

Hot Drinks

Mug of Tea (V) 0kcal	£2.35
Mug of Flavoured Tea (V) 0kcal	£2.55
Americano (V, VE) 4kcal	£2.95
Cappuccino (V) 69kcal	£3.45
Latte (V) 79kcal	£3.45
Espresso (V, VE) 5kcal	£2.65
Flat White (V) 34kcal	£3.25
Mocha (V) 198kcal	£3.45
Babychino (V) 69kcal	£1.20
Hot Chocolate (V) 192kcal	£3.25
Deluxe Hot Chocolate (V) 292kcal with cream and marshmallows	£4.25
Syrup shot (V, VE, GF) from 48kcal	£1.20

*Semi-Skimmed Milk (V) 5kcal
Oat Milk (V, VE) 6kcal
Almond Milk (V, VE) 2kcal
Soya Milk (V, VE) 4kcal
*Decaffeinated coffee and tea available

All of our food and drinks are available to take-out

Cold Drinks

Fentimans Soft Drinks 275ml from 107kcal	£2.95
Canned Soft Drinks 330ml from 1kcal	£2.00
Fruit Shoot 275ml from 11kcal	£1.80
Harrogate Spa Still Water 500ml 0kcal	£2.00
Lager/Beer from 141kcal	£4.50
Wine 20cl Bottle from 40kcal	£6.00
Heritage Apple Juice from 133kcal	£3.20
Vintage Craft Cider from 265kcal	£5.00

Made with apples from Lotherton Orchard!

Cakes

Slice of Cake – A varied selection of cakes	£4.60	Flapjack (V) from 410kcal	£3.50
Traybake – A choice of fresh sweet treats from our counter display	£3.50	Gluten Free Slices (V,GF) from 330kcal	£3.50
Homemade Scone (V) with two butter portions 515kcal	£3.40	Gingerbread Biscuit (V) 213kcal	£2.50
Scone, Jam & Cream(V) with jam and clotted cream pot 631Kcal	£5.05	Crispy Buns (V) 202kcal	£2.25

Check the counter to see what cakes we have available

V - Vegetarian VE- Vegan
GF- Gluten Free

Adults need around 2000 kcal a day

Breakfast

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 white toast and two butter portions	Served until 11:30	£7.65
Vegetarian Breakfast (V) 718kcal Two fried eggs, three vegan sausages, baked beans, mushrooms, one tomato, two slices of white toast and two butter portions		£7.65
Children's Breakfast 553kcal One fried egg, one slice of bacon, one sausage, baked beans, a slice of toast and one butter portion		£4.95
Scrambled Egg on Toast (V) 409kcal Three eggs on two slices of white toast		£4.50
Breakfast Sandwiches – all served in a white breadcake, a choice of.. Three rashers of rindless back bacon 437kcal Three rare breed sausages 571kcal Three vegan Sausages (V, VE) 304kcal	Served all day	£5.75
Beans on Toast (VE) 417kcal Two slices of white toast with a portion of beans		£3.95
Toasted Currant Teacake (V) 423kcal with three butter portions		£3.25
Two Slices of White Toast (V) 278kcal with two butter portions		£2.50



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

Burgers

All our burgers are served with a side salad and french dressing

Beef Burger ^{547kcal} £6.35

Locally sourced beef burger served with lettuce, tomato and burger relish in a brioche bun

Cheeseburger ^{628kcal} £6.75

Locally sourced beef burger served with cheese lettuce, tomato and burger relish in a brioche bun

BBQ Bacon Cheeseburger ^{706kcal} £7.25

Locally sourced beef burger, bacon, cheese and BBQ Sauce. Served with lettuce and tomato in a brioche bun

Vegetable Burger (V,VE)(*GF avail) ^{633kcal} £6.35

Vegetable burger, mayonnaise, lettuce and tomato served in a brioche bun*

Vegetable Cheeseburger (V,VE)(*GF) ^{690kcal} £6.75

As above with cheese

Paninis

Served with a salad garnish and French dressing

Ham and Cheese ^{347kcal}

Tuna and Cheese ^{610kcal}

Vegan Cheese with Tomato/Red Onion (V,VE) ^{336kcal}

Adult Sandwiches

£5.95

Served with a salad garnish and French dressing

Gammon Ham and Wholegrain Mustard ^{218kcal}

Tuna Mayonnaise and Cucumber ^{465kcal}

Cheddar Cheese and Caramelised Onion (V) ^{543kcal}
(Vegan cheese available on request ^{445kcal})

Platters

Tuna Platter ^{From 883kcal}

Tuna Mayonnaise served with salad, french dressing, celery, grapes, coleslaw and malted bread and butter

Ploughmans ^{1394kcal}

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

Vegan Ploughmans (V,VE) ^{1089kcal}

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

Jacket Potatoes

Served with a salad garnish and french dressing

1 filling - £6.95 2 fillings - £7.45

Choice of fillings:

Cheese (V,GF) ^{345kcal}

Beans (V,VE,GF) ^{120kcal}

Tuna Mayo (GF) ^{314kcal}

Coleslaw (VE,GF) ^{248kcal}

Vegan Cheese (V,VE) ^{199kcal}

V - Vegetarian **VE** - Vegan **GF** - Gluten Free

* 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

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



The Stables Café

Snacks

Served hot or cold

Pork Sausage Roll ^{321kcal} £2.55

Cheese and Onion Pasty (V) ^{384kcal} £2.95

Beef and Vegetable Pasty ^{439kcal} £2.95

Pork Pie ^{580kcal} £3.50

Vegan Roll (V,VE) ^{193kcal} £2.65



Children's Menu

Toast (V) ^{139kcal}

One slice of toast with a butter portion £1.50

Beans on Toast (V,VE) ^{208kcal}

One slice of toast covered in baked beans £3.25

Add Cheese (V) ^{374kcal} £3.75

Tomato Pasta With Side Salad (V,VE) ^{269kcal}

£3.75

Half a Jacket Potato

^{181kcal}

1 filling - £4.25 2 fillings - £4.95

Choice of fillings:

Cheese (V,GF) ^{166kcal} **Tuna mayo (GF)** ^{157kcal}

Baked beans (V,VE) ^{57kcal} **Coleslaw (V,VE,GF)** ^{124kcal}

Children's Lunch Box ^{from 395kcal}

£5.95

Choice of sandwich (ham, cheese, tuna), crisps, biscuit* and either a fruit shoot or water

*Biscuit can be substituted for fruit

