

Y Stablau

BAR & BISTRO

PLEASE CHECK OUR BLACKBOARD FOR TODAY'S SPECIALS

SALADS	Chickpea, Spinach & Tomato Curry£8.45 (vegan)	La Pollo Casa	Chicken & Sweetcorn£8.25	£9.95
Greek Style Feta & Olive£8.25		Margherita	Classic Cheese & Tomato Pizza£6.55	£9.25
Citrus Salmon with Lemon Pepper Dressing£9.15	PIZZA			
Chargrilled Chicken with Chilli & Lime Dressing£8.55	(9") (12")			
(v) Baked Flat Mushroom with Couscous and Grilled Goats Cheese£8.25	Marinara			
Ploughmans - three cheese, pickles, apple, pickled egg & bread£8.95	Prawns, Tuna & Anchovies£8.25			£9.95
VEGGIE	Formaggio Capra			
Mushroom & Vegetable Stroganoff£7.65	Goats Cheese, Red Onion & Herb Oil£7.90			£9.55
Tomato & Basil Pomodoro with vegetables and penne£7.55	Hawaiian			
	Ham, Cheese & Pineapple£8.25			£9.95
	American Hot			
	Pepperoni & Jalapeno Peppers . . .£7.45			£9.55

Additional Toppings - choose from
Mushrooms, peppers, onions,
pineapple, sweetcorn, jalapeños
or black olives£1.00 £1.20
Ham, pepperoni, anchovies, tuna,
prawns, chicken, duck or bacon . . .£1.25 £1.50

DAY MENU SERVED BETWEEN 12 & 6PM

Three-Egg Omlette with peas & chips
- Mushroom, Ham or Cheese£7.25

PANINI

Three Cheese£5.40
Barbecue Chicken£5.95
Tuna Melt£4.95
Ham, Cheese & Tomato£5.35
Rump Steak Strips & onion£7.25

SANDWICHES -

On White or Granary with garnish

Chicken & Bacon in Mayonnaise£5.25
Home Boiled Ham£4.95
Prawns in Marie Rose Sauce£5.95
Homemade Chicken Tikka£5.25
Welsh Cheddar-with Onion or Pickle . . .£4.45
Tuna & Sweetcorn Mayonnaise£4.95
Welsh Rarebit on bloomer£5.65

JACKET POTATOES - with salad garnish

Welsh Cheese£5.45
Chicken & Bacon with Mayonnaise£6.25
Tuna & Sweetcorn Mayonnaise£5.75
Prawns in Marie Rose Sauce£6.75
Welsh Beef Chilli Con Carne£6.25

SIDE ORDERS

Garlic Ciabatta£2.50
Onion rings£2.20
Potato Wedges£2.95
House Salad£3.85
Garlic Ciabatta & Cheese£2.95
Naan Bread£2.50
Poppadums with mango chutney£1.95
Calamari£3.50
Chips- single portion£2.65
Cheesy Chips£3.65

Chips with Rosemary & Rock Salt£3.45
Sweet Potato Chips£3.25
Coleslaw£1.95
Nachos with melted cheese,
jalapeños, salsa & sour cream dip£4.95
Bowl of Seasonal Vegetables£2.95

Y STABLAU BURGERS from local herds, exclusively supplied by OE Metcalfe of Llanrwst

8oz Beef Burger£8.65
8oz Lamb Burger£9.15
8oz Beef & Bacon Burger£9.75
Chargrilled Chicken£8.95
(v) Spicy Bean Burger£7.45
Slow Cooked Pulled BBQ Pork£8.95
The Welsh - 8oz Beef & Rarebit Topping . .£9.75
The Dragon - 8oz beef & chilli£8.95
The Snowdon Burger – climb it at your
peril...! 6oz's of prime beef smothered
with layers of Welsh rarebit£14.95

CHEF'S CURRIES

Tikka Massala – chillies, tomato, turmeric,
paprika, cumin, coriander, yoghurt
Green Thai – green chillies, lemongrass, galangal,
coriander, coconut milk, thai fish sauce
Red Thai – red chillies, coconut milk, kafir lime
leaves, coriander, thai fish sauce
Chicken£9.45
King Prawn£10.65
Rump Steak Beef£9.95
Vegetable£8.35
Naan Bread£2.50
Poppadums with mango chutney£1.95
All served with chips or rice - mild, medium or hot

CHARGRILL

Sirloin Steak (250g)£16.50
Rump Steak (350g)£14.95
Y Stablau Mixed Grill£17.50
6oz Sirloin, gammon, lamb chop, white pudding,
cumberland sausage, black pudding
Loin of Pork with pepper sauce£9.75
Sauces - choose from;
Pepper, Tomato & Garlic, Barbecue
or Sweet Chilli£1.50
Add an Egg - local free rang£1.00
All the above with Mushrooms, Tomatoes and Peas –
choose from chips or jacket potato

CLASSICS

Home Made Beef Lasagne, side salad£7.95
Spicy Welsh Beef Chilli Con Carne with
Basmati£8.45
Chicken, Smoked Bacon, Onions,
Button Mushrooms & Penne in White
Wine Cream Sauce£8.90
Gammon & Pineapple with chips,
tomato & peas£9.45
Welsh Beef Spaghetti Bolognese£7.85
Half Roast Chicken with chips,
tomato, peas & gravy£8.95
Spicy Pork & Beef Meatballs in
Tomato Basil Sauce with Spaghetti£8.95
Welsh Beef & Conwy Ale Pie
with chips & peas£8.45

FISH

House Speciality - Home Beer Battered
Fish, Chips, & Mushy Peas£9.25
Butterfly of Salmon with Creamed
Cabbage and New Potatoes£9.75
Baked Fresh Local Lake Trout with
Smokey Bacon and New Potatoes£8.25
Whitby Whole Tail Scampi, chips and peas .£8.35
Baked Cod with Welsh Rarebit Glaze,
new potatoes & vegetables£9.95