



THE STABLES

Sunday Menu

Starters

Seasonal soup made with 'Walled Garden' home-grown vegetables (v)	£7.50	(Ce, D, G)
Quinoa salad with pomegranate salsa, beetroots, toasted pine kernels and baby spinach (v)	£8.75	(Mu, Nu, Sd)
Baby gem Caesar salad, egg, marinated anchovies, rosemary croutons, shaved parmesan, Caesar dressing and smoked chicken	£9.75	(D, E, Fi, G, Mu, Sd)
Salad of Isle of Wight tomatoes with wild rocket, pickled shallots and goats curd (v)	£10.00	(D, G, Sd, V)
Buffalo mozzarella, marinated char-grilled 'Walled Garden' courgettes, mint, lemon and aged belazu balsamic (v)	£11.00	(D, Mu, Sd)
Plate of Scottish smoked salmon, surfine capers, lemon and shallots served with brown bread and butter	£12.00	(D, Fi, G, Sd)
Bruschetta of hand-picked Dorset white crab meat, Amalfi lemon aioli and dressed summer leaves	£12.50	(Cr, E, G, Mu, Sd)

Mains

Fusilli pasta with aubergines, cherry vine tomatoes, wild rocket and pecorino (v)	£15.50	(D, E, G, Sd)
Risotto 'alla Sorrentina' - Isle of Wight tomatoes, capers, basil and buffalo mozzarella (v)	£18.00	(D, G)
Beer battered Atlantic cod, served with chunky fries, smashed peas, tartare sauce and lemon	£19.00	(D, E, Fi, G, Sd, So)
Pan roasted 'curry spiced' monkfish, cauliflower puree, pickled carrots and hazelnuts	£19.00	(D, Fi, Nu, Sd)
Char-grilled Shetland Island salmon fillet "à la niçoise" with anchovy and lemon aioli	£19.50	(D, E, Fi, Mu, Sd)
Our Stables' 220g prime beef burger served in a brioche bun with braised red onions, Applewood cheddar and skinny fries	£19.50	(D, G, Sd)
Roasted fore rib of British beef served with Yorkshire pudding, roasted potatoes and mixed vegetables	£24.50	(D, E, G)
250g Beef SIRLOIN: tender yet succulent with its strip of juicy crackling	£26.50	(D)
Served with watercress, field mushrooms, and fresh horseradish, and a choice of one sauce		
Sauces: BBQ (D, Mu), peppercorn (Ce, D, Sd), Hollandaise (D, E, Sd), Béarnaise (D, E, Sd) or jus (Ce)		

SOMETHING ON THE SIDE

£ 5.75

Chunky fries, French fries, buttered large leaf spinach (D),
mixed leaf salad (Sd), broccoli with lemon oil

To finish see Dessert Menu

Many of our dishes can be adapted to meet any dietary needs

If you have a food allergy or specific dietary requirement please inform a member of the hospitality team prior to ordering

(V) suitable for vegetarians (Ce) contains celery (Cr) contains crustacean (D) contains dairy (E) contains egg
(Fi) contains fish (G) contains gluten (Mo) contains molluscs (Mu) contains mustard (Nu) contains nuts
(Sd) contains sulphur dioxide (So) contains soya

All dishes are subject to seasonal changes. All prices are inclusive of VAT