The Stables Café

MENU

Lotherton

Hot Drinks

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) 192kal	£4.60
Deluxe Hot Chocolate 292kcal with Cream and Marshmallows	£5.95
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	£3.50
Canned Soft Drinks 330ml from 1kcal	£2.80
Simply Fruity 330ml from 11kcal	£2.30
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	£3.65
Vintage Craft Cider 500ml, ABV 6.2%, 3 units, from 265kcal	£5.00

Made from Lotherton apples!

Cakes

Check our counter for the full selection of sweet treats

Slice of Cake A varied selection of cakes	£4.60
Homemade Traybake A choice of fresh sweet treats from our counter display	£4.10
Flapjack (V) from 410kcal	£4.25
Mrs Crimbles (V,NG) from 251kcal	£4.00
Homemade Cookies (V) 212kcal	£3.25
Homemade Scone (V) with two butter portions 515kcal	£4.10
Scone, Jam & Cream (V) with jam and clotted cream pot 631Kcal	£5.95



V – Vegetarian VG – Vegan
NG – Non-Gluten

Adults need around 2000 kcal a day

Breakfast

Served until 11:30

Stables Breakfast 999kcal 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	£9.50
Vegetarian Breakfast (V) 718kcal Two fried eggs, two vegan sausages, baked beans, mushrooms, one tomato, two slices of wholemeal toast and two butter portions	£8.75
Stables Breakfast – The Smaller One 566kcal One fried egg, one slice of bacon, one sausage, baked beans, mushrooms, half a tomato, one slice of wholemeal toast and a butter portion	£6.75
Scrambled Egg on Toast (V) 409kcal Three eggs on two slices of wholemeal toast	£5.25

Served all day

Breakfast Sandwiches – all served in a fresh bap, a choice of... Three rashers of rindless back bacon 437kcal Three rare breed sausages 571kcal Three vegan sausages (V, VG) 304kcal	£6.85
Beans on Toast (VG) 417kcal Two slices of wholemeal toast with a portion of beans	£4.50
Toasted Currant Teacake (V) 423kcal with three butter portions	£3.45
Two Slices of Wholemeal Toast (V) 278kcal with two butter portions	£2.75

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

Pork, Gravy and Apple Sauce Sandwich 448kcal — £8.45
Hot slices of pork cooked in gravy and topped with apple sauce in a fresh bap. Served with a salad garnish and French dressing

Soup of the Day (V) from 360kcal — £5.95
Served with a bread roll and a butter portion

Pork Pie, Mushy Peas and Mint Sauce 742kcal — £7.75
Locally sourced pork pie, topped with mushy peas and mint sauce

Yorkshire Pudding and Gravy (V) 309kcal — £6.25
Giant Yorkshire pudding served with gravy

Yorkshire Pudding, Sausage, Mashed Potato and Gravy 680kcal — £9.25
Giant Yorkshire pudding served with two sausages, a portion of mashed potato and gravy

See the chalkboard for seasonal specials!

Low Carbon
Medium Carbon
High Carbon

Adult Sandwiches — £6.75

Served in a fresh bap with 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)

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 - £8.45 2 fillings - £9.25

Choice of fillings:

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

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

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.

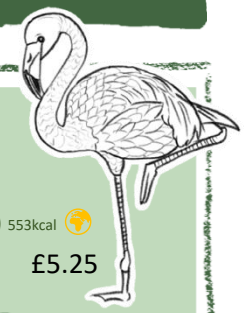
Gluten free bread and vegan cheese are available please ask at the time of ordering.

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



Children's Menu

Children's Breakfast (Served until 11:30) 553kcal — £5.25
One fried egg, one slice of bacon, one sausage, baked beans, a slice of wholemeal toast and a butter portion

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
Add Cheese (V) 374kcal — £4.10

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

Yorkshire Pudding and Gravy (V) 111kcal — £4.15
4" Yorkshire pudding served with gravy

Yorkshire Pudding, Sausage, Mashed Potato and Gravy 438kcal — £5.60
4" Yorkshire pudding served with one sausage, mashed potato and gravy

Children's Lunch Box from 395kcal — £6.95
See chiller for details

