

DAYTIME MENU

PASSION & TASTE

#### PLEASE ORDER AS REQUIRED . FOOD AND DRINK WILL ARRIVE AS PREPARED PLEASE NOTE WE ARE UNABLE TO OFFER ANY ALTERNATIVES TO OUR MENU · THANK YOU

#### - SOUP --

Served with warm crusty bread & butter

TO GO IN

**CHEFS SOUP OF THE DAY** 

£3.95 £6.95

Ask a barista about our soup of the day. Served with bread and Longley Farm butter.

**SOUP & SANDWICH DEAL** 

Price of Sandwich/Toastie + £3.50

Add soup of the day to any sandwiches or toastie.

### - SANDWICHES --

All sandwiches are served with dressed salad garnish, pretzels and house slaw unless stated otherwise. Sandwiches are also available served on gluten free bread

TO GO IN

**CHICKEN BLT BAGEL** 

£7.75 £9.75

Oven roasted chicken, bacon, lettuce, vine tomato and mayo on a lightly toasted bagel.

**SMOKED SALMON PANINI** 

£7.50 £9.50

Wholemeal Panini filled with smoked salmon, cos lettuce, pickles, radish, and creamed horseradish.

**GOATS CHEESE FLAGUETTE** 

£7.25 £9.25

Seeded flaguette filled with goats cheese, celery, walnuts, apple and ale chutney, mayonnaise and rocket leaf.

**RRIF & RACON** 

£6.95 £8.95

Creamy brie, smoked bacon and plum and apple chutney with mayo on a hearty multi-seed rustic roll.

**SERRANO HAM & MANCHEGO** 

£7.75 £9.75

18 month aged Serrano ham, manchego cheese, rocket, olives, caramelised onion, red pesto & aioli on a rustic white baquette.

**CHICKEN CAESAR WRAP** 

£6.95 £8.95

Oven roasted chicken, smoked bacon, gem lettuce, parmesan and caesar dressing.

**TOASTED VEGAN BURRITO** 

£6.95 £8.95

Cannellini beans, spiced cous cous, cherry tomatoes, spinach, pickled beetroot and guacamole.

**SMOKED SALMON WRAP** 

£6.95 £8.95

Scottish smoked salmon, fat free yoghurt, avocado, rocket leaf, cucumber, sesame seeds.

**BESPOKE SANDWICHES** 

£5.95 £7.95

Design a simple sandwich of your choice on white or brown bloomer with ham, chicken, bacon, tuna, cheese, salad items & condiments.

# -- ABACO TOASTIES --

Served on sourdough bread with dressed salad garnish, pretzels and house slaw unless stated otherwise.

**TOASTIES** 

TO GO IN £6.50 £8.50

£9.75

Bacon & Cheese, Cheese & Onion, Ham & Cheese,

Cheese & Tomato, Tuna or Cheese.

**SPECIAL TOASTIES** 

**CROQUE MONSIEUR** 

With a comte cheese bechamel and roast ham, on toasted Altamura bread.

#### -- ABACO CLASSICS --

KING PRAWN PUTTANESCA LINGUINI Sautéed king prawns. £15.95 tomato sauce, capers, anchovies, olives, sweet peppers, chilli, parsley,

lemon, garlic and linguini. Vegan alternative available - £11.95

**BEEF BOURGUIGNON** Slow cooked beef, mushrooms, pancetta, £15.95 onions & garlic in a rich red wine sauce with creamed potatoes.

MOROCCAN LAMB TAGINE Handmade Moroccan lamb tagine with couscous served with yoghurt and warm pitta bread.

f16 75

£14.50

£13.45

BAKED CHEESE (v) Oven baked Camembert Le Fin Normand, baked with garlic, rosemary and white wine, served with a basket of warm bread.

BEETROOT AND BUTTERNUT SQUASH WELLINGTON (V)

Chunky beetroot and butternut squash in a sweet and sharp balsamic chutney wrapped in a golden baked puff pastry lattice with sautéed tenderstem broccoli and toasted almonds.

SPANISH TORTILLA (V)

Half or full Spanish tortilla with mixed leaf salad and chilli jam. Add cheese + £2.00, bacon + £2.95.

