

# Sunday Menu



THE STABLES

## Starters

Seasonal soup made with "Walled Garden" home-grown vegetables (v, ce, d, g)	£7.50
Quinoa salad with pomegranate salsa, beetroots, toasted pine kernels and baby spinach (v, mu, nu, sd)	£8.75
Baby gem Caesar salad, rosemary croutons, anchovies, shaved parmesan and smoked chicken (d, e, fi, g, mu, sd)	£9.75
Salad of Isle of Wight tomatoes with wild rocket, pickled shallots and goats curd (v, d, g, sd)	£10.00
Buffalo mozzarella, marinated chargrilled "Walled Garden" courgettes, mint, lemon and aged belazu balsamic (v, d, mu, sd)	£11.00
Plate of Scottish smoked salmon, surfine capers, lemon and shallots served with brown bread and butter (d, fi, g, sd)	£12.00
Bruschetta of hand-picked Dorset white crab meat, Amalfi lemon aioli and dressed summer leaves (cr, e, g, mu, sd)	£12.50

## Mains

Fusilli pasta with aubergines, cherry vine tomatoes, wild rocket and pecorino (v, d, e, g, sd)	£15.50
Risotto "alla Sorrentina" · Isle of Wight tomatoes, capers, basil and buffalo mozzarella (v, d)	£18.00
Beer battered Atlantic cod, served with chunky fries, smashed peas, tartare sauce and lemon (d, e, fi, g, sd, so)	£19.00
Pan roasted curry spiced monkfish, cauliflower puree, pickled carrots and hazelnuts (d, fi, nu, sd)	£19.00
Char-grilled Shetland Island salmon fillet "à la niçoise" with anchovy and lemon aioli (d, e, fi, mu, sd)	£19.50
The Stables 220g prime beef burger served in a brioche bun with braised red onions, Applewood cheddar and skinny fries (d, g, sd)	£19.50
Roasted striploin of British beef served with Yorkshire pudding, roasted potatoes and mixed vegetables (d, e, g)	£24.50
250g Beef Rib Eye: delicately marbled throughout for superb full bodied flavour (d)	£29.50
Served with watercress, field mushrooms, fresh horseradish, chunky chips and a choice of one sauce (d, e, sd)	
Sauces: BBQ (d, mu), peppercorn (ce, d, sd), Hollandaise (d, e, sd), Béarnaise (e, d, sd) or jus (ce)	



# Sides

Chunky fries	£5.75
French fries	£5.75
Buttered large leaf spinach <b>(d)</b>	£5.75
Mixed leaf salad <b>(sd)</b>	£5.75
Broccoli with lemon oil	£5.75

Many of our dishes can be adapted to meet any dietary needs. If you have a food allergy or special dietary requirement, please inform a member of the hospitality team prior to ordering.

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|-------------------------------------|--------------------------------------|
| <b>(v)</b> Suitable for vegetarians | <b>(ce)</b> Contains celery          |
| <b>(g)</b> Contains gluten          | <b>(co)</b> Contains molluscs        |
| <b>(d)</b> Contains dairy           | <b>(mu)</b> Contains mustard         |
| <b>(nu)</b> Contains nuts           | <b>(fi)</b> Contains fish            |
| <b>(e)</b> Contains egg             | <b>(sd)</b> Contains sulphur dioxide |
| <b>(cr)</b> Contains crustacean     | <b>(so)</b> Contains soya            |

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All dishes are subject to seasonal changes

All prices are inclusive of VAT

