

DAYTIME MENU

SERVED FROM 11AM UNTIL 5PM EVERY DAY

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 -

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 butter.

SOUP & SANDWICH DEAL

Price of Sandwich/Toastie + £3.75

Add soup of the day to any sandwiches or toastie.

- SANDWICHES --

All sandwiches (except the Abaco burger) are served with dressed salad garnish, pretzels and house slaw unless stated otherwise. Sandwiches are also available served on gluten free bread. Only served until 17.00.

TO GO IN

THE ABACO BURGER Grilled lamb kofta burger with feta cheese and red pepper hummus on toasted brioche bun with tzatziki and fries.

CHICKEN BLT BAGEL £7.95 £9.95

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

SMOKED SALMON BAGEL £7.95 £9.95

Smoked salmon with chive cream cheese and rocket leaf on a multigrain bagel.

GOATS CHEESE PANINI £7.95 £9.95

Creamy goats cheese, basil pesto, piquillo peppers, mayonnaise and rocket leaf on a white panini.

BRIE & BACON £7.95 £9.95

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

SERRANO HAM & MANCHEGO £7.95 £9.95

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

CHICKEN CAESAR WRAP £6.95 £9.95

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

TOASTED VEGAN BURRITO £6.95 £9.95

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

SMOKED SALMON WRAP £6.95 £9.95

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

BESPOKE SANDWICHES from £6.95 £9.95

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

-- ABACO TOASTIES --

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

TO GO IN **E6.95 £8.95**

Bacon & Cheese, Cheese & Onion, Ham & Cheese, Cheese & Tomato. Tuna or Cheese.

SPECIAL TOASTIES £10.95

CROQUE MONSIEUR

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

- SPECIALITY BOARDS -

MEAT PLATTER - A selection of European meats, served with

£12.95

fig relish, toasted Altamura bread, cornichons and balsamic onions.

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

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

LOMO - Lightly cured pork loin with paprika and garlic smoked over oak.

FUET EXTRA - Traditional Catalan sausage with hints of pepper

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.

CROXTON MANOR SAGE DERBY - A smooth creamy derby cheese marbled with a delicate sage infusion.

CROXTON 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

£19.95

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

VEGETABLE ANTIPASTI (V)

£10.95

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

ANTIPASTI CHEESE BOARD

£19.95

£8.95

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

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

- ABACO GRANDE 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.

£42.95

SUN - WED £49 WITH BOTTLE OF HOUSE WINE

For every Abaco platter that you purchase we will donate £1.00 to The Motor Neurone Disease Association in memory of our dear friend Rob Burrow and all other families affected by MND.

- CHILDREN'S -

Cucumber, celery and tomatoes with chick pea hummus	£3.95
Spaghetti Bolognese with grated Parmesan	£7.95
Linguini in a creamy cheese sauce, topped with shredded roast ham and parmesan cheese	£7.95
Margherita Pizza (available from 12pm)	£7.95
SANDWICHES - All served hot or cold, on white or brown bread, with crisps. Cheese, chicken, ham, bacon or tuna.	£4.95
MEAL DEAL - Choice of pizza, spaghetti bolognese, linguini, sandwich or toastie, with a fruit bar, or wafer and either water, chocolate/strawberry milkshake, orange juice or apple juice.	£7.95

All for children aged 12 and under



IF YOU HAVE ANY ALLERGEN QUERIES OR DIETARY REQUIREMENTS PLEASE SPEAK TO A BARISTA WE CANNOT 100% GUARANTEE OUR DISHES ARE FREE FROM ALLERGENS.

- DELI TAPAS SELECTION --

BRUSCHETTA (v) - Garlic toasted semolina bread with chopped vine tomatoes, shallots, sweet basil. Add - Serrano Ham £2.50	£8.95
GARLIC PRAWN BRUSCHETTA - Garlic toasted semolina bread with roasted peppers, sauteed garlic and chilli king prawns and saffron aioli.	£12.95
BRUSCHETTA MOZZARELLA - Garlic toasted semolina bread topped with red pesto, fior latte mozzarella, serrano ham and rocket	£11.95 leaf.
TIROPITA Fried filo parcels filled with feta cheese and spinach with tzatziki.	£8.95
CHICKEN CHORIZO - Grilled chicken, chorizo and pork sausages with a tomato and saffron sauce with Spanish aioli and toasted sourdough bread.	£12.95
MEZZE (v) - Trio of Greek mixed pitted olives, chickpea hummus and Spanish aioli served with warm pittas.	£7.95

SKIN ON FRIES -	£4.95
TRUFFLE AND PARMESAN SKIN ON FRIES -	£5.95
CAJUN SPICED SKIN ON FRIES -	£5.95
Add - truffle black pepper mayonnaise, aioli, harissa mayonnaise £2	

