

# Y Stablau

B E T W S - Y - C O E D



The Stables Lodge - all 18 en-suite rooms are fully furnished to a high standard and offer tea & coffee making facilities, flat screen TV's with selected Sky channels, double glazing and central heating. Family rooms, lift, disabled facilities, bike store and drying room available. Room only rates or choose to have breakfast at the famous Royal Oak Hotel adjacent to the Lodge.

The Stables Bar Bistro boasts an unique atmosphere. We show all

the live sports, internationals and hosts regular music nights - from Jazz, Rock and Blues to the sublime voices of our local Male Voice Choirs - check out our website for a full listings calendar or visit us on [facebook](#) for regular updates and

photos of our past events. The Stables is open from midday daily and serves food until 9.30pm (9pm in the Winter).



The village has some of the most beautiful and unique shops in North Wales and hosts many specialist outdoor shops. Betws-y-Coed is Wales' most popular inland resort. It enjoys a superlative setting surrounded by dense woodland and magnificent mountains. The river Conwy meets its three tributaries at Betws flowing in from the west - the Llugwy, the Lledr and the Machno and the beauty of the area is enhanced by cascading waterfalls, river pools and ancient bridges.



# Y Stablau



You may not know that 'Croeso' means welcome in Welsh, but come to Betws-y-Coed and you will know what a Welsh welcome means.

The Stables, Betws y Coed, Snowdonia LL24 0AY Tel: 01690 710219  
www.stables-bistro.co.uk www.stableslodge.net  
e-mail: royaloakmail@btopenworld.com

**DAY MENU  
SERVED BETWEEN 12 & 6PM**

Three-Egg Omlette with peas & chips  
- Mushroom, Ham or Cheese ..... £6.95

**PANINI**

Three Cheese .....£4.85  
Barbecue Chicken .....£5.25  
Tuna Melt .....£4.85  
Ham, Cheese & Tomato .....£4.95

**SANDWICHES -**

**On White or Granary with garnish**

Chicken & Bacon in Mayonnaise .....£4.45  
Home Baked Ham .....£4.25  
Prawns in Marie Rose Sauce .....£4.95  
Welsh Cheddar-with Onion or Pickle ..£3.95  
Tuna & Sweetcorn Mayonnaise .....£4.25  
Welsh Rarebit on bloomer. ....£4.95  
Welsh Rump Steak Strips &  
onion in ciabatta .....£6.25

**JACKET POTATOES - with salad garnish**

Welsh Cheese .....£4.85  
Chicken & Bacon with Mayonnaise .....£5.50  
Tuna & Sweetcorn Mayonnaise .....£4.95  
Prawns in Marie Rose Sauce .....£5.75

**SIDE ORDERS**

Garlic Baguette .....£2.25  
Onion rings .....£1.85  
Potato Wedges .....£2.45  
House Salad .....£3.50  
Garlic Baguette with Cheese .....£2.75  
Naan Bread .....£1.95  
Calamari .....£1.95  
Chips- single portion .....£2.20  
Chips- basket to share .....£3.50  
Coleslaw .....£1.25  
Nachos with melted cheese,  
jalapeños & salsa dip .....£3.95  
Deep Fried Perl Wen Cheese  
with cranberry relish .....£4.75  
Bowl of seasonal vegetables .....£2.75

# Y Stablaau

**MAIN MEALS**

Chicken, Smoked Bacon, Onions, Button Mushrooms & Penne in White Wine Cream Sauce ...£7.95  
Welsh Beef Spaghetti Bolognese .....£7.25  
Spicy Pork & Beef Meatballs in Tomato Basil Sauce with Spaghetti .....£8.25  
Home Made Beef Lasagne with Mixed Salad .....£7.95  
House Speciality - Home Beer Battered Haddock, Chips, & Mushy Peas .....£7.75  
Butterfly of Salmon with Creamed Cabbage and New Potatoes .....£8.25  
Baked Fresh Local Lake Trout with Smokey Bacon and New Potatoes .....£7.25  
Whitby Whole tail Scampi, chips and peas .....£7.75  
Grilled Penmon Sea Bass Fillet with New Potatoes, Broccoli and Lime Herb Butter .....£8.95  
Chef's Pie of the Day with chips and peas .....£8.25

**CHEF'S CURRIES**

**Tikka Massala** – tomato, yoghurt & coriander

**Green Thai** – green chilies, lemongrass, galangal, coriander, coconut milk

**Red Thai** – red chilies, coconut milk, kafir lime leaves, coriander

Chicken .....£8.65	<b>Choose from Mild, Medium or Hot</b>
Prawn .....£9.65	<b>all served with Rice and/or Chips</b>
Welsh Rump Steak Beef .....£9.25	
Vegetable .....£7.75	Naan Bread .....£1.95

**CHARGRILL & MEAT DISHES – all our beef is guaranteed 28 day matured Welsh**

Sirloin Steak (250g) .....£12.75	Roast Half Chicken .....£7.95
Rump Steak (450g) .....£13.25	Gammon & Pineapple .....£8.25
Famous Mixed Grill .....£14.95	

6oz Sirloin, gammon, lamb chop, white pudding, cumberland sausage, blackpudding  
All the above with Mushrooms, Tomatoes and Peas – choose from chips or jacket potato

**Sauces - Choose from:**

Pepper, Tomato & Garlic, Barbecue, Sweet Chilli .....£1.45

**STABLAU BURGERS**

**from local herds, exclusively supplied by OE Metcalf of Llanrwst**

8oz Beef Burger .....£ 7.95	The Snowdon Burger – climb it at your peril!!!
8oz Lamb Burger .....£8.75	16oz's of prime local beef smothered
Welsh Rarebit Burger. ....£8.95	with layers of Welsh Rarebit .....£14.25
Beef & Bacon Burger .....£8.95	<b>All served with chips and salad garnish</b>

**PLEASE CHECK OUR BLACKBOARD  
FOR TODAY'S SPECIALS SALADS**

“Feta” & Olives .....7.65  
Citrus Salmon  
with Lemon Pepper Dressing .....£7.65  
Llanrwst Gold Cup Pork Pie & Welsh  
Cheese Ploughman's .....£8.25  
Chargrilled Chicken with  
Chilli & Lime Dressing .....£7.95

**VEGETARIAN DISHES**

Vegetable Burger with Chips & Salad .....£7.25  
Baked Field Mushroom - filled with  
Couscous and grilled Goats Cheese .....£7.45  
Sautéed Mushrooms with Baby Spinach  
in Garlic Cream Sauce with Spaghetti .....£6.95  
Mushroom & Vegetable Stroganoff .....£7.45  
Pan Fried Vegetables in Tomato  
& Basil Sauce with Penne .....£7.45

**PIZZA - Medium Pan (9") (12")**

**Marinara**  
Prawns, Tuna & Anchovies .....£7.95 ...£9.25

**Formaggio Capra**  
Goats Cheese, Red Onion  
& Herb Oil .....£7.45 ...£8.95

**Hawaiian**  
Ham, Cheese & Pineapple .....£6.95 ...£8.95

**American Hot**  
Pepperoni & Jalapeño Peppers ..£6.95 ...£8.95

**La Pollo Casa**  
Chicken & Sweetcorn .....£7.75 ...£8.95

**Margherita**  
Classic Cheese & Tomato Pizza ..£6.25 ...£8.25

**Additional Toppings - choose from**

Mushrooms, peppers, onions,  
pineapple, sweetcorn, jalapeños  
or black olives .....0.90p ...£1.10  
Ham, pepperoni, anchovies, tuna,  
feta, prawns, chicken or bacon ...£1.10 ...£1.30