



## DAY MENU

AVAILABLE BETWEEN 12 & 5PM

### SANDWICHES

*On white or granary made with local Tan Lan bakery bread (salad leaf garnish and 'Stabla' coleslaw)*

Home Cooked Ham, Welsh Cheddar and Chutney **£7.00**

Peppered Pastrami with Gherkin and Mustard Mayonnaise **£7.00**

Tuna Mayonnaise with Cucumber **£6.75**

Egg Mayonnaise **£6.50**

Hummus, Guacamole, Tomato, Feta & Pomegranate (Vegetarian) **£6.50**

### HOT BREADS

Chicken, Mozzarella, Tomato & Pesto Panini **£8.95**

Tuna Mayonnaise and Cheese Melt **£8.25**

Cajun Roasted Vegetable and

Mozzarella Panini (Vegetarian) **£8.25**

Welsh Rarebit **£7.50** add Bacon **£1.00**

Sauteed Fillet Steak Strip and Caramelised Onion Ciabatta **£11.95**

Slow Cooked BBQ Pulled Pork Wrap **£8.95**

Crispy Buttermilk Chicken Wrap **£8.75**  
*tomato salsa & chipotle mayonnaise*

### JACKET POTATOES

Melted Welsh Cheddar **£7.25**

Tuna Mayonnaise **£7.50**

Welsh Beef Chilli Con Carne **£8.25**

## ☆☆ PIZZA ☆☆

MADE FROM OUR OWN HAND ROLLED PIZZA DOUGH

	(9")	(12")
Margherita <i>Cheese &amp; tomato</i>	<b>£9.95</b>	<b>£11.95</b>
American Hot <i>Pepperoni &amp; jalapeño</i>	<b>£10.50</b>	<b>£12.50</b>
Farmhouse <i>Ham &amp; mushroom</i>	<b>£10.50</b>	<b>£12.50</b>
Cajun (Vegan) <i>Roasted cajun vegetables &amp; mozzarella</i>	<b>£10.75</b>	<b>£12.75</b>
BBQ Meat Feast <i>Chicken, bacon, pulled pork, pastrami, BBQ sauce</i>	<b>£12.95</b>	<b>£14.95</b>

**Additional Toppings** choose from:

Cajun roast veg, mushrooms, onions, jalapeños	<b>£1.25</b>	<b>£1.50</b>
Ham, pepperoni, chicken, bacon	<b>£1.50</b>	<b>£1.75</b>
BBQ pulled pork	<b>£1.50</b>	<b>£2.50</b>



## Y STABLAU BURGERS

ALL FROM LOCAL HERDS AND FLOCKS, EXCLUSIVELY SUPPLIED BY O.E METCALFE, LLANRWST AND SERVED IN TAN LAN BAKERY BRIOCHE BUN, BABY GEM LETTUCE, FRESH TOMATO, 'STABLAU' COLESLAW AND CHIPS.

8oz Welsh Beef **£13.95**

Yr Wyddfa - The Snowdon **£19.95**

*16oz of prime Welsh beef smothered with layers of Welsh rarebit*

"Y PYG" **£14.95**

*Welsh pork pattie topped with barbecue pulled pork and smoked bacon jam*

Buttermilk Chicken **£14.95**

*Crispy chicken fillets, tomato salsa, chipotle mayonnaise and hash brown*

"Y Draig" - Welsh Dragon **£14.95**

*Spiced Welsh beef pattie topped with Snowdonia Red Dragon cheddar & jalapeños*

Three Peaks **£24.95**

*3 Welsh beef patties topped with Welsh Rarebit, streaky bacon & onion rings*

Stabla 'Baa' Burger **£14.95**

*Welsh lamb pattie topped with mint tzatziki*

add onions **£1.00** bacon, cheese sauce, hash brown **£1.50** each

## FROM THE SOLID CHROMIUM GRIDDLE

OUR UNIQUE GRIDDLE PRODUCES EXTRA CARAMELISATION WITHOUT AN EXPOSED FLAME - SO ALL OF THE FLAVOUR BUT WITHOUT THE CARBON.

