



THE STABLES CAFÉ

Autumn '25 Menu | Fresh Food | Artisan Coffee | Events

THE STABLES BREAKFAST

Bacon, pork sausage, baked beans, hash brown, mushrooms, poached egg and a slice of toast served with butter. **£ 10.45**
Swap to Veggie Shed Breakfast; served with halloumi & a veggie sausage (V)

EGGS BENEDICT

Two poached eggs, two free range slices of ham, served on an English muffin and topped with creamy hollandaise sauce. **£ 8.95**
Swap to: smoked salmon to make it Royale +£1.50 (P); mushroom to make it Funghi (V); or spinach to make it Florentine (V)

SCRAMBLED EGGS ON TOAST

Local free range eggs served on toasted sourdough bread. (V) **£ 6.25**
Add smoked salmon +£2.50 (P)

AVOCADO ON TOAST

Smashed avocado piled on top of sourdough toast served with fresh chilli jam. (VE) **£ 6.25**
Add smoked salmon +£2.50 (P)

BACON OR SAUSAGE BAP

Free range bacon or free range pork sausage. Served in a brioche bap. **£ 5.45**
Add sausage/bacon +£1.50, Swap to veggie sausage (V)

YOGHURT & GRANOLA

Organic natural yoghurt topped with honey granola and seasonal berries. (V/GF) **£ 4.95**

TOAST

Two slices of sourdough toast with butter and a choice of jam, honey or marmalade. (V/VE) **£ 2.95**

HUMMUS PLATTER

Freshly made hummus served with sourdough bread fingers and carrot batons for dipping. (VE) **£ 6.25**

SOUP OF THE DAY

Homemade soup of the day served with a slice of toasted sourdough. **£ 6.25**

We make our Hummus, smashed avocado, pesto, soup and cakes in house, please ask if you have any questions. Our bread and baked goods are made fresh daily and delivered by local bakeries, unfortunately we do not have control of the environment they are made in, we cannot guarantee that there are no traces of nuts and other common allergens in our suppliers kitchens. Please advise of any allergies when ordering.

(P) Pescatarian | (V) Vegetarian | (VE) Vegan | (GF) Gluten Free
Gluten Free bread available on request

The Stables is part of Good Apples Ltd
Check out our other sites; The Potting Shed and The Manor Kitchen
both located in Boston Manor Park
www.goodapples.london / @GoodApplesLondon

B.L.T

Free range bacon, lettuce and tomato, served in toasted sourdough. **£ 6.45**

TOMATO, MOZZARELLA & PESTO

Tomato, buffalo mozzarella & basil pesto, served in toasted sourdough. (V) **£ 6.75**

TUNA MELT

Tuna mayonnaise topped with melted swiss cheese and sprinkled with capers, served in toasted sourdough. (P) **£ 6.95**

HAM, CHEESE & PICKLE

Free range ham & Cheddar Cheese, served in fresh sourdough. **£ 6.25**

CLUB SANDWICH

Triple layer sandwich with chicken breast, free range ham, swiss cheese, lettuce, tomato & mayonnaise on toasted white bread. **£ 7.45**

Our sandwiches are made on site in sourdough bread and are served with salad.

SEASONAL SPECIALS

CHORIZO, MANGO & FETA SALAD

Pan fried chorizo, fresh mango and feta served on a bed of leafy salad. (GF) **£ 7.25**

HOT HONEY HALLOUMI

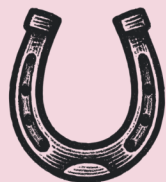
Grilled halloumi drizzled in hot honey on a bed of smashed avocado, topped with pickles and wrapped in a soft greek flatbread. (V) **£ 6.75**
Swap halloumi for chicken breast +£1.75

FRENCH TOAST FINGERS

Brioche French toast fingers with fresh seasonal berries, Greek yoghurt & Honey on the side(V) **£ 8.25**

COFFEE AND TEA

Espresso	£2.65	Yorkshire Tea	£1.95
Americano	£2.95	Teapigs Tea	£2.70
Cappuccino	£3.60	Everyday Brew, Earl Grey, Lemon & Ginger, Decaf Tea, Peppermint, Super Fruit, Mao Feng Green, Chamomile, Super fruits	
Macchiato	£2.85	Iced Americano	£3.45
Flat White	£3.40	Iced Latte	£4.10
Latte	£3.60	Iced Mocha	£4.30
Cortado	£3.05	Iced Matcha Latte	£4.60
Mocha	£3.80	Iced Chai Latte	£4.40
Matcha Latte	£4.10	Alt Milk +30p	Syrups +50p
Chai Latte	£3.90	Soya/Coconut/Oat	
Hot Chocolate	£3.90		



THE STABLES CAFÉ

Kids Menu | Fresh Food | Organic Juices & Smoothies

KIDS MENU

SANDWICHES

A choice of Ham or Cheese, served on fresh sandwich bread.

£ 3.95

HUMMUS, BREAD AND CARROTS

Freshly made hummus served with sourdough bread fingers & carrot batons for dipping. (VE)

£ 3.95

SCRAMBLED EGG ON TOAST

Local free range egg served on fresh sandwich bread. (V)

£ 4.25

BEANS ON TOAST

Baked beans served on fresh toasted sandwich bread. (VE)

£ 3.95

TOAST

A slice of fresh toasted sandwich bread with a choice of Jam, Honey or Marmalade. (V/VE)

£ 1.95

YOGHURT, GRANOLA AND BERRIES

Organic natural yoghurt topped with honey granola and seasonal berries. (V/GF)

£ 3.25



GOOD APPLES



THE POTTING SHED



THE MANOR KITCHEN

HAVE YOU FOUND OUT SISTER SITES IN
BOSTON MANOR PARK?