

THE STABLES

ALLERGENS ON OUR MENUS

For those who have an allergic reaction to specific ingredients in food, even a trace of it being present can be extremely dangerous. A European Union directive has identified fourteen allergens that must be identified in every dish we serve and below is the breakdown of our menu, highlighting each allergen as it occurs in our recipes.

Many of these allergens are present in our kitchens in some items, and in the normal operation of our business we cannot guarantee product separation and no cross-contamination of traces of these allergens. There is a risk that items in your dish may have accidentally come into contact with an allergen at any point in time. When you arrive please inform us if you have a food allergy before you order. We will assist you making your menu choice, and will take all reasonable steps to minimise the risk of cross-contamination during the preparation of your meal.

The allergens identified here are based on ingredients from our approved suppliers. From time-to-time we may have to temporarily substitute a product from a different source and the ingredients may differ slightly – if you have any concerns please ask your server to check with our chefs.

| Celery | Crustacean | Eggs | Fish | Gluten | Lupin Flour | Milk | Molluscs | Mustard | Nut | Peanut | Sesame | Soya Beans | Sulphites |
|--------|------------|------|------|--------|-------------|------|----------|---------|-----|--------|--------|------------|-----------|
|--------|------------|------|------|--------|-------------|------|----------|---------|-----|--------|--------|------------|-----------|

BREAKFAST

| | | | | | | | | | | | | | |
|------------------------|--|---|---|---|--|---|--|--|--|--|--|--|---|
| Full English Breakfast | | ✓ | | ✓ | | ✓ | | | | | | | ✓ |
| Vegetarian Breakfast | | ✓ | | ✓ | | ✓ | | | | | | | ✓ |
| Eggs Benedict | | ✓ | | ✓ | | ✓ | | | | | | | |
| Kippers | | | ✓ | | | | | | | | | | |
| Eggs on Toast | | ✓ | | ✓ | | | | | | | | | |
| Breakfast Muffin | | | | ✓ | | | | | | | | | |
| Porridge | | | | ✓ | | ✓ | | | | | | | |
| Toast & Preserves | | | | ✓ | | | | | | | | | |

STARTERS

| | | | | | | | | | | | | | |
|---------------------------|---|--|---|---|--|---|--|---|--|--|--|--|---|
| Soup of the Day | ✓ | | | ✓ | | ✓ | | | | | | | |
| Potato Skins | | | | | | | | ✓ | | | | | ✓ |
| Chicken Caesar Croquettes | | | ✓ | ✓ | | | | ✓ | | | | | |
| Belly Pork | | | | | | | | | | | | | |

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|--------|------------|------|------|--------|-------------|------|----------|---------|-----|--------|--------|------------|-----------|
|--------|------------|------|------|--------|-------------|------|----------|---------|-----|--------|--------|------------|-----------|

STARTERS (CONTINUED)

| | | | | | | | | | | | | | |
|-------------------|--|---|--|---|--|---|--|---|--|--|--|--|--|
| Grilled Halloumi | | | | ✓ | | ✓ | | | | | | | |
| Spicy King Prawns | | ✓ | | | | ✓ | | ✓ | | | | | |

PUB CLASSICS

| | | | | | | | | | | | | | |
|------------------------------|---|--|---|---|--|---|---|---|---|--|--|--|---|
| Fish & Chips | | | ✓ | ✓ | | | | ✓ | | | | | ✓ |
| Whitby Scampi | | | | ✓ | | | | ✓ | | | | | ✓ |
| Steak & Ale Pie | ✓ | | ✓ | ✓ | | ✓ | | | | | | | ✓ |
| Chicken Parmesan | | | | ✓ | | ✓ | | ✓ | | | | | ✓ |
| Tikka Masala | | | | | | ✓ | | | ✓ | | | | |
| Moules Frites | | | | ✓ | | | ✓ | | | | | | ✓ |
| Mushroom Spaghetti Carbonara | | | ✓ | ✓ | | | | | | | | | |
| Duck Breast | | | | | | ✓ | | | | | | | ✓ |

FROM THE GRILL

| | | | | | | | | | | | | | |
|--------------|--|--|---|---|--|--|--|--|--|--|--|--|---|
| Steak | | | | ✓ | | | | | | | | | ✓ |
| Gammon Steak | | | ✓ | ✓ | | | | | | | | | ✓ |

