

7 AM - 12 PM

MONDAY
TO FRIDAY

NOT YOUR ORDINARY

BREAKFAST MENU

8 AM - 12 PM

WEEKENDS &
BANK HOLIDAYS

SOMETHING SAVOURY

ABEL'S FRY UP

Smoked back bacon, local sausage, black pudding, hen's egg, hash brown, plum tomato, baked beans and field mushroom with thyme, thick buttered toast

9.00

NQ BREAKFAST (v)

Hen's eggs, leek and cheese sausages, hash brown, plum tomato and field mushroom with thyme, baked beans, wilted baby leaf spinach, thick buttered toast

8.50

THE 'MANC' MADAME

Smoked bacon, local sausage, black pudding and slow roasted plum tomatoes, Lancashire cheese and fried hen's egg served with thick buttered toasted bloomer

7.50

ABEL'S EXTRAORDINARY BENEDICTS ♦

MILLION-DOLLAR

'Million-Dollar' bacon, treacle cured with chilli, soy and five spice, soft poached eggs and hollandaise, toasted muffin

8.50

ROYALE

Smashed avocado and oak smoked salmon, Truffle oil, soft poached eggs and hollandaise, toasted muffin

9.95

UNION ST

Corned beef hash, soft poached eggs and horseradish hollandaise, toasted muffin

7.95

PRETTY GREEN (v)

Wilted baby leaf spinach, kale and avocado, soft poached eggs and citrus hollandaise, toasted muffin

7.95

THE PEACEMAKER

Can't decide? Mix & match any 2 of Abels Extraordinary Benedict's!

9.95

* Gluten Free Bread available - please ask when ordering *

SOMETHING SWEET

BUTTERMILK PANCAKES OR WAFFLES (v)

Served with maple syrup

5.50

Add million-dollar bacon + 2.50

Add seasonal berries + 2.50

Add caramelised bananas + 1.50

BREAKFAST BOWLS

POWER PORRIDGE (v)

Add honey or maple syrup

3.95

GRANOLA BOWL

- Fresh yoghurt and berries (v)

- Coconut cream and berries (vv)

4.50

FRESH FRUIT BOWL (vv)

Selection of fresh seasonal fruit

5.95

TOAST, EGGS & THINGS

PROPER BEANS ON TOAST (v)

Abel's beans on hot buttered toast

3.95

EGGS ANY STYLE (v)

Poached, scrambled or fried on buttered toast

3.95

AVOCADO ON TOAST (vv)

With fresh tomato salsa served with avocado and olive oil

5.95

DIPPY EGGS & SOLDIERS (v)

Soft boiled eggs & toasted soldiers

3.95

LANCASHIRE CHEESE TOASTIE (v)

White or granary bloomer

3.95

TOAST & JAM (v)

White or granary bloomer with jam

2.95

FRENCH TOAST (v)

Fingers of toast coated in cinnamon sugar, with caramelised apple and maple syrup