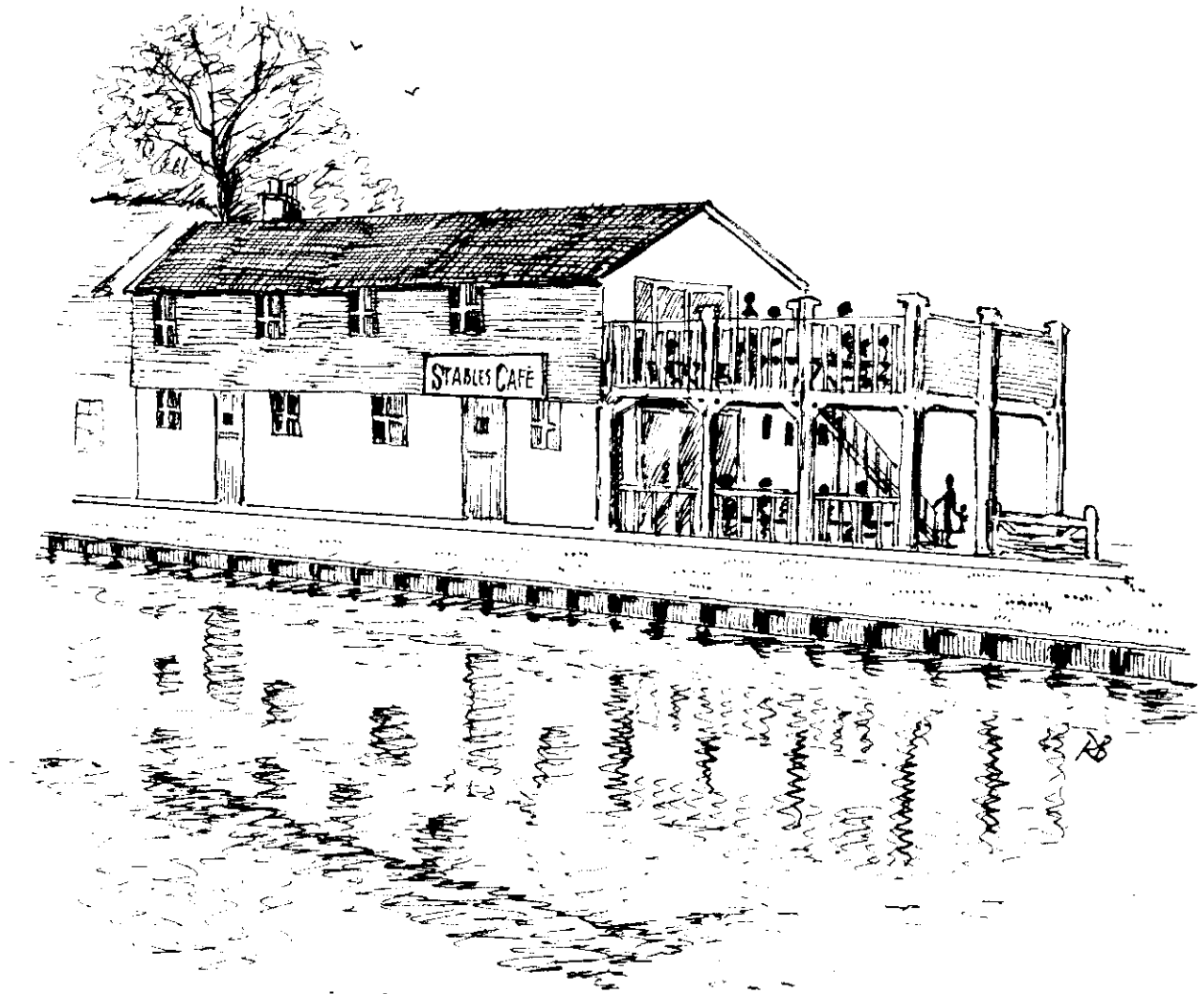


THE STABLES CAFÉ

SAUL JUNCTION

LUNCH & DRINKS MENU



Please grab a table, browse the menu and then come and order at the counter when you are ready.

Lunch is served 12pm until 2.30pm everyday.

We cook all of our food to order, so at times there may be a wait.

All of our food and cakes are made in a kitchen which handles nuts.

If you have any allergies please inform a member of staff at time of ordering and they will be able to help.



BREAKFAST ROLLS AND SANDWICHES

Served in your choice of soft white roll, white or granary crusty bread

Bacon

Sausage

Bacon and egg

Sausage and mushroom

Bacon and mushroom

Bacon and sausage



ROLLS AND SANDWICHES

Served in your choice of soft white roll, white or granary crusty bread and side salad

Cheddar and onion

Tuna mayonnaise and cucumber

Ham Salad

BLT (Bacon, lettuce and tomato)

Bacon, brie and cranberry

Ham, cheddar, lettuce and chutney

The Stables Club Sandwich

Chicken, bacon, cheddar, lettuce, tomato and mayo, with chutney on the side

Ploughman's Sandwich

Cheddar, tomato, pickled onion, pickle and lettuce

Add an extra filling.....

Cheddar/brie/stilton

Onion/tomato/cucumber/lettuce

Mushrooms/egg/pickle/cranberry/pineapple

Ham/bacon/sausage/black pudding/chicken



PANINI'S

Filling served in a toasted panini, with a side salad

Cheddar and caramelised onions

Ham and melted cheddar

Stilton and mushroom

Ham, pesto and mozzarella

Roasted peppers and mozzarella

Bacon, brie and cranberry

Tuna, onion and mozzarella

Sausage, onion and mozzarella

Ham, cheddar and pineapple

Chicken, pesto and mozzarella



JACKET POTATOES

Jacket potato and filling served with a side salad

Butter

Tuna mayonnaise

Cheese and beans

Chicken and bacon in mayonnaise

Stilton and mushroom

Ham, cheddar and pineapple

Cheddar and caramelised onion



PLOUGHMAN'S LUNCH

Crusty bread, chutney, pickled onion, tomato and lettuce with...

Cheese (Cheddar, stilton and brie)

Home cooked ham

Both ham and cheese



CLASSICS

Ham, egg and chips

Home cooked ham, two fried eggs and chips

Gammon

Thick cut gammon, chips, salad and a fried egg or pineapple (or both for an extra 80p)

Scampi

Deep fried scampi, served with garden peas and chips

Sausage and mash

Two sausages served on top of mash potato with onion gravy

Tomato tagliatelle

Home made tomato and vegetable sauce served on tagliatelle pasta with parmesan



LIGHT BITES

Soup

Homemade soup served with crusty bread

Cheese on toast

Melted cheddar on toast served with a dressed side salad

Welsh Rarebit

A mix of cheddar, beer, Worcestershire sauce, and English mustard melted on toast, served with a dressed side salad

Buck Rarebit

A mix of cheddar, beer, Worcestershire sauce, and English mustard melted on toast, topped with two fried eggs, served with a dressed side salad



SALADS

Mixed salad in a homemade dressing, served with new potatoes

Home cooked ham

Chicken

Bacon and black pudding

Tuna mayonnaise

Stilton and bacon

Roasted peppers, pine nuts and parmesan



SIDE ORDERS

Bread and butter

Onion rings

Salad bowl

Chips

Garlic bread

Cheesy chips

Cheesy garlic bread

Chips topped with cheese and bacon

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HOUSE WINE

Available by the glass or bottle

By the Glass
175ml 250ml Bottle

1. **Pait D'or Merlot, France, 13.5% vol.**
A soft and fruity red with juicy berry flavours
 2. **Jacobs Creek Pinot Grigio, South Australia, 12.5% vol.**
Light to medium bodied white wine with delicate fruit flavours
 3. **Portobello Zinfandel Rosé, Italy, 12% vol.**
Soft and fruity Rosé, medium to sweet
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RED, WHITE AND ROSÉ BY THE BOTTLE

Bottle

5. **Yellow Tail Shiraz, Australia, 13.5% vol.**
A red wine with spicy liquorice aroma with ripe red berries
6. **Kiwi Cuvée France, 12.5% vol.**
Smooth red with soft silky red fruit aromas and cherry flavours
7. **Kumala Zenith Chenin Blanc Chardonnay, South Africa, 12.5% vol.**
A full bodied dry white wine with tropical fruit aromas and oak flavours to give a delicious creamy finish
8. **Clifford Quay, Sauvignon Blanc, 13% vol,**
Fresh, fruity medium dry white wine
9. **Mateus Rosé, Portugal, 11% vol.**
Fresh, fruity and light Rosé



BOTTLED BEERS, LAGERS AND CIDERS

Peroni Nastro Azzurro 5.1% vol. 330 ml

Budweiser 5.0% vol. 330ml

Carlsberg 3.8% vol. 275ml

Old Speckled Hen 5.2% vol. 500ml

Bombardier 5.2% vol. 500ml

Strongbow 5.3% vol. 275 ml

Magners 4.5% vol. 568ml

Crabbies Alcoholic Ginger Beer 4.0% vol. 330ml



SOFT DRINKS

Coke / Diet coke

Lemonade

Tango

Fruit Shoot

Water Still or Sparkling

Elderflower presse

J20 Apple & mango/Orange & passion fruit/
Apple and raspberry/White grape & kiwi

Orange Juice

Apple Juice

Milk Hot or cold

Squash Orange or Apple & blackcurrant



MILKSHAKES

Why not top with cream, marshmallows or rainbow drops!

Small

Large

Banana, Strawberry or Chocolate



COFFEES

Regular filter coffee
De-caffeinated coffee

Small

Large

Speciality Coffee

We use one shot of coffee in our speciality coffees, if you would like an extra shot please ask at time of ordering
(Extra £1-00)

Café Latte	Long milky coffee with a shot of espresso
Cappuccino	Espresso topped with hot milk & frothed milk
Café Mocha	Espresso topped with hot chocolate
Americano	Long, strong black coffee
Espresso	A single shot of strong black coffee

Small

Large

Add a shot of syrup to any coffee for 35p
(ask at the counter for available flavours)



TEAS

Regular
De-caffeinated
Earl Grey / Red Bush
Herbal/Fruit

Cup

Mug

Pot



GO ON SPOIL YOURSELF...

Why not top with cream and either marshmallows or rainbow drops

Hot Chocolate

Small

Large

Milkshake Banana, strawberry or chocolate

We also have a selection of cakes, crisps, chocolate bars
and ice creams at the counter