



## FOOD MENU

## DAY MENU

Only available between 12 & 5pm

### SANDWICHES

On local Tan Lan Bakery bread, choose white or granary (salad leaf garnish and Stablau coleslaw)

Ham, Cheese & Chutney	£8.50
Egg Mayonnaise (V)	£7.25
Cheese & Pickle (V)	£7.95
Tuna & Sweetcorn Mayonnaise	£7.95
Cod Goujon & Tartare Sauce	£8.50

### JACKET POTATOES

Melted Welsh Cheddar	£8.50
Tuna Mayonnaise	£8.95
Welsh Beef Chilli Con Carne	£9.50
Five Bean Chilli & Vegetable	£8.50

### HOT BREADS

Tuna Mayonnaise and Cheese Melt Toasted Ciabatta	£9.75
Roasted Red Pepper, Caramelised Red Onion & Vegan Mozzarella on Toasted Ciabatta (Ve)	£9.75
Ham, Cheese & Tomato Toasted Ciabatta	£10.00
Barbecue Chicken Toasted Ciabatta	£10.50
Welsh Rarebit	£9.00 add bacon £10.25

### AFTERNOON TEA

Homemade Scone, Jam and Clotted Cream	£4.50
Y Stablau All Butter Flapjack	£3.00
Award Winning Locally Made Bara Brith	£3.25
Welsh Cream Tea	£8.50
homemade scone, jam and clotted cream, bara brith and pot of tea for one	

### OUR FOOD & DRINK STORY

Passionate & committed to showcasing local food makers & producers - our menu is designed to cut down on food miles and support the local economy.

Here's just a few of the award winning companies you'll see on our menus.

WILD HORSE  
BREWING CO



OE METCALFE  
BUTCHERS

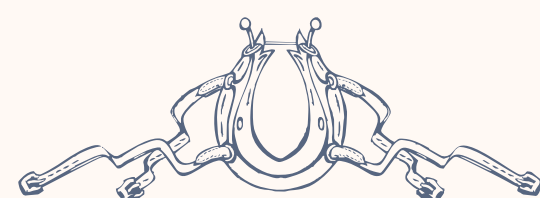


CEFN OCHR  
ISA FARM



#### FOOD ALLERGIES & INTOLERANCES:

Before ordering drinks or food, please speak with a member of our staff about your requirements. All dishes are prepared in areas where allergens are present. Therefore, there is a risk that ingredients used in your meal may have accidentally come into contact with an undeclared allergen, leading to cross contamination. Cooking equipment (e.g. fryers, grills etc.) and food preparation areas may be shared and fried items containing different allergens may be cooked in the same frying oil. Please scan QR code for full allergen & ingredient information.



## MAIN MENU

### Y STABLAU BURGERS

From local herds and flocks, exclusively supplied by O.E. Metcalfe of Llanrwst, served in Tan Lan Bakery brioche bun with baby gem lettuce, fresh tomato, Stablau coleslaw and chips.

The Classic – 8oz Welsh Beef	£16.00
Yr Wyddfa – The Snowdon	£23.95
16oz prime Welsh beef smothered with layers of Welsh rarebit	
Y Draig (Dragon)	£16.50
spiced Welsh beef pattie topped with Snowdonia red dragon Cheddar, jalapeños	
Three Peaks	£28.95
3 Welsh beef patties topped with Welsh rarebit, streaky bacon and onions	
Y Iâr (Chicken)	£16.50
crispy buttermilk marinated chicken strips tomato salsa, chipotle mayonnaise	
Baa Burger	£16.50
Welsh lamb burger with tzatziki	
Sweet Potato and Beetroot Falafel & Hummus (V)	£14.95
add onions £1.25 add bacon £1.50 add cheese £2.00	

### FROM OUR SOLID CHROMIUM GRILL

Spiced Bratwurst Sausage	£16.95
in a bun, crispy onions, chips, mustard mayo and ketchup	
10oz Gammon Steak	£16.25
with charred pineapple, flat mushroom, corn on the cob, chips, peas	
add an egg £1.50	

### SAUCES AND DIPS

Peppercorn	£3.00
Bbq Sauce, Garlic Mayo, Sweet Chilli, Chipotle Mayonnaise, Mango Chutney	all £1.00

