

DAYTIME MENU

PASSION & TASTE

-- SOUP --

Served with warm crusty bread & butter

CHEFS SOUP OF THE DAY

OUT

£3.95 £6.25

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

SOUP & SANDWICH DEAL

Add soup of the day to any sandwiches or toastie.

Price of Sandwich/Toastie + £3.25

- 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.

CHICKEN BLT BAGEL

£6.50 £8.50

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

£6.50 £8.50

SMOKED SALMON BAGEL Scottish smoked salmon, cream cheese and chive

with rocket on a seeded, high fibre bagel. Served warm.

GOAT'S CHEESE & RED PEPPER Crumbled goat's cheese, roasted red peppers, £5.50 £7.75

rocket & Italian pine nut pesto with mayo on sesame nigella.

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

£6.25 £8.25

SERRANO HAM & MANCHEGO

£6.25 £8.25

18 month aged Serrano ham, manchego cheese, rocket, olives, caramelised onion, red pesto & aioli on Spanish Barra Gallega bread.

CHICKEN CAESAR WRAP

£5.95 £7.95

Oven roasted chicken, smoked bacon, gem lettuce, Parmesan and dressing.

VEGAN BUDDHA WRAP

£5.75 £7.95

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

SMOKED SALMON WRAP

£5.75 £7.95

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

NEW YORKER

£5.75 £7.95

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

BESPOKE SANDWICHES

£5.50 £7.50

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.

TOASTIES

£3.95 £5.95 Bacon & Cheese, Cheese & Onion, Ham & Cheese, Cheese & Tomato, Tuna or

Cheese. Served on sourdough? Add £1.00

SPECIAL TOASTIES

£8.25

TALEGGIO & PROSCUITTO - with tomato chutney served on warm Altamura bread.

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

-- ABACO CLASSICS --

KING PRAWN PUTTANESCA LINGUINI

£14.95

Sautéed king prawns, tomato sauce, capers, anchovies, olives, sweet peppers, parsley, lemon, garlic and linguini.

BEEF BOURGUIGNON

£13.95

Slow cooked beef, mushrooms, smoked bacon, onions & garlic in a rich red wine sauce with creamed potatoes.

MOROCCAN LAMB TAGINE

£14.25

Handmade Moroccan lamb tagine with couscous served with warm pitta bread.

BAKED CHEESE (V)

£13.50

Oven baked Camembert Le Fin Normand

Why not try our seasonal* Swiss Vacherin Mont D'or oven baked with rosemary, garlic & white wine.

£16.75

*Vacherin Mont D'or only available September - March.

VEGAN MEDITERRANEAN VEGETABLE TART (V)

£9.95

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

SPANISH TORTILLA (V)

Half £6.95 Full £9.95

Half or full Spanish tortilla with mixed leaf salad and chilli jam.

ALL OF THE ABOVE DISHES HAVE A 20 MINUTE WAITING TIME

-- SALADS --

All salads, except Caesar are dressed with extra virgin olive oil.

GREEK (V) - Greek Feta, cucumber, tomatoes, red onion. £7.45 £11.45 pitted olives, on rocket with red pepper hummus, dolmades and warm pitta. Add - sliced chicken breast £3.50

MOROCCAN BUDDHA BOWL (V)

£7.75 £12.00

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

TUNA - Tuna flakes, Cannellini beans, fresh tomatoes, £7.25 £11.25 red onion, roasted red peppers, served on mixed leaf with warm Altamura bread.

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

Layered fresh vine tomatoes, Italian Mozzarella, rocket and red onion.

£4.95 £6.95

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	£2.95
Spaghetti Bolognese with grated Parmesan	£6.95
Margherita Pizza	£6.95
SANDWICHES - All served hot or cold, on white or brown bread, with crisps. Cheese, chicken, ham, bacon or tuna.	£4.50

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

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 £9.95

A selection of European meats, served with fig relish and warm Altamura bread.

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. COPPA DI PARMA - Lean cuts of pork meat, mildly spiced using traditional curing methods. FINOCCHIONA - Tuscan pork salami with a soft texture, flavoured with fennel.

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. BLACKSTICK BLUE - A mild orange coloured cheese, smooth and creamy with a tangy finish. GOLDEN CROSS GOATS CHEESE - Charcoal coated, aged semi-soft cheese with a mild zesty flavour. LONG CLAWSON WHITE STILTON - A pure white stilton, only aged 4 weeks with a light, fresh flavour and crumbly texture.

CHARCUTERIE BOARD	£18.75
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 and Greek dolmades.

MEZZE (V) - Trio of Italian mixed pitted olives, Greek chickpea hummus and Spanish aioli served with warm pittas.	£6.95
PATÉ - Chicken liver and cognac paté served with caramelised onion chutney, mixed leaf salad and warm crusty bread	£7.95

BREAD BOARD (V) £5.95

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 warm Altamura bread and bread sticks.

£35.00

SUN - WED £45 WITH BOTTLE OF HOUSE WINE

- DELI TAPAS SELECTION --

ITALIAN MIXED OLIVES	£4.95	SIENNA ROSEMARY	
GREEK MIXED OLIVES WITH		AND CHILLI NUTS	£3.95
ROSEMARY AND GARLIC (SML)	£3.95	BALSAMIC BOLLOTA ONIONS	£3.25
DOLMADES	£2.95	SARDINES IN TOMATO SAUCE	£3.50
PETIT SAUCISSON x 5	£3.75	ARTICHOKES	£3.50
		BREAD STICKS & AIOLI	£3.50

-- 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.	£3.85
BOLO DE ARROZ (v) Individual Portuguese rice cake, traditionally served warm.	£2.95
BELGIAN WAFFLE (v) Warm Belgian waffle served with cream, maple syrup or Nutella.	£5.75
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.	£3.75
TARTE FINE AUX POMMES Classic warm apple tart finish with vanilla bean ice cream and caram	£4.95 nel sauce.

TAKTE FINE AUX POMMES	4.90
Classic warm apple tart finish with vanilla bean ice cream and caramel sa	uce.

AGA BAKED CAKES

Slice of carrot, victoria or lemon drizzle. Made in Saddleworth using a secret family recipe.	From £3.85
FLOWERPOT MUFFINS - Triple chocolate, blueberry or sea	
VEGAN / GLUTEN FREE OPTION (v) Please ask a Barista for more information on today's glute	£3.75 en free option.
FRUIT & NUT GRANOLA (v)	£3.50
TARTA DE SANTIAGO (V)	£3.85

TARTA DE SANTIAGO (V)	£5.85
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 - £0.75, honey - £0.75,	
marmalade - £0.75 or clotted cream - £1.00.	

PASTEL DE NATA Portuguese egg tart pastry dusted with cinnamon. £1.95 Created before the 18th century by monks at the Jerónimos Monastery.

CAFE GOURMAND (ROMAIN) £7.50 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, £15.95 berries and honeycomb.

Why not add cream (+ £0.45) or berries (+ £2.00) to any of our cakes?

-- FREDDO'S --

A selection of iced	d co	offees made the	e tra	aditional way.	from £2.45
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 f6.25 almond), chocolate sauce, vanilla cream, amaretti biscuits and honeycomb.

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

£4.75

ABACO AFFOGATO - Mandorla chocolate ice cream, £5.25 caramelized almonds, figs, Doppio Superiore VIII Espresso, Cannoli biscuit.

