

Hot Drinks

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|---|-------|
| Mug of Tea (V) 0kcal | £2.55 |
| Mug of Flavoured Tea (V) 0kcal | £2.80 |
| Americano (VG) 4kcal | £3.55 |
| Cappuccino (V) 69kcal | £4.20 |
| Latte (V) 79kcal | £4.20 |
| Espresso (VG) 5kcal | £3.10 |
| Flat White (V) 34kcal | £4.20 |
| Mocha (V) 198kcal | £4.75 |
| Babyccino (V) 69kcal | £1.65 |
| Hot Chocolate (V) 192kcal | £4.60 |
| Deluxe Hot Chocolate 292kcal with Cream and Marshmallows | £5.75 |
| Syrup shot (VG) from 48kcal | £1.40 |

*Semi-Skimmed Milk (V) 5kcal
+ 50p Oat Milk (VG) 6kcal,
+ 50p Soya Milk (VG) 4kcal

*Decaffeinated coffee and tea available

Most of our
food and drinks
can be available
to takeaway

Cold Drinks

| | |
|---|-------|
| Fentimans Soft Drinks 275ml from 107kcal | £3.20 |
| Canned Soft Drinks 330ml from 1kcal | £2.30 |
| Simply Fruity 330ml from 11kcal | £2.20 |
| Harrogate Spa Still Water 500ml 0kcal | £2.20 |
| Milkshake 200ml 46kcal | £1.95 |
| Flavoured Water 500ml from 1kcal | £2.30 |
| Heritage Apple Juice 250ml from 133kcal | £3.20 |
| Vintage Craft Cider 500ml, ABV 6.2%, 3 units, from 265kcal | £5.00 |

Made from
Lotherton
apples!

Cakes

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| Slice of Cake – £4.60 A varied selection of cakes | Flapjack (V) from 410kcal £4.10 Gluten Free Slices (V,NG) from 330kcal £4.00 Crispy Buns (V) 202kcal £2.90 Smartie Buns (V) 202kcal £2.90 |
| Traybake – £3.90 A choice of fresh sweet treats from our counter display | £3.00 |
| Homemade Scone (V) £3.95 with two butter portions 515kcal | |
| Scone, Jam & Cream (V) £5.75 with jam and clotted cream pot 631Kcal | |

Check our
counter for our
current selection
of cakes

V – Vegetarian VG – Vegan
NG – Non-Gluten

Adults need around 2000 kcal a day

Breakfast

Served until 11:30

| | |
|--|-------|
| Stables Breakfast 999kcal 🍳 | £9.25 |
| Two fried eggs, two slices of rindless back bacon, two rare breed sausages, baked beans, mushrooms, half a tomato, two slices of wholemeal toast and two butter portions | |
| Vegetarian Breakfast (V) 718kcal 🌱 | £8.25 |
| Two fried eggs, two vegan sausages, baked beans, mushrooms, one tomato, two slices of wholemeal toast and two butter portions | |
| Stables Breakfast – The Smaller One 566kcal 🌱 | £6.50 |
| One fried egg, one slice of bacon, one sausage, baked beans, mushrooms, half a tomato, one slice of wholemeal toast and butter | |
| Scrambled Egg on Toast (V) 409kcal 🌱 | £5.25 |
| Three eggs on two slices of wholemeal toast | |

Served all day

| | |
|---|-------|
| Breakfast Sandwiches – all served in a white breadcake, a choice of... | £6.85 |
| Three rashers of rindless back bacon 437kcal Three rare breed sausages 571kcal Three vegan sausages (V, VG) 304kcal | |
| Beans on Toast (VG) 417kcal 🌱 | £4.00 |
| Two slices of wholemeal toast with a portion of beans | |
| Toasted Currant Teacake (V) 423kcal 🍳 | £3.45 |
| with three butter portions | |
| Two Slices of Wholemeal Toast (V) 278kcal 🌱 | £2.75 |
| with two butter portions | |

Allergies and Dietary Requirements

Please note, our food is made in a kitchen which handles gluten and other allergens including nuts. If you have any dietary requirements please inform us at the point of ordering and our staff will assist in catering for your needs.

Nutritional information is taken directly from our official suppliers.

Calories can change if our suppliers substitute any of our products to keep our supply chain active.

Please see a member of our team for any calorie changes that may have taken place due to substitution. LCC will update allergen information as and when suppliers notify us about changes, but we always ask our customers to communicate with our staff to clarify allergen information.