### STABLAU CLASSICS

Sticky Chilli Fillet Strips	£18.50
pak choi, sesame, basmati rice	
Welsh Beef Lasagne	£13.95
mixed leaf salad garnish	
Chilli Con Carne	£13.95
with basmati, chips or half and half	
Seasoned Half Roast Chicken	£15.95
salad, chips, chipotle mayonnaise	
Sautéed Chicken Chow Mein	£14.50
pak choi, stir fried vegetables, egg noodles & sesame	
Chicken and Welsh Smoked Bacon Penne Pasta	£14.25
garlic, onions, mushrooms and white wine cream	
Wok Cooked Tikka Masala – choose mild, medium or hot	
– Chicken	£14.95
King Prawn	£15.95
Vegetable	£13.95
Barbecue Pork Ribs	£18.95
chips, coleslaw & corn on the cob	
O.E. Metcalfe, Llanrwst Pork and Leek Sausages	£13.95
creamy mash, onion gravy and garden peas	
Welsh Beer Battered Fish	£16.50
chips, tartare sauce and mushy peas	
Wholesale Scampi	£14.50
chips, mixed leaves and Marie Rose sauce	
Superfood Salad	£12.00
quinoa, beetroot, chickpeas, roast pepper, pumpkin seeds, mixed leaves and dressing	
Add Chicken	£4.00
Add Beetroot & Sweet Potato Falafel	£4.00
Caesar Salad	£16.00
gem lettuce, anchovies & croutons with chicken breast or salmon fillet	

### VEGGIE

Five Bean and Vegetable Chilli with basmati (Ve)	£14.00
Chickpea, Spinach and Tomato Curry with basmati	£13.25
Teriyaki Fried Vegetables	£13.95
egg noodles and sesame seeds	

Also see our burger and pizza section

## CHEFS RECOMMENDATIONS

Hunters Chicken	£16.95
chicken breast topped with bacon, BBQ sauce, Cheddar cheese, chips and Stablau coleslaw	
Y Stablau Steak & Ale Pie	£15.95
chips & peas	
Fillet of Salmon	£18.00
stir fried vegetables, egg noodles, sesame & teriyaki sauce	

### SIDES

Garlic Ciabatta	£4.25
Garlic Ciabatta topped with mozzarella	£5.25
Battered Onion Rings	£4.00
Single Chips	£3.50
Double Sharing Chips	£6.00
Charred Corn on the Cob	£3.75
Naan Bread	£3.00
House Mixed Salad	£4.00
Poppadoms and Mango Chutney	£2.75

### PIZZA

Made with our own hand rolled pizza dough	(12")
Margherita	£13.00
cheese & tomato	
American Hot	£14.95
pepperoni & jalapeños	
Roasted Red Pepper (Ve)	£14.25
roasted red pepper, caramelised onion & vegan mozzarella	
Spicy Meat Feast	£16.25
chicken, spicy beef, bacon and chorizo	
Goats Cheese & Basil Pesto (V)	£15.25
red onion, drizzled with herb oil	
Farmhouse	£14.50
ham and mushroom	
Additional toppings – choose from:	
Mushrooms, onions, jalapeños	£2.00
Ham, pepperoni, chicken, bacon, BBQ pulled pork	£3.00

### MUSIC NIGHTS

From Welsh Choirs to Après DJ Sundays, Moody Blues and Celtic Folk - we've got your vibe.

### SHOWTIME EVENTS

From 'Mama Mia were 50' to the Amazing Bavarian Stompers - Our one off events create memories to talk about, sing about and toe-tap about for months!

Want to join us? Check out our music listings event pages at [www.ystablau.com](http://www.ystablau.com)

*Stables Lodge*

Somewhere to stay? try [www.stableslodge.net](http://www.stableslodge.net)



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FAQ'S

### DOG-FRIENDLY

INSIDE & OUT 7 DAYS A WEEK

Your four legged friends are more than welcome here. Please follow these guidelines to keep them & others safe.

Dogs always kept on a lead and close to your table. Paws on the Floor Policy at all times - seats are for hoomans.

If your dog is nervous, please inform a staff member so we can suggest a quieter area to be seated - ensure staff members are aware when approaching your table.

Excessive barking and aggression will not be tolerated - that goes for the dogs too! Woof!

If your dog has had a fabulous time in the river, puddles or a mud bath please dry/de-mud/de-leaf as much prior to an inside seating request - we like our floors non-slippery!

Water bowls available at the entry point.

Doggy Menu available in disposable bowls - please do not allow your dogs to eat from or lick our crockery.

Ask our team members for our favourite dog walks. Tag us on your socials for a chance to win a doggy treat.

Y Stablau, Betws-y-Coed, Snowdonia LL24 0AY  
Tel: 01690 710011 [www.ystablau.com](http://www.ystablau.com)  
Email: [stablau@snowdoniahospitality.net](mailto:stablau@snowdoniahospitality.net)