



**LOCAL INDEPENDENT FREE HOUSE  
LUNCH MENU**

Available Midday-4.30pm every day (except Sunday's Midday-4.30pm)

We prepare most items on our menu in-house & our chef team take great pride in delivering you the best quality & value for money possible, everyday. We use local suppliers & produce, wherever possible. If you have any dietary requirements, please speak with your Server.

**THE STABLES PLOUGHMAN'S**

served with pickled onion, chutney, home made quiche, coleslaw, apple & warm ciabatta. Choose from: Mature Cheddar Cheese (V) French Brie (V) Devon Blue Cheese (V) Maple Mustard Glazed Ham  
ONE of the above choices £11.50 or choose TWO for £13.50

**JACKET POTATOES**

served with a salad garnish & home made coleslaw

<b>CHEESE &amp; BEANS</b> (GF) (V)	<b>£8.75</b>
<b>CHICKEN, BACON &amp; CHEESE</b> (GF)	<b>£9.95</b>
<b>GRILLED RED PEPPER, MOZZARELLA &amp; AVOCADO</b> (DF & V+ Available) (V) (GF)	<b>£8.95</b>
<b>MAPLE MUSTARD GLAZED HAM &amp; SMOKED CHEESE</b> (GF)	<b>£8.95</b>
<b>CRISPY BACON, GARLIC CREAMY MUSHROOMS &amp; SMOKED CHEDDAR</b> (GF)	<b>£9.50</b>

**STABLES CIABATTA**

served with a salad garnish & home made coleslaw. Gluten Free options available, please ask your Server

<b>WESTCOUNTRY PORK SAUSAGES &amp; RED ONION CHUTNEY</b>	<b>£9.50</b>
<b>GRILLED CHICKEN, BACON &amp; BRIE</b>	<b>£9.95</b>
<b>GRILLED RED PEPPER, MOZZARELLA &amp; AVOCADO</b> (DF & V+ Available) (V)	<b>£9.25</b>
<b>MAPLE MUSTARD GLAZED HAM &amp; ENGLISH MUSTARD</b>	<b>£9.50</b>
<b>BATTERED FISH &amp; TARTARE SAUCE</b>	<b>£9.25</b>

ADD chips or a mug of home made soup to your ciabatta **£2.95**