



We use locally sourced quality produce wherever possible, we hope you all enjoy your meals here with us.

When placing your order please note your table number and order at the bar thank you.

Pub Classics

Cornish sirloin steak	£17.95
Local steak served with chips, homemade onion rings & peas	
Add homemade creamy pepper or Stilton sauce	£2.50
Ham, egg & chips	£8.95
Cornish honey roasted ham with a free range duck egg and chips	
Stable Bar cheeseburger	£9.50
Beef burger, topped with melted cheddar, lettuce, tomato, & served in a bun with chips and coleslaw	
Hunter's chicken	£10.95
Fresh chicken breast baked and topped with back bacon, BBQ sauce and melted cheese, served with chips, onion rings, & side salad	
Pie of the day	£12.95
Please see our specials board for today's choices	

Evening Menu

Served 5-9pm

From the Sea

Crispy battered fillet of cod	£10.95
Served with chips, mushy or garden peas, tartare sauce & lemon	
Wholetail breaded scampi	£8.95
Served with chips, mushy or garden peas, tartare sauce & lemon	

Vegetarian

Quorn chili & rice	£8.95
Quorn chili served with rice, nachos & sour cream	
Halloumi burger	£9.50
Halloumi, roasted mushroom, roasted pepper and pesto burger in a soft bun served with chips, onion rings and coleslaw	

Pizza

11 inch pizzas with a rich tomato base sauce, finished with mozzarella

Margherita	£8.95
Mozzarella cheese with rich tomato sauce	
Ham & mushroom	£10.50
Four cheese	£10.50
Goats cheese, Cheddar, Cornish Blue and mozzarella	
Meat feast	£11.50
Chilli beef, cajun chicken, pepperoni, chorizo & parma ham & Jalapenos	

Please also see our daily specials board

Sides

House salad	£3.50
Fresh salad leaves, tomatoes, red onions, & cucumber with a light homemade dressing	
Chips	£2.50
Seasoned with Cornish sea salt	
Bread and butter	£1.25
2 slice of bread, served with Cornish butter	
Garlic Pizza bread	£2.95
Onion rings	£2.50
Coleslaw	£1.00

Children's Menu

All children's meals are served with mash or chips, peas or beans

	£5.25
Cornish Sausage	
Lightly battered chicken breast pieces	
Crispy-battered fish bites	
Cornish beef burger - with or without cheese, served in a soft roll	

Desserts

New York Cheesecake	£4.95
Served with clotted cream	
Homemade chocolate brownie	£4.95
Served warm with clotted cream	
Moomaid ice cream & sorbet	£2.25
Salted caramel, Strawberry, Vanilla and passion fruit sorbet	



Order online to eat in or take away, by scanning our QR code, or visit www.polmanter.com/stable-bar

When dining in, please note your table number in the 'Message to kitchen' on your order

Some of our meals may contain Gluten and other Allergens.
Please ask for more details and we will be happy to assist you.

Enjoyed your meal and service? Then review us on Trip advisor and like us on Facebook.
We value your custom and feedback, and look forward to serving you again.