3 FOR £12				
GREEK OLIVES MIX Pitted Gordal, Kalamata & Halkidiki	£4.50	ARANCINI MILANESE WITH CHILLI JAM	£5.95	
DOLMADES	£3.75	TOASTED SOURDOUGH	£4.95	
ROSEMARY & CHILLI NUTS	£4.75	& RUSTIC BLOOMER		
BALSAMIC BOLLOTA ONIONS	£3.75	DEEP FRIED PADRON	£5.95	
ARTICHOKES	£3.95	PEPPERS WITH FLAKY		
BREAD STICKS & AIOLI	£3.95	MALDON SALT		
CORN TORTILLAS & GUACAMOLE	£4.50			

-- SALADS --

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

MOROCCAN BUDDHA BOWL (v) £7.95 £13.25 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 PUTTANESCAFuna flakes with olives, capers, cherry tomatoes, anchovies.

Tuna flakes with olives, capers, cherry tomatoes, anchovies, roast peppers, trofie pasta and a red pesto dressing.

CHICKEN CAESAR	£7.95	£13.25
Oven roasted chicken breast, bacon, anchovies,		
haved parmesan, soft boiled egg on baby gem lettuce		
erved with garlic croutons and Caesar dressing.		

CAPRESE (V) Layered fresh vine tomatoes, Italian Mozzarella, **£5.50 £7.95** rocket and red onion, drizzled with olive oil.

MIXED LEAF SALAD - Mixed salad leaves, red onion, cucumbers, tomatoes tossed in french dressing. £3.95 £4.95

-- CAKES --

A selection of Italian and homemade cakes

A selection of Hattan and nomemade cakes	
ABACO KITCHEN'S CLASSIC TART Please ask your server for today's option.	£5.95
BELGIAN WAFFLE (v) - Warm Belgian waffle served with your choice of cream, maple syrup, Nutella. Or add bacon + £3.95.	£6.95
PANCAKES - Served with your choice of cream, maple syrup, Nutella. Or add bacon + £3.95.	£6.95
ABACO BROWNIE Abaco coffee, dark chocolate, hazelnuts and caramel pieces.	£4.95
BLACK SHEEP ALE STICKY TOFFEE PUDDING Served warm with butterscotch sauce and pouring cream. Add - ice creat	£6.95 m £2.00
LEMON DRIZZLE CAKE Home made classic.	£3.95
VICTORIA SPONGE Home made classic.	£3.95
SEASONAL TRAY CAKE Please ask your server for today's option.	£3.95
FLOWERPOT MUFFINS - Triple chocolate, blueberry or seasonal muffins.	£3.95
VEGAN / GLUTEN FREE OPTION (v) Please ask a Barista for more information on today's gluten free option.	£3.95
FRUIT & NUT GRANOLA (V)	£3.95
TARTA DE SANTIAGO (v) 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.	£3.95
HOME BAKED SCONE Why not add a pot of Bonne Maman jam - £0.90, honey - £0.90, marmalade - £0.90 or clotted cream - £1.00.	£3.95
PASTEL DE NATA Portuguese egg tart pastry dusted with cinnamon. Created before the 18th century by monks at the Jerónimos Monastery.	£2.50
ABACO DESSERT PLATTER Selection of classic Abaco treats, served with sauces, ice cream, berries and honeycomb.	£16.95

- FREDDO'S --

Why not add pouring cream (+£0.75) or berries (+£2.95) to any of our cakes?

A selection of iced coffees made the traditional way. from £3.90 FREDDO ESPRESSO | FREDDO LATTE | FREDDO CAPPUCCINO | FREDDO MOCHA

- ICE CREAM --

ICE CILEAN	
ITALIAN ICE CREAM BALL - Choose from Vanilla Pod, Mandorla, Luxury Chocolate, or Vegan Passionfruit & Mango. Please ask a Barista for more information.	£2.00
ABACO SUNDAE - Layers of vanilla ice cream, strawberries and shortbread biscuits and vanilla cream	£7.95
CLASSIC AFFOGATO - Madagascan vanilla ice cream, Doppio Espresso Ottimo IV, Amaretti biscuit.	£4.95
ABACO AFFOGATO - Mandorla chocolate ice cream, caramelized almonds, figs, Doppio Superiore VIII Espresso, Cannoli b	£5.95 biscuit.
AMALFI AFFOGATO - Madagascan vanilla ice cream, Limoncello, Biscotti, caramelized almonds, figs. Doppio Superiore VII	£5.95 Espresso.

Cannoli biscuit.

