

DAYTIME MENU

PASSION & TASTE

-- SOUP --

Served with warm crusty bread & butter

CHEFS SOUP OF THE DAY

TO GO IN

£3.95 £6.75

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

SOUP & SANDWICH DEAL

Price of Sandwich/Toastie + £3.25

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

£6.95 £8.95

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

SMOKED SALMON BAGEL

£6.75 £8.75

Scottish smoked salmon, cream cheese and chive with rocket on a multigrain seeded bagel. Served warm.

POACHED KING PRAWNS

£6.75 £8.75

Spiced king prawn marie rose, gem lettuce and tomato served on a malted bloomer.

GOAT'S CHEESE & RED PEPPER

£6.25 £8.25 Crumbled goat's cheese, roasted red peppers, rocket and

Italian pine nut pesto with mayo on sesame and linseed panini.

BRIE & BACON

£6.75 £8.75

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

SERRANO HAM & MANCHEGO

£6.95 £8.95

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

CHICKEN CAESAR WRAP

£6.50 £8.50

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

VEGAN BUDDHA WRAP

£6.50 £8.50

Sweet potato, rocket, beetroot, white beans, vegan cheese & chilli jam on a wrap, served with hummus.

SMOKED SALMON WRAP

£6.50 £8.50

Scottish smoked salmon, guacamole, cucumber and rocket, served on a wrap.

NEW YORKER

£6.50 £8.50

American pastrami, fennel salami, prosciutto, Dijon mustard, mayo, baby gem lettuce, pickle and Emmental cheese on a sourdough roll.

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.

-- CLASSIC TOASTIES --

On white or brown bloomer served with dressed salad garnish, pretzels and house slaw unless stated otherwise. Toasties are also available served on gluten free bread.

£4.95 £6.95

Bacon & Cheese, Cheese & Onion, Ham & Cheese, Cheese & Tomato, Tuna or Cheese. Served on sourdough? Add £1.00

SPECIAL TOASTIES

£8.95

CROQUE MONSIEUR - with a comte cheese bechamel and roast ham, on toasted Altamura bread.

-- ABACO CLASSICS --

KING PRAWN PUTTANESCA LINGUINI Sautéed king prawns, £14.95 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, £14.95 onions & garlic in a rich red wine sauce with creamed potatoes.

MOROCCAN LAMB TAGINE Handmade Moroccan lamb tagine £15.95 with couscous served with yoghurt and warm pitta bread.

BAKED CHEESE (v) Oven baked Camembert Le Fin Normand £13.95

Why not try our seasonal* Swiss Vacherin Mont D'or £16.95 oven baked with rosemary, garlic & white wine. *Only available September - March.

VEGAN MEDITERRANEAN VEGETABLE TART (V)

£11.95

Crisp basil and maize tart case, filled with roasted Mediterranean vegetables, topped with a basil and pumpkin seed crumb.

SPANISH TORTILLA (V)

Half £7.25 Full £10.50

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

ALL OF THE ABOVE DISHES HAVE A 20 MINUTE WAITING TIME

- SALADS --

TO GO £7.50 £11.95

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

POACHED KING PRAWNS

£7.95 £12.95

Served with a spiced marie rose salad, gem lettuce, avocado, tomato, cucumber with a buttered malted loaf.

TUNA - Tuna flakes, Cannellini beans, fresh tomatoes, red onion, roasted red peppers, served on mixed leaf with French dressing and warm Altamura bread.

£7.50 £12.95

£7.95

£7.75

CAESAR - Oven roasted chicken breast, bacon, anchovies, £7.95 £12.95 shaved parmesan, soft boiled egg on baby gem lettuce served with garlic croutons & 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, £3.95 £4.95 sweet peppers, cucumbers, tomatoes tossed in french dressing.

-- CHILDREN'S --

Cucumber, celery and tomatoes with chick pea hummus	£3.50
Spaghetti Bolognese with grated Parmesan	£6.95
Margherita Pizza (available from 12pm)	£6.95
SANDWICHES - All served hot or cold, on white or brown bread,	£4.75

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

with crisps. Cheese, chicken, ham, bacon or tuna.

