

# FREE HOT DRINK WITH ANY BREAKFAST ITEM OVER £8.00 Monday to Thursday



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

## TEA & COLD DRINKS

<b>English Breakfast Tea</b> A traditional blend of Assam and Ceylon for a perfect cup. <i>Also available decaffeinated.</i>	<i>cup for 1</i> <b>£3.85</b>
<b>Shibui Speciality Tea</b> <i>Choose from Earl Grey, Chamomile &amp; Citrus, Berry Hibiscus, Lemongrass and Ginger, Chun Mee Organic, Rooibos &amp; Orange, Tropical Green, Organic Mint, Mulled Spice, Gingerbread.</i>	<b>£4.35</b>
<b>Fresh orange or apple juice</b>	<b>£3.80</b>
<b>San Pellegrino sparkling water</b>	<b>£3.80</b>
<b>Aqua Panna still water</b>	<b>£3.80</b>
<b>A range of still &amp; sparkling soft drinks, smoothies &amp; milkshakes</b>	<i>from</i> <b>£3.80</b>

## CEREALS

<b>Scottish Porridge Oats</b> with oat, skimmed or whole milk. <i>Why not add - Honey £0.90 / Fresh Berries £2.95</i>	<b>£5.25</b>
<b>Natural yoghurt &amp; Granola</b> served with fresh berries.	<b>£5.95</b>
<b>Fresh Fruit Bowl with Yoghurt</b>	<b>£5.95</b>

## FRESHLY BAKED

<b>Freshly Baked Pastries</b> choice of Croissant au Beurre, Croissant aux Amandes, Pain au Raisin, Pain au Chocolat.	<b>£2.95</b>
<b>Home Baked Scone</b> with Irish butter.	<b>£3.95</b>
<b>Pastel de Nata</b> Portuguese egg tart pastry dusted with cinnamon.	<b>£2.95</b>
<i>Why not add a pot of Bonne Maman Jam, Honey, Marmalade or Clotted Cream.</i>	<b>£0.90 / £0.90 / £0.90 / £1.00</b>

## TOASTED SANDWICHES & BAGELS

Choose from our range of fillings served on sourdough bread or gluten-free bread to create your own bespoke breakfast.	
<b>Cheese / Bacon / Ham / Tuna / Tomato / Onion.</b>	<b>£7.95</b>
<b>Bacon Bagel</b> Smoked, crispy bacon on a toasted bagel with a choice of sauce. <b>Add a poached egg for £1.75</b>	<b>£6.95</b>

## CHILDREN'S BREAKFAST

*For children aged 12 and under*

<b>Bacon Sandwich</b>	<b>£4.75</b>
<b>Scrambled Eggs on Toast</b>	<b>£4.95</b>
<b>Pancakes</b>	<b>£4.75</b>
<b>Fruit Bowl</b>	<b>£3.95</b>

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

## ABACO BREAKFASTS

*Served from 8.00 am to 11.00am*

<b>The Abaco English</b> Grilled Lancashire black pudding, cherry vine tomatoes, portobello mushroom, old English sausage patty, smoked streaky bacon, hash brown, poached or scrambled eggs and a slice of toasted sourdough.	<b>£14.95</b>
<b>The Abaco English Stack</b> Toasted potato roll topped with Lancashire black pudding, old English sausage patty, smoked streaky bacon, 2 poached free range eggs covered with a tomato hollandaise sauce.	<b>£13.95</b>

## LIGHT BREAKFAST

*Served from 8.00 am to 11.00am*

<b>Hot Belgian waffle</b> served with your choice of maple syrup or Nutella and cream. Add Fresh Berries - <b>£2.95</b>	<b>£6.95</b>
<b>Stack of hot golden syrup pancakes</b> served with your choice of maple syrup or Nutella and cream. Add Bacon - <b>£3.95</b> Add Fresh Berries - <b>£2.95</b>	<b>£6.95</b>
<b>A toasted slice of Panettone</b> with Irish butter. Add Yoghurt - <b>£0.90</b> Add Fresh Berries - <b>£2.95</b>	<b>£4.95</b>
<b>A Slice of Fruit &amp; Nut Granola bar</b>	<b>£3.95</b>
<b>Triple Chocolate or Blueberry Muffin</b>	<b>£3.95</b>
<b>Toast</b> - 2 slices of toasted white or malted artisan bloomer (or Sourdough + <b>£1</b> ) with Irish butter. <i>Why not add a pot of Bonne Maman Jam, Honey or Marmalade?</i>	<b>£0.90 / £0.90 / £0.90</b>
<b>Toasted gluten-free fruit loaf</b> - 3 slices with Irish butter.	<b>£3.95</b>
<b>Sauteed Chestnut Mushrooms and Spinach</b> with oregano on toasted sourdough.	<b>£9.95</b>
<b>Spanish Omelette</b> - Served with chilli jam. <i>Why not add - Cheese £2.00 / Bacon £3.95 / Smoked Salmon £4.25</i>	<b>£9.95</b>