Lunch Menu Served from 11:30am

Hot Food

Homemade Three Bean Chilli 🌱 (VG) 586kcal **£9.25**

Homemade three bean chilli served with white boiled rice and lightly salted tortilla chips

Lamb Koftas and Cous Cous 🍖 772kcal **£9.25**

Two locally sourced lamb koftas with Mediterranean cous cous topped with a yoghurt and mint sauce. Served with salad garnish and French dressing

Cheeseburger 638kcal **£7.90**

Locally sourced beef burger with cheddar cheese, lettuce, tomato and burger relish in a brioche bun. Served with salad garnish and French dressing

BBQ Bacon Cheeseburger 711kcal **£8.90**

Locally sourced beef burger, bacon, cheddar cheese, lettuce, tomato, BBQ sauce in a brioche bun. Served with salad garnish and French dressing

Garden Cheeseburger (VG) 601kcal **£7.90**

Vegetable burger, vegan mayonnaise, lettuce, tomato in a brioche bun, Served with salad garnish and French dressing

Soup of the Day (V) 360kcal **£5.95**

Served with a bread roll and butter

Panini **£7.55**

Served with a salad garnish and French dressing

Ham and Cheese 347kcal 🍖

Tuna and Cheese 610kcal 🐟

Cheese and Tomato 304kcal
(Vegan cheese available on request 336kcal) 🌱

Cheese and Red Onion 304kcal
(Vegan cheese available on request 336kcal) 🌱

Jacket Potatoes

Served with a salad garnish and French dressing 🌱

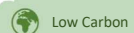
1 filling - £7.95

2 fillings - £8.75

Choice of fillings: **Coleslaw (VG,NG)** 212kcal

Cheese (V,NG) 345kcal **Tuna Mayo (NG)** 314kcal

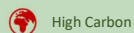
Beans (VG,NG) 120kcal **Vegan Cheese (VG,NG)** 199kcal



Low Carbon



Medium Carbon



High Carbon

V – Vegetarian VG – Vegan NG – Non-Gluten

* Adults need around 2000 kcal a day

Some items on our menu can be adjusted to meet dietary requirements.

Gluten free bread and vegan cheese are available, please ask at the time of ordering.

We kindly ask that only food purchased in the café is to be consumed on our tables.

Snacks

Served hot or cold

Pork Sausage Roll 321kcal **£3.25**

Cheese and Onion Pasty (V) 384kcal **£4.25**

Beef and Vegetable Pasty 439kcal **£4.25**

Pork Pie 580kcal **£5.25**

Vegan Roll (VG) 193kcal **£3.25**

Adult Sandwiches **£6.75**

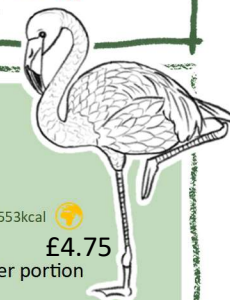
Served in a fresh bap with a salad garnish and French dressing

Gammon Ham and Wholegrain Mustard 218kcal 🐟

Tuna Mayonnaise and Cucumber 465kcal 🐟

Cheddar Cheese and Caramelised Onion (V) 546kcal
(Vegan cheese available on request 459kcal) 🌱

Children's Menu



Children's Breakfast (Served until 11:30) 553kcal 🐟

One fried egg, one slice of bacon, one sausage, baked beans, a slice of wholemeal toast and one butter portion **£4.75**

Toast (V) 139kcal 🌱 **£1.55**

One slice of wholemeal toast with a butter portion

Beans on Toast (VG) 208kcal 🌱 **£3.45**

One slice of wholemeal toast covered in baked beans **£4.10**
Add Cheese (V) 374kcal

Tomato Pasta with Side Salad (VG) 269kcal 🌱 **£4.15**

Half a Jacket Potato With Side Salad 181kcal **1 filling - £4.95**

2 fillings - £5.55

Choice of fillings: **Cheese (V,NG)** 166kcal **Coleslaw (VG,NG)** 106kcal

Tuna Mayo (NG) 157kcal **Baked Beans (VG, NG)** 57kcal

Children's Lunch Box from 395kcal **£6.60**

See chiller for details



Platters

£10.75

Tuna Platter From 883kcal

Tuna Mayonnaise served with salad, French dressing, celery, grapes, coleslaw, bread roll and butter

Ploughman's 1394kcal

½ local pork pie, ham, grated cheddar cheese, salad, French dressing, caramelised onion, celery, grapes, coleslaw, bread roll and butter

Vegan Ploughman's (V,VG) 1089kcal

As above with vegan roll, vegan grated cheese and vegan spread