Y Stabla Mixed Grill **£22.50**

*Gammon steak, pork sausages and chop, lamb chop, black pudding, flat mushroom, corn on the cob and chips*

10oz Sirloin Steak **£24.00**

*flat mushroom, corn on the cob and chips*

Tandoori Grill Platter **£16.95**

*Chicken breast, tandoori flavoured Welsh pork sausages and Y Stabla onion bhaji served with chips, flatbread and mint tzatziki*

add sauce - peppercorn, blue cheese, garlic butter **£2.95**

## NEW FOR 2022

**Pan Fried Chicken Fajitas £14.95**

*Warm tortilla wraps, salsa, guacamole, cheddar and sour cream*

**1/2 Rack Sticky BBQ Pork Ribs £15.95**

*Served with corn on the cob, chips, and Stabla coleslaw*

**10-Hour Slow Cooked Sticky Short Rib £21.95**

*Corn on the cob, chips, and Stabla slaw*

### 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.





## STABLAU CLASSICS

Chicken and Welsh Smoked Bacon Penne Pasta **£12.95**  
*garlic, onions, mushrooms and white wine cream*

Steak and Ale Pie **£13.95**  
*with chips and peas*

Welsh Beef Lasagne **£12.95**  
*mixed leaf salad garnish*

Chilli Con Carne **£11.95**  
*with either basmati rice, chips, or half and half*

Piri Piri Marinated Half Chicken **£13.25**  
*with chips and chipotle mayonnaise*

Sticky Chilli Fillet Steak OR Chicken Breast **£14.95**  
*Pak choi, sesame seeds and steamed rice*

Wok Cooked Tikka Masala - served mild, medium or hot  
Chicken **£13.95** King Prawn **£14.95** Vegetable **£11.95**

Welsh Beer Battered Fish **£14.95**  
*Chips, tartare sauce and mushy peas*

Wholetail Scampi **£13.25**  
*in a basket with chips, mixed leaves, and Marie Rose sauce*

Cajun Spiced Fillet of Salmon **£14.95**  
*sautéed seasonal vegetables and baby new potatoes*

## VEGGIE

Five Bean and Vegetable Chilli (Vegan) **£11.50**  
*with basmati rice*

Chickpea, Spinach and Tomato Curry **£10.95**  
*with basmati rice*

Moroccan Spiced Falafel **£10.95**  
*Flat bread, hummus, and guacamole with side salad*

## SALADS

Superfood Salad (Vegan) **£9.95**  
*Quinoa, beetroot, chickpeas, roast pepper, pumpkin seeds,  
mixed leaves and dressing*

add chicken, salmon or halloumi **£14.50**

Chicken Caesar Salad **£14.95**  
*Griddled chicken, gem lettuce, anchovies, croutons,  
parmesan, caesar dressing*

## SIDES

Garlic Ciabatta **£4.25**

Garlic Ciabatta Topped With Mozzarella **£4.95**

Battered Onion Rings **£3.75**

Single Chips **£3.25**

Double Sharing Chips **£6.00**

Breaded Halloumi Fries **£6.25**  
*with sweet chilli sauce*

Sweet Potato Fries **£3.95**

Charred Corn on the Cob **£3.75**

Stables Dirty Fries **£6.25**  
*Chips topped with mozzarella, jalapeños,  
pepperoni, pepper, and sweet red onion*

Chilli Cheese Chips **£4.95**

Sticky Chicken Wings **£5.95**  
*choose from sweet chilli or sticky BBQ sauce*

Nachos topped with Cheese Sauce, Jalapeños and Salsa **£5.95**  
add BBQ Pulled Pork **£9.95**

OPEN 7 DAYS A WEEK  
FOOD SERVED FROM MIDDAY



## CHILDREN'S MENU

Macaroni Cheese **£5.25**

Battered Chicken Breast Pieces OR Quorn Nuggets **£5.50**  
*with chips & peas*

Sausage **£5.95**  
*with chips & gravy*

Chicken Tikka **£5.95**  
*with steamed rice*

Hummus & Vegetable Crunchies **£4.95**

## DESSERTS

Individual Key Lime Pie **£6.95**  
*with vanilla pod ice cream*

Caramel Belgian Waffle **£6.75**  
*sliced banana, toffee sauce, vanilla ice cream*

Chilled New York Cheesecake **£6.75**  
*with mixed berry compote*

Chocolate Fudge Brownie Sundae **£6.25**

Selection of Mixed Ice Creams **£5.95**

## DRINKS

Americano **£2.95**

Cappuccino single espresso, hot milk, foam **£3.20**

Latte hot milk, single shot of espresso **£3.20**

Espresso the classic Italian continental shot **£2.70**

Pot of Tea **£2.50**

Pot of Earl Grey **£2.80**

Hot Chocolate with Cream **£3.50**

Deluxe Hot Chocolate  
*with mini mallow and chocolate flake* **£3.95**

Flavoured Latte

*choose caramel, vanilla or hazelnut* **£3.95**

Add an extra shot of coffee **£2.00**

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