IF YOU HAVE ANY ALLERGEN QUERIES OR DIETARY REQUIREMENTS PLEASE SPEAK TO A BARISTA DUE TO A SHORTAGE OF PRODUCTS FROM OUR USUAL SUPPLIERS WE CANNOT 100% GUARANTEE OUR DISHES ARE FREE FROM ALLERGENS

- SPECIALITY BOARDS -

MEAT PLATTER - A selection of European meats, served with fig relish and warm Altamura bread

£9.95

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.

£9.95 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.

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

VEGETABLE ANTIPASTI (V)

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

ANTIPASTI CHEESE BOARD Both of our fine selections of antipasti and cheeses served on one board.	£18.95
MEZZE (v) - Trio of Greek mixed pitted olives, chickpea hummus and Spanish aioli served with warm pittas.	£6.95

PATÉ - Chicken liver and cognac paté served with caramelised £7.95 onion chutney, mixed leaf salad and warm crusty bread.

BREAD BOARD (V) f6.95 A selection of freshly baked breads with aged balsamic vinegar, extra virgin olive oil & rustic bread sticks with authentic Spanish alioli.

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

- 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 --

ITALIAN OLIVES MIX	£4.95	ROSEMARY & CHILLI NUTS	£4.25
Non-pitted nocerella, cerignola & black	c gaeta	BALSAMIC BOLLOTA ONIONS	£3.25
GREEK OLIVES MIX Pitted Gordal, Kalamata & Halkidiki	£4.25	SARDINES IN TOMATO SAUCE	£3.50
DOLMADES	£3.25	ARTICHOKES	£3.50
PETIT SAUCISSON with chilli jam		BREAD STICKS & AIOLI	£3.75
TRUFFLE CRISPS	£2.95	BLUE CORN TORTILLAS	£4.25
with truffle and black pepper mayonna	ise	& GUACAMOLE	

-- CAKES --

A selection of Italian and homemade cakes

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
BOLO DE ARROZ (v) Individual Portuguese rice cake, traditionally served warm.	£3.25
BELGIAN WAFFLE (v) - Warm Belgian waffle served with your choice of cream, maple syrup, Nutella. Or add bacon + £2.95.	£5.95
PANCAKES - Served with your choice of cream, maple syrup, Nutella. Or add bacon + £2.95.	£5.50
ABACO MANDORLA CHOCOLATE BROWNIE Delicious chocolate brownie made with 75% single origin Tanzanian dark chocolate, caramelised almonds & figs. Made by Alex from Flitcroft's Bakery in saddleworth.	£3.95
TIRAMISU Layered dessert with coffee sauce, sponge cake soaked in coffee, mascarpone cream and cocoa powder.	£3.95
TART TATIN Classic Tart Tatin with vanilla bean ice cream and caramel sauce.	£4.95
AGA BAKED CAKES Slice of carrot, victoria or lemon drizzle. Made in Saddleworth using a secret family recipe.	£3.95
FLOWERPOT MUFFINS - Triple chocolate, blueberry or seasonal muffins.	£3.50
VEGAN / GLUTEN FREE OPTION (v) Please ask a Barista for more information on today's gluten free option.	£3.75
FRUIT & NUT GRANOLA (V)	£3.75
TARTA DE SANTIAGO (V) A traditional Consider soft light almond text lightly due to d in ining support	£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.

HOME BAKED SCONE with Longley Farm butter £3.75 Why not add a pot of Bonne Maman jam - £0.90, honey - £0.90, marmalade - £0.90 or clotted cream - £1.00.

£2.25 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 £2.65 FREDDO ESPRESSO | FREDDO LATTE | FREDDO CAPPUCCINO | FREDDO MOCHA

- ICE CREAM --

ITALIAN ICE CREAM - Choose from Madagascan Vanilla, From **£2.00** Honeycomb, Belgian Chocolate, Mandorla, Passion Fruit Mango V, Caffè Espresso, Raspberry Ripple. Please ask a Barista for more information.

ABACO SUNDAE - Mandorla ice cream (dark chocolate, fig and £6.75 almond), chocolate sauce, vanilla cream, amaretti biscuits and honeycomb.

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

£4.95

£16.50

ABACO AFFOGATO - Mandorla chocolate ice cream, £5.75 caramelized almonds, figs, Doppio Superiore VIII Espresso, Cannoli biscuit.