BURGERS

| | | | | | | | | | | | | | |
|--------------------------|--|--|---|---|--|---|--|---|--|--|--|--|---|
| Aberdeen Angus Burger | | | ✓ | ✓ | | ✓ | | ✓ | | | | | ✓ |
| Chicken & Chorizo Burger | | | ✓ | ✓ | | ✓ | | | | | | | ✓ |
| Halloumi Burger | | | ✓ | ✓ | | ✓ | | | | | | | ✓ |

PIZZA

| | | | | | | | | | | | | | |
|---------------------|--|--|--|---|--|--|--|--|--|--|--|--|--|
| Cheese Garlic Bread | | | | ✓ | | | | | | | | | |
| Chicken Tikka | | | | ✓ | | | | | | | | | |
| Vegetarian Feast | | | | ✓ | | | | | | | | | |
| Pepperoni Feast | | | | ✓ | | | | | | | | | |

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|--------|------------|------|------|--------|-------------|------|----------|---------|-----|--------|--------|------------|-----------|
|--------|------------|------|------|--------|-------------|------|----------|---------|-----|--------|--------|------------|-----------|

YOUNG FARMERS

| | | | | | | | | | | | | | |
|--------------------------|--|---|---|---|--|--|--|--|--|--|--|--|---|
| Spaghetti & Meatballs | | | | ✓ | | | | | | | | | |
| Margherita Pizza | | | | ✓ | | | | | | | | | |
| Battered Chicken Goujons | | | | ✓ | | | | | | | | | ✓ |
| Bangers & Mash | | | | | | | | | | | | | |
| Scampi | | ✓ | | ✓ | | | | | | | | | ✓ |
| Ham & Eggs | | | ✓ | | | | | | | | | | ✓ |

LIGHT BITES

| | | | | | | | | | | | | | |
|-------------------|--|--|---|---|--|---|--|--|--|--|--|--|---|
| Chicken Tikka | | | ✓ | ✓ | | | | | | | | | ✓ |
| Ham & Cheese Melt | | | | ✓ | | ✓ | | | | | | | ✓ |
| Steak & Onion | | | | ✓ | | | | | | | | | ✓ |
| B.M.C. | | | | ✓ | | | | | | | | | ✓ |

SIDES

| | | | | | | | | | | | | | |
|----------------------|--|--|--|---|--|---|--|---|--|--|--|--|---|
| Homemade Chips | | | | | | | | | | | | | ✓ |
| Battered Onion Rings | | | | ✓ | | | | | | | | | |
| Buttered Greens | | | | | | ✓ | | | | | | | |
| Garlic Bread | | | | ✓ | | ✓ | | | | | | | |
| Bread & Butter | | | | ✓ | | ✓ | | | | | | | |
| Dressed House Salad | | | | ✓ | | | | ✓ | | | | | |

DESSERTS

| | | | | | | | | | | | | | |
|--|--|--|---|---|--|---|--|--|--|--|--|--|--|
| Sticky Toffee Pudding | | | ✓ | ✓ | | | | | | | | | |
| Apple & Blackberry Crumble | | | ✓ | ✓ | | | | | | | | | |
| Lemon Meringue Roulade | | | ✓ | | | | | | | | | | |
| Chef's Choice Cheesecake | | | ✓ | ✓ | | ✓ | | | | | | | |
| Cheese Board | | | ✓ | ✓ | | | | | | | | | |
| Beacon Farm of Whitby Luxury Ice Cream | | | | | | ✓ | | | | | | | |

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|--------|------------|------|------|--------|-------------|------|----------|---------|-----|--------|--------|------------|-----------|

SUNDAY LUNCH

| | | | | | | | | | | | | | |
|--|---|--|---|--|---|--|---|--|---|--|--|--|---|
| Roast Topside of Beef with Horseradish | | | ✓ | | ✓ | | ✓ | | | | | | ✓ |
| Roast Turkey and Cranberry Sauce | | | ✓ | | ✓ | | ✓ | | | | | | ✓ |
| Roast Loin of Pork with Apple Sauce | | | ✓ | | ✓ | | ✓ | | | | | | ✓ |
| Nut Roast Wellington | ✓ | | ✓ | | ✓ | | | | ✓ | | | | ✓ |