

the Stables

GROOMSPORT

Gluten Free Menu

Starters



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|--|---|
| Norwegian Prawn & Egg Salad | 7 |
| Marie Rose / Lemon | |
| Strangford Mussels | 7 |
| Guinness & Cider Cream / Fresh Langoustine | |
| Walter Ewing's Smoked Salmon | 7 |
| Bramley Apple Gel / Maple Syrup | |
| Salted Chilli Crab Claws & Prawns | 8 |
| Chargrilled Baby Gem | |

Mains

| | |
|--|----|
| 10oz Sirloin | 22 |
| Saute Onions / Saute Mushrooms / Slow Roasted Tomato | |
| 10oz Ribeye | 20 |
| Saute Onions / Saute Mushrooms / Slow Roasted Tomato | |
| 8oz Ribeye Combo cooked your way & topped with: | |
| Salted Chilli Crab Claws & Prawns | 24 |
| Crispy Chicken Strips | 20 |

Pan Fried Cod Loin **14**

Crispy Pork Belly / Curried Cauliflower Puree / Mango
/ Red Chilli / Coriander

Duo of Lamb **16.5**

Seared Rack of Lamb / Confit Lamb Shoulder / Pea Puree /
Chantenay Carrots / Red Wine & Thyme Jus

Seared Supreme of Chicken **12.50**

Saute Potatoes / Tournafulla Black Pudding / Sugar Snap Peas /
Cherry Tomatoes / Sage Butter

Pan Fried Fillet of Hake **14**

Roast Tomatoes / Garlic / Chorizo / Butter Beans / Sea Vegetables

Mixed Grill **20**

Steak / Chicken Fillet / Sausage / Baby Back Ribs / Liver /
Mushrooms / Onion Rings

Crispy Chicken Strips **11**

Sweet Chilli Drizzle / Garlic Mayo

All main courses served with a choice of side order:
Mash / Champ / Baby Boiled / Rice