergen free environment. We do however aim to minimize the risk of exposure and therefore if you suffer from a food allergy or intolerance, please inform a member of staff who will be happy to assist you when placing your order. Prices include VAT at the current rate. An optional 12.5% service charge will be added to your final bill.