## HOW DO YOU LIKE YOUR EGGS IN THE MORNING?

<b>Local free-range runny poached or scrambled eggs</b> on toasted artisan bloomer or bagel.	<b>£8.95</b>
<b>Eggs Avocado</b> - Toasted sourdough, guacamole, chilli jam, sliced avocado, two poached free range eggs.	<b>£11.95</b>
<b>Scottish Loch Fyne smoked salmon and soft scrambled, local free-range eggs</b> served with white or malted toasted artisan bloomer or bagel.	<b>£11.95</b>
<b>Classic Eggs Benedict</b> - Toasted potato roll, roast ham, local free-range poached eggs, topped with hollandaise sauce.	<b>£11.95</b>
<b>Eggs Royale</b> - Toasted potato roll, local free-range poached eggs & smoked salmon, topped with hollandaise sauce.	<b>£11.95</b>
<b>Spanish Style Baked Eggs</b> - Poached eggs baked in a chilli, tomato and chorizo sauce topped with parmesan crumb with toasted sourdough.	<b>£11.95</b>
<b>Turkish Eggs</b> - Poached free range eggs with whipped feta, tomato red pepper hummus, roquito peppers, chilli flakes and dill with toasted sourdough.	<b>£11.95</b>
<b>Grilled Lancashire black pudding</b> with 2 poached free range eggs on toasted potato rolls coated in mustard seed hollandaise.	<b>£11.95</b>

All the above dishes available with sourdough £1

**ADD EXTRA** Bacon - **£3.95** | Avocado - **£2.75** | Smoked Salmon - **£4.25**

## HOT DRINKS

<b>Espresso</b> <i>A real journey of pure taste, not overshadowed by milk. More for the connoisseurs of coffee. Fresh espresso with a lovely thick, golden crema.</i>	<i>single</i> <b>£3.35</b> / <i>double</i> <b>£3.50</b>
<b>Caffe Macchiato</b> <i>Single or double espresso but with a few dollops of the lightest, fluffiest milk spooned on top, creating a milk cap.</i>	<i>single</i> <b>£3.45</b> / <i>double</i> <b>£3.60</b>
<b>Piccolo</b> <i>Piccolo is served with a single ristretto, basically a baby latte, as the Italian pronunciation suggests.</i>	<b>£3.70</b>
<b>Cortado</b> <i>Cortado is simply a double ristretto cut with hot milk. Typically a cortado is served in a small glass with very little, if any froth.</i>	<b>£3.75</b>
<b>Flat White</b> <i>It's a double ristretto served in a 8oz cup with completely flat (no foam) steamed milk poured over.</i>	<b>£4.30</b>
<b>Americano</b> <i>Hot water topped with a double espresso. Lighter on the palate than a espresso, better for that cup of coffee later on in the day.</i>	<i>Singolo</i> <b>£3.80</b> / <i>Medio</i> <b>£4.20</b> / <i>Grande</i> <b>£4.30</b>
<b>Cappuccino</b> <i>A double espresso in a 11oz cup, topped up with lovely fluffy steamed milk that almost sits on top of the espresso.</i>	<i>Singolo</i> <b>£4.10</b> / <i>Medio</i> <b>£4.40</b> / <i>Grande</i> <b>£4.55</b>
<b>Caffe Latte</b> <i>A double espresso in a 11oz cup, topped up with beautiful, velvety, steamed milk with a slight foam top.</i>	<i>Singolo</i> <b>£4.10</b> / <i>Medio</i> <b>£4.40</b> / <i>Grande</i> <b>£4.55</b>
<b>Cafe con Leche</b> <i>A popular Spanish coffee drink, often served at breakfast. The proportions should be equal quantities milk and strong coffee.</i>	<i>regular</i> <b>£4.40</b> / <i>large</i> <b>£4.55</b>
<b>Cold Brewed Coffee</b> <i>Brewed chilled over 24 hours for a refreshing coffee experience. (Available April-September)</i>	<i>medium</i> <b>£4.00</b> / <i>large</i> <b>£4.20</b>
<b>Mocha</b> <i>Everything you love about the latte, but with chocolate fudge syrup. Topped off with whipped cream if you're feeling really naughty.</i>	<i>regular</i> <b>£4.45</b> / <i>large</i> <b>£4.60</b>
<b>Chocca Mocha</b> <i>Again, it's everything you love about the latte, but a drink closer to hot chocolate but with the coffee kick, we can make it with a dollop of Italian chocolate powder mixed in.</i>	<i>regular</i> <b>£4.55</b> / <i>large</i> <b>£4.70</b>
<b>Hot Chocolate</b> <i>Made with Italian chocolate powder, velvety steamed milk and can be topped off with marshmallows and whipped cream for a little extra.</i>	<i>regular</i> <b>£4.40</b> / <i>large</i> <b>£4.55</b>
<b>Chai Latte</b> <i>Black tea infused with cinnamon, clove and other warming spices, combined with steamed milk and topped with foam for the perfect balance of sweet and spicy.</i>	<i>medium</i> <b>£4.29</b> / <i>large</i> <b>£4.46</b>
<b>Matcha Latte</b> <i>Premium grade Matcha Green tea, ground from nutrient rich young tea leaves, expertly blended with our velvety steamed latte milk. Both available iced.</i>	<i>medium</i> <b>£4.29</b> / <i>large</i> <b>£4.46</b>
<b>The Abaco French Press Coffee</b> <i>We use a high quality single origin with a medium roast.</i>	<i>for 1</i> <b>£4.45</b>