ALL OF THE ABOVE DISHES HAVE A 20 MINUTE WAITING TIME

### - SALADS --

TO GO IN £7.95 £12.95

GREEK (v) - Greek Feta, cucumber, tomatoes, red onion, pitted olives, oregano on rocket with red pepper hummus, dolmades and warm pitta. Add - sliced chicken breast £3.50

MOROCCAN BUDDHA BOWL (V)

£7.95 £12.95

Spiced herb cous cous with avocado, pickled beets, hummus, roast sweet potato, sesame, white beans, onions, cucumber, tomato, rocket with a raisin and caper emulsion. Add -sliced chicken breast £3.50 or smoked salmon £4.25

**TUNA NICOISE** 

£7.95 £12.95

Tuna flakes, cannellini beans, fresh tomatoes, olives, soft boiled egg, potatoes, rocket leaf and basil pesto.

CHICKEN CAFSAR

£7.95 £12.95

Oven roasted chicken breast, bacon, anchovies, shaved parmesan, soft boiled egg on baby gem lettuce served with garlic croutons and Caesar dressing.

**CAPRESE** (V) Layered fresh vine tomatoes, Italian Mozzarella, **£5.50** rocket and red onion, drizzled with olive oil.

MIXED LEAF SALAD - Mixed salad leaves, red onion, sweet peppers, cucumbers, tomatoes tossed in french dressing.

£3.95 £4.95

£7.95

£4.95

£7.95

# -- CHILDREN'S --

Cucumber, celery and tomatoes with chick pea hummus	£3.95
Spaghetti Bolognese with grated Parmesan	£7.50
Margherita Pizza (available from 12pm)	£7.50

**SANDWICHES** - All served hot or cold, on white or brown bread, with crisps. Cheese, chicken, ham, bacon or tuna.

MEAL DEAL - Choice of pizza, spaghetti bolognese, sandwich or toastie, with a fruit bar, or wafer and either water, chocolate/strawberry milkshake, orange juice or apple juice.

All for children aged 12 and under

## - SPECIALITY BOARDS -

MEAT PLATTER - A selection of European meats,

f11.45

served with fig relish and warm Altamura bread.

and Spanish aioli served with warm pittas.

**NAPOLI** - Italian large grained salami with a subtle smoked flavour and piquant black pepper. SERRANO - Spanish sliced ham aged 15 months with a dense and meaty flavour. SALAMI MILANO - A sweet delicate salami with a well defined aroma and mild flavour.

FINOCCHIONA - Tuscan pork salami with a soft texture, flavoured with fennel.

f11 95

£19.95

CHEESE BOARD (V) A selection of European cheeses served with balsamic onion with plum and apple chutney and an assortment of fine crackers.

FRENCH COMTE - Hard mellow fruity cheese with a pale yellow colour.

ITALIAN TALEGGIO - Semi soft Italian ripened cheese with a strong aroma with a mild fruity tang. **FOWLERS SAGE DERBY** - A smooth creamy derby cheese marbled with a delicate sage infusion. CROXON MANOR WENSLEYDALE - A firm creamy cheese with a slightly sweet and also tart flavour. ITALIAN GORGONZOLA DOP - A rich blue veined cheese with a nutty aroma and a mild sweet taste.

**CHARCUTERIE BOARD** 

Both of our fine selections of meats and cheeses served on one board.

**VEGETABLE ANTIPASTI (V)** f9 95

Roasted Mediterranean vegetables, chargrilled artichokes, red pepper humous, rosemary grissini, tomato bruschetta, pickles, olives and Greek dolmades.

**ANTIPASTI CHEESE BOARD** £19.95 Both of our fine selections of antipasti and cheeses served on one board.

MEZZE (v) - Trio of Greek mixed pitted olives, chickpea hummus £7.75

£8.50 PATÉ - Chicken liver and cognac paté served with caramelised onion chutney, mixed leaf salad and warm crusty bread.

## - ABACO PLATTER --

Our signature 20" board with a rustic combination of European meats, European cheese & crackers, mezze, paté, vegetable antipasti, Caprese salad & sardines with a selection of warm breads and bread sticks.

