

Y Stablau BAR & BISTRO

PLEASE CHECK OUR BLACKBOARD FOR TODAY'S SPECIALS

SALADS

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| Greek Style Feta cheese and olive | £8.75 |
| Citrus Salmon with lemon pepper dressing | £9.95 |
| Chargrilled chicken with bacon and homemade Caesar dressing | £9.25 |
| (v) Baked flat mushroom filled with Couscous and grilled goat's cheese | £8.75 |
| Chilled prawns with Marie rose sauce, fresh lemon and toasted crostini bread thins. | £9.50 |

VEGGIE

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| Mushroom and vegetable stroganoff with basmati rice | £8.75 |
| Vegetable penne with Tomato and basil Pomodoro sauce | £8.50 |
| Chickpea, Spinach and tomato curry with Rice (Vegan) | £8.95 |

PIZZA

Made from our own hand rolled pizza doughs. (9") (12")

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| Margherita | |
| Classic Cheese & Tomato Pizza | £7.95 £9.50 |
| Formaggio Capra | |
| Goats Cheese, Red Onion & Herb Oil | £8.50 £9.95 |

Salmone e Pesto

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| Fresh flaked salmon with homemade pesto and red onion. | £8.95 £10.95 |
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Hawaiian

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| Ham, Cheese & Pineapple | £8.95 £10.95 |
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American Hot

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| Pepperoni & Jalapeño Peppers | £8.95 £10.95 |
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La Pollo Casa

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| Chicken & Sweetcorn | £8.95 £10.95 |
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Peking

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| Shredded duck & red onion on hoi sin | £9.25 £11.25 |
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Additional Toppings - choose from

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| Mushrooms, peppers, onions, pineapple, sweetcorn, jalapeños or black olives | £1.00 £1.20 |
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| Ham, pepperoni, anchovies, tuna, prawns, chicken, duck or bacon | £1.25 £1.50 |
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DAY MENU

SERVED BETWEEN 12 & 6PM

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| Three-Egg Omelette with peas & chips - Mushroom, Ham or Cheese | £7.75 |
| Ploughmans - three cheese, pickles, apple, pickled egg & bread | £8.95 |

HOT TOASTED CIABATTA PANINIS

(with salad garnish and coleslaw)

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| Three Cheese | £5.50 |
| Barbecue Chicken | £6.25 |
| Ham, Cheese & Tomato | £5.75 |
| Rump steak strips with onions, mushrooms and caramelised red onion relish | £7.95 |
| Melted Brie with bacon and cranberry | £7.50 |

TOASTED BLOOMERS

(with salad garnish and coleslaw)

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| Traditional Welsh Rarebit | £5.65 |
| Tuna mayonnaise and cheese melt | £5.75 |

SANDWICHES

(with salad garnish and coleslaw)

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| Welsh cheddar cheese with onion or pickle | £4.75 |
| Tuna mayonnaise | £4.95 |
| Chicken & bacon mayonnaise | £5.75 |
| Home cooked ham | £5.50 |

JACKET POTATOES

(with salad garnish and coleslaw)

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| Melted Welsh cheese | £5.50 |
| Chicken and bacon mayonnaise | £6.25 |
| Tuna mayonnaise | £5.95 |
| Tuna mayonnaise and cheese Melt | £6.50 |
| Chilled prawn Marie Rose | £6.95 |
| Welsh beef Chilli Con Carne | £6.50 |

Y STABLAU BURGERS

All served in a Brioche roll with salad leaves, coleslaw, homemade Stables relish and chips.

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| 8oz Beef Burger | £8.95 |
| 8oz Lamb Burger | £9.50 |
| 8oz Beef and Bacon Burger | £9.95 |
| Chargrilled Chicken | £9.25 |
| The PYG Burger - Slow cooked pulled BBQ Pork | £9.50 |
| (v) Spicy Bean Burger | £8.25 |
| The Welsh - 8oz Beef with Rarebit topping | £9.75 |
| The Dragon - 8oz Chilli Spiced Beef Burger topped with Jalapenos | £9.50 |
| The Snowdon Burger - climb it at your peril... 16oz's of prime Beef smothered with layers of Welsh rarebit | £14.95 |

CHEF'S CURRIES All served with chips or rice - mild, medium or hot

Tikka Masala - chillies, tomato, turmeric, paprika, cumin, coriander, yoghurt

Green Thai - green chillies, lemongrass, galangal, coriander, coconut milk, thai fish sauce

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| Chicken | £9.75 |
| King Prawn | £10.95 |
| Mixed Vegetable | £8.95 |
| Naan Bread | £2.75 |
| Poppadums with mango chutney | £1.95 |

CHARGRILL

All served with Mushrooms, tomatoes and peas. Choose from either chips or jacket potato

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| Sirloin Steak (250g) | £18.50 |
| Rump Steak (350g) | £15.95 |
| Y Stablau Mixed Grill | £18.50 |
| 6oz Sirloin, gammon, lamb chop, white pudding, cumberland sausage, black pudding | |
| Loin of Pork with brandy and peppercorn cream sauce | £10.75 |
| Sauces - choose from; | |
| Brandy and Peppercorn cream sauce or tomato and garlic | £1.95 |
| Barbeque dip or sweet chilli dip | £1.00 |
| Add a fried egg for | £1.00 |

CLASSICS

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| Homemade Beef Lasagne with salad garnish | £8.95 |
| Spicy homemade Welsh Beef Chilli Con Carne with either Basmati Rice or Nachos with melted cheese and jalapenos. | £9.25 |
| Chicken with smoked bacon, onions, mushrooms and penne pasta in a white wine cream sauce | £8.95 |
| Chargrilled gammon with pineapple, tomato, chips and peas | £9.75 |
| Spaghetti with homemade, Welsh Beef Bolognese | £8.95 |
| Half roast chicken with chips, tomato, peas and gravy | £8.95 |
| Welsh Beef and Conwy ale pot pie with chips and peas | £8.95 |

FISH

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| House Speciality - Home Beer battered Haddock, chips and mushy peas | £9.75 |
| Butterfly Salmon fillet with creamed cabbage and new potatoes | £10.95 |
| Fresh baked local lake trout with fresh herb butter, fresh vegetables and new potatoes | £9.50 |
| Whitby Wholetail Scampi, chips, Marie Rose sauce, salad garnish and lemon | £9.50 |
| Baked Cod with Welsh Rarebit Glaze, new potatoes and fresh vegetables | £10.95 |

SIDE ORDERS

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| Toasted Garlic Ciabatta | £2.75 |
| Garlic Ciabatta with melted Welsh cheddar | £3.25 |
| Battered Onion rings | £2.25 |
| Chips - single portion | £2.80 |
| Cheesy chips | £3.65 |
| Sweet potato skinny fries | £3.50 |
| Potato wedges | £3.25 |
| Stables Side salad | £3.95 |
| Bowl of homemade coleslaw | £1.95 |
| Bowl of fresh vegetables | £3.50 |
| Naan Bread | £2.75 |
| Poppadums with Mango Chutney | £1.95 |
| Nachos with melted cheese and jalapenos, salsa and soured cream dip | £5.25 |
| Fried, battered Calamari with salad garnish, garlic mayonnaise and lemon | £5.25 |