

Children's Menu

All children's meals are served with mash or chips, peas or beans, and include a carton of apple or orange juice, or glass of squash. £5.95

Cornish sausage

Lightly-battered chicken breast pieces

Crispy-battered mini fillet of cod

3oz prime Cornish beef burger

With or without cheese, served in a soft white roll.

Kids' margherita pizza (V)

Children's ice cream (GF) £2.50

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

Desserts

New York cheesecake (GFO) £4.95

Served with clotted cream

Selection of Callestick Cornish ice cream (GF) 3 scoops £4.75

Clotted cream vanilla, Belgian chocolate or clotted cream and strawberries.

Chocolate brownie sundae (GFO) £5.95

Warm chocolate brownie chunks, chocolate sauce and vanilla ice-cream topped with fresh cream and a wafer.

Eton mess sundae (GFO) £5.95

Homemade meringue pieces, fresh local strawberries, vanilla ice cream, served with fresh cream and a wafer.

Served warm with either vanilla ice cream or Cornish clotted cream:

Apple and cinnamon crumble £4.95

Sticky toffee pudding £4.95

Served with hot toffee sauce.

Alabama chocolate cake (GF) £4.95

Main Menu

Served from 5pm - 9pm



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Welcome

We've used local, high quality produce wherever possible, so we hope you enjoy your meal.

Do ask if we can make tweaks to a meal to meet dietary requirements or preferences and we'll do our best. Full allergy information is available from our bar staff.

Please make a note of your table number and order at the bar when you're ready.

Meats and Grill

8oz Cornish sirloin steak (GFO) £15.95
Local steak, served with chips, homemade onion rings and a side salad.

Add a homemade creamy pepper or port and stilton sauce £2.50

Cornish 10oz gammon steak (GFO) £10.95
Served with chips, pineapple and Cornish free-range fried egg finished with homemade onion rings.

Cornish Wheal Rose sausages £9.95
Served on creamy mashed potato with garden peas and a rich gravy.

Stable Bar cheeseburger (GFO) £11.95
6oz prime Cornish steak burger served in a pretzel bun, topped with local back bacon, melted cheddar, lettuce, tomato, and red onion, served with chips, homemade onion rings and coleslaw.

Hunter's chicken (GFO) £10.95
Fresh chicken breast baked and topped with back bacon, melted cheddar and BBQ sauce, served with chips, onion rings, and side salad.

Steak and ale pie £13.95
Tender British beef and real ale gravy, encased in a buttery pastry, served with chips or mash and mushy or garden peas.

Homemade chicken curry £11.95
Fresh chicken pieces cooked in a mild curry sauce, served with basmati rice, teardrop naan bread and mango chutney.

Homemade beef lasagne £10.95
Rich beef bolognese sauce layered with sheets of pasta and creamy Béchamel sauce, served with garlic ciabatta and salad.

BBQ sticky ribs £15.95
Full rack of ribs, glazed in a sticky BBQ sauce, served with chips, homemade onion rings, coleslaw and a side salad.

Vegetarian

Vegetable lasagne verdi (V) £9.95
Roasted Mediterranean vegetables in a creamy béchamel sauce served with garlic ciabatta and salad.

Portobello mushroom burger (V) £8.95
Topped with melted Cornish blue cheese, fresh salad leaves, tomato and red onion, served with chips and coleslaw.

Spicy chickpea and spinach curry (V/VG/GFO) £9.95
Served with basmati rice, naan bread and mango chutney.

Vegetable bourguignon with herb dumplings (V) £10.95
Served with mashed potato and bread for dipping.

From the Sea

Crispy battered fillet of cod £10.95
Served with chips, mushy or garden peas, homemade tartare sauce and lemon.

Wholetail breaded scampi £9.95
Served with chips, mushy or garden peas, homemade tartare sauce and lemon.

Pan fried fillet of hake £14.95
Served on a bed of curried mussels and new potatoes, topped with samphire.

Pizzas

Classic stone-baked, 9 inch pizzas with a rich tomato and basil sauce, finished with mozzarella.

Margherita (V) £7.95
Mozzarella cheese with rich tomato sauce.

Ham and pineapple £8.95

Four cheese £8.95
Goats cheese, cheddar, cornish blue and mozzarella.

The veggie (V) £8.95
Tomato, red onion, mushroom, peppers and homemade basil pesto.

BBQ chicken £8.95
Sticky BBQ chicken, red onions and peppers.

Meat feast £9.95
Pepperoni, ham, bacon and chicken.

Salads

All served with Baker Tom's bread and Cornish butter

Chicken and bacon salad (GFO) £9.95
Chargrilled chicken breast, local back bacon, served on a bed of fresh leaves, tomato, 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, tomato, cucumber and red onion, dressed with our homemade dressing.

Scampi salad £9.95
Wholetail breaded scampi on a bed of fresh leaves, tomato, cucumber, and red onion, dressed with homemade tartare dressing.

Jacket Potatoes

Why not substitute your chips or mash for a freshly baked jacket potato or make it a main? Mains served with fresh salad leaves, tomato, cucumber, red onion and a light dressing.

Fillings:	Cheese (V)	£6.95
	Cheese and beans (V)	£7.95
	Homemade coleslaw (V)	£7.95
	Chicken curry	£8.95
	Chilli (GF)	£8.95

Sides

Olives (V/GF) £2.95
Marinated pitted olives.

House salad (V/VG/GFO) Large £6.50 / Small £3.95
Fresh salad leaves, tomatoes, red onions, and cucumber with a light homemade dressing.

Chips (V/VG/GFO) £2.95
Seasoned with Cornish sea salt.

Bread and butter (V) £1.50
One slice of Baker Tom's chunky bread, served with Cornish butter.

Garlic ciabatta (V) £2.95
Two slices of ciabatta baked with garlic butter.