£39.00

**SUN - WED £45 WITH BOTTLE OF HOUSE WINE** 

## - DELI TAPAS SELECTION --

**BRUSCHETTA** (v) - Garlic toasted semolina bread with chopped £7.95 vine tomatoes, shallots, sweet basil. Add - Serrano Ham £2.50

**BREAD & BALSAMIC VINEGAR -** Freshly baked breads £5.95 with extra virgin olive oil and aged balsamic vinegar.

ITALIAN OLIVES MIX £4.95 **ROSEMARY & CHILLI NUTS** £4.75 Non-pitted nocerella, cerignola & black gaeta BALSAMIC BOLLOTA ONIONS £3.75 **GREEK OLIVES MIX** £4.50 SARDINES IN TOMATO SAUCE £3.75 Pitted Gordal, Kalamata & Halkidiki **ARTICHOKES** £3.95 **DOLMADES** £3.75 PETIT SAUCISSON with chilli jam £3.95 **BREAD STICKS & AIOLI** £3.95 **TRUFFLE CRISPS** £3.75 **CORN TORTILLAS** £4.50 with truffle and black pepper mayonnaise **& GUACAMOLE** 

#### -- CAKES --

A selection of Italian and homemade cakes

Tanzanian dark chocolate, caramelised almonds & figs.  Made by Alex from Flitcroft's Bakery in saddleworth.	£3.95
ABACO MANDORLA CHOCOLATE BROWNIE Delicious chocolate brownie made with 75% single origin	
<b>PANCAKES</b> - Served with your choice of cream, maple syrup, Nutella. Or add bacon + £2.95.	£5.95
<b>BELGIAN WAFFLE (v) -</b> Warm Belgian waffle served with your choice of cream, maple syrup, Nutella. Or add bacon + £2.95.	£5.95
TORTE DELLA NONNA (v) A Tuscan short crust pastry filled with a silky lemon pastry cream, topped with pine nuts and dusted in icing sugar.	£3.95

Lavered dessert with coffee sauce, sponge cake soaked in coffee. mascarpone cream and cocoa powder.

**BLACK SHEEP ALE STICKY TOFFEE PUDDING** f5.95 Served warm with butterscotch sauce and pouring cream. Add - ice cream £2.00

AGA BAKED CAKES From £3.95 Slice of carrot, victoria or lemon drizzle.

Made in Saddleworth using a secret family recipe.

**FLOWERPOT MUFFINS** - Triple chocolate, blueberry or seasonal muffins. £3.95 **VEGAN / GLUTEN FREE OPTION (V)** f3 95

Please ask a Barista for more information on today's gluten free option.

FRUIT & NUT GRANOLA (V) £3.95

TARTA DE SANTIAGO (V) £3.95 A traditional Spanish, soft, light almond tart lightly dusted in icing sugar to mark the cross of Cruz de Santiago which gives the cake it's name.

f3.95 **HOME BAKED SCONE** with Longley Farm butter Why not add a pot of Bonne Maman iam - £0.90, honey - £0.90. marmalade - £0.90 or clotted cream - £1.00.

£2.50 PASTEL DE NATA

Portuguese egg tart pastry dusted with cinnamon.

Created before the 18th century by monks at the Jerónimos Monastery.

CAFE GOURMAND (ROMAIN) £7.75 for 1 - £14.50 for 2

Pastel de Nata, fig and almond brownie, Tarta de Santiago, served with Abaco single origin French Press Coffee.

ABACO DESSERT PLATTER Selection of classic Abaco treats, served with sauces, ice cream,

berries and honeycomb.

Why not add cream (+ £0.45) or berries (+ £2.50) to any of our cakes?

## -- FREDDO'S --

A selection of iced coffees made the traditional way. from £2.85 FREDDO ESPRESSO | FREDDO LATTE | FREDDO CAPPUCCINO | FREDDO MOCHA

## - ICE CREAM --

ITALIAN ICE CREAM TUB - Choose from Vanilla Pod, Wild Strawberry, Salted Caramel, Luxury Chocolate, or Vegan Passionfruit & Mango. Please ask a Barista for more information.

From **£3.50** 

CLASSIC AFFOGATO - Madagascan vanilla ice cream, Doppio Espresso Ottimo IV, Amaretti biscuit.

£4.95

£16.95

ABACO SUNDAE - Mandorla ice cream (dark chocolate, fig and £6.95 almond), chocolate sauce, vanilla cream, amaretti biscuits and honeycomb.

ABACO AFFOGATO - Mandorla chocolate ice cream, f5 95 caramelized almonds, figs, Doppio Superiore VIII Espresso, Cannoli biscuit.

