

-- SOUP --

TIME

Served with warm crusty bread & butter

CHEFS SOUP OF THE DAY

OUT IN

Ask a barista about our soup of the day.

Υ

£3.95 £5.50

SOUP & SANDWICH OR TOASTIE

+ £2.95 + £2.25

Enjoy a soup of the day with one of our fresh deli sandwiches or toastie.

-- SANDWICHES --

All sandwiches served with a dressed salad garnish unless stated otherwise*. Sandwiches are also available served on gluten free bread.

OUT IN

CHICKEN BLT BAGEL*

£5.75 £6.85

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

SMOKED SALMON BAGEL £5.50 £6.75

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

CHICKEN CAESAR WRAP £5.50 £6.75

Smoked bacon, gem lettuce, Parmesan and dressing.

GOAT'S CHEESE & RED PEPPER £4.95 £5.95

Crumbled goat's cheese, roasted red peppers,

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

BRIE & BACON £5.50 £6.75

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

SERRANO HAM & MANCHEGO £5.50 £6.75

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

HUMMUS & MEDITERRANEAN VEG (V) £4.95 £5.95

Tomato and red pepper hummus, provençal roasted vegetables, rocket on an olive oil herb focaccia.

VEGAN BUDDAH WRAP - Sweet potato, hummus, **£5.50 £6.50** rocket, beetroot, white beans, chilli jam, Parmesan and dressing.

NEW YORKER £4.95 £5.95

American pastrami, baby gem lettuce, emmental cheese, gherkins, mayo & mustard on a pretzel bun.

BESPOKE SANDWICHES £4.95 £5.95

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 a dressed salad garnish

TO GO IN

DASTIFS £3.95 £4

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

SPECIAL TOASTIES on Altamura bread.

£6.75

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

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

-- CAKES --

A selection of Italian and homemade cakes

TORTE DELLA NONNA (V)

£3.55

£2.25

£3.85

£3.50

A Tuscan short crust pastry filled with a silky lemon pastry cream, topped with pine nuts and dusted in icing sugar.

BOLO DE ARROZ (V)

Individual Portuguese rice cake, traditionally served warm.

BELGIAN WAFFLE (V)

Warm Belgian waffle served with cream, maple syrup or nutella.

ABACO MANDORLA CHOCOLATE BROWNIEDelicious chocolate brownie made with 75% single origin

Tanzanian dark chocolate, caramelised almonds & figs. Other flavours also available. Made by Alex from Flitcroft's Bakery in saddleworth.

AGA BAKED CAKES From £3.45

Slice of carrot, victoria or lemon drizzle. Made using a secret family recipe. Made in Saddleworth.

FLOWERPOT MUFFINS £2.95

Triple chocolate, multi berry, banoffee or seasonal muffins.

VEGAN / GLUTEN FREE OPTION (V) £3.25

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

SELECTION OF TRAY BAKES (v) Choose from **£2.8**! slices of Millionaire Shortbread, Fruit & Nut Granola, blueberry Bakewell.

TARTA DE SANTIAGO (V)

£3.50

£2.50

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

Why not add a pot of Bonne Maman jam - £0.75, honey - £0.75, marmalade - £0.75 or clotted cream - £0.90.

PASTEL DE NATA £1.75

Portuguese egg tart pastry dusted with cinnamon.

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

SUGARED CRONUT £2.25

Add cream - £0.35 and berries - £1.75.

CAFE GOURMAND (ROMAIN)

£6.95 for 1 - £12 for 2

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

ABACO DESSERT PLATTER

£14.95

Selection of classic Abaco treats, served with sauces, ice cream, berries and honeycomb.

Why not add cream (+£0.35) or berries (+£1.75) to any of our cakes?

-- ICE CREAM --

ITALIAN LIMONCELLO SORBETO (V)

£4.75

Classic Limoncello flavoured sorbet served in a glass flute.

ITALIAN ICE CREAM (V)

Please ask a Barista for more information on today's ice cream selection.

CLASSIC AFFOGATO

£3.50

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

ABACO AFFOGATO

£4.50

Mandorla chocolate ice cream, caramelized almonds, figs, Doppio Superiore VIII Espresso, Cannoli biscuit.

-- FREDDO'S --

A selection of iced coffees made the traditional way. from £1.90

FREDDO ESPRESSO | FREDDO LATTE | FREDDO CAPPUCCINO | FREDDO MOCHA

IF YOU HAVE ANY ALLERGEN QUERIES OR DIETARY REQUIREMENTS
PLEASE SPEAK TO A BARISTA



-- SPECIALITY BOARDS -MEAT PLATTER £8.95

A selection of European meats, including Napoli, Serrano, Coppa Di Parma ϑ Finocchiona 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) £7.95

A selection of European cheeses including French Comte, Italian Taleggio, Lancashire Blackstick Blue, Golden Cross Goats Cheese, Black Truffle Brie, balsamic onion with plum and apple chutney and an assortment of fine crackers.

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

aioli served with warm pittas.

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. BLACK TRUFFLE BRIE - A mild brie cheese, intensified with Italian black truffle.

VEGETABLE ANTIPASTI (V) £7.95

Italian pitted olives, grilled artichokes, roasted peppers, à la Grecque mushrooms, balsamic onions, dolmades, Pepperabica stuffed sweet peppers and cornichons served with toasted olive bread.

MEZZE (V) £5.95

Trio of Italian mixed pitted olives, Greek chickpea hummus and Spanish

PATÉ £7.95

Chicken liver and wild mushroom paté served with caramelised onion chutney, mixed leaf salad and warm crusty bread.

BREAD BOARD (V) £4.95

A selection of freshly baked breads with aged balsamic vinegar, extra virgin olive oil θ rustic bread sticks with authentic Spanish alioli.

-- 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.

£30.00

SUN - WED £40 WITH BOTTLE OF HOUSE WINE

-- DELI TAPAS SELECTION --

ITALIAN MIXED OLIVES	£4.75
GREEK MIXED OLIVES WITH ROSEMARY AND GARLIC (SML)	£3.75
DOLMADES	£2.75
PEPPERABICA PEPPERS	£3.25
SIENNA ROSEMARY AND CHILLI NUTS	£3.75
BALSAMIC BOLLOTA ONIONS	£2.75
SARDINES IN TOMATO SAUCE	£3.25
ARTICHOKES	£2.95
BREAD STICKS & AIOLI	£3.25

-- ABACO CLASSICS --

ITALIAN MEATBALLS

£11.95

Handmade Italian meatballs in a rich tomato sauce with spaghetti pasta, aged Parmesan and basil.

BEEF BOURGUIGNON

£12.50

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

MOROCCAN LAMB TAGINE

£12.95

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

BAKED CHEESE (V)

£12.95

Oven baked Camembert Le Fin Normand or Black Truffle Brie

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

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

VEGAN MEDITERRANEAN VEGETABLE TART (V)

£7.95

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

SPANISH TORTILLA (V)

Half £5.50 Full £8.95

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

ABACO EUROPEAN SPECIAL DISH

£12.00

Please ask a Barista about today's European special dish.

ALL OF THE ABOVE DISHES HAVE A 20 MINUTE WAITING TIME

-- SALADS --

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

OUT IN

GREEK (V)

£6.75 £9.50

Greek Feta, cucumber, tomatoes, red onion, pitted olives, on rocket with red pepper hummus, dolmades and warm pitta.

MOROCCAN BUDDHA BOWL (V)

£6.50 £9.75

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

TUNA

£6.25 £9.25

Tuna flakes, Cannellini beans, fresh tomatoes, red onion, roasted red peppers, served on rocket with warm Altamura bread.

CAESAR

f6 95 f9 95

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

CAPRESE (V

£4.75 £5.95

£3.95

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

-- CHILDREN'S --

Spaghetti Bolognese with grated Parmesan £4.75

SANDWICHES

All served hot or cold on white bread with half a bag of crisps. Cheese, chicken, ham, bacon or tuna.

Cheese, Chicken, Hairi, Dacorror turio

MEAL DEAL £6.75

Spaghetti Bolognese with grated Parmesan. Or a sandwich, or toastie with a fruit bar ϑ either water, chocolate milkshake, orange juice or apple juice.