

Something Sweet

Chocolate brownie (GF) £4.75
Served warm with Cornish vanilla ice cream.

Selection of freshly made cakes and tray bakes available daily From £2.95

Cornish cream tea for one £5.95
Two Cornish scones, local jam and Cornish clotted cream with a pot of tea.

Cornish ice cream (GFO) £4.75
Three scoops of vanilla, strawberry or Belgian chocolate ice cream served with a wafer.

Lunch

Served from 12 - 2pm



polmanter
ST IVES

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Sandwiches

Served on white or granary bread.

West Country cheddar (V) £7.95

Served with red onion on thick cut bread.

Stable Bar club sandwich £9.95

Chargrilled chicken breast, Cornish back bacon, avocado, leaves, tomato and mayonnaise on thick cut bread.

Cornish white crabmeat £8.95

Served with fresh leaves and our own citrus mayonnaise on thick cut bread.

Local ham salad £8.95

Served with fresh leaves, tomato, cucumber and red onion with mayonnaise on thick cut bread.

Fresh chargrilled chicken breast £8.95

Served with fresh leaves and tomato with our own tarragon mayonnaise on thick cut bread.

Salads

Chicken and bacon salad (GFO) £9.95

Chargrilled chicken breast and local back bacon served on a bed of fresh salad leaves, tomatoes, cucumber and red onion, topped with toasted croutons and a caesar dressing.

Mackerel and beetroot salad (GFO) £9.95

Pan fried mackerel served with sliced beetroot, fresh salad leaves, tomatoes, cucumber and red onion, dressed with our own homemade dressing and served with Baker Tom's bread and Cornish butter.

Scampi salad £9.95

Wholetail breaded scampi served on a bed of fresh leaves, tomatoes, cucumber and red onion, dressed with our own tartare sauce and served with Baker Tom's bread and Cornish butter.

Jacket Potatoes

Served with fresh salad leaves, tomato, cucumber, red onion and a light dressing

Cheese (V/GFO) £6.95

Cheese and beans (V/GFO) £7.95

Homemade coleslaw (V/GFO) £7.95

Chilli con carne (GF) £8.95

Chicken curry £8.95

Light Bites

Nachos (V) £6.95

Homemade tortilla chips, heaped with fresh guacamole, tomato salsa and sour cream, finished with melted cheddar cheese.

Chilli nachos £8.95

Homemade tortilla chips, beef chilli, melted cheese, with sides of fresh guacamole, tomato salsa and sour cream.

Chips (V/VG/GFO) £2.95

Seasoned with Cornish sea salt

Olives (V/GF) £2.95

Marinated pitted olives

Garlic ciabatta (V) £2.95

Children's Menu

Main meals £5.95

All served with chips and peas or beans, and include a carton of orange or apple juice or a glass of squash. Choose from;

Cornish sausage

Lightly battered chicken pieces

Kid's margherita pizza (V)

Ham or cheese sandwich £4.95

Served on white or brown bread with crisps and a carton of orange or apple juice or a glass of squash.

Children's Callestick Farm ice cream (GF) £2.50

One scoop of vanilla, chocolate or strawberry ice cream, served with chocolate or strawberry sauce and mini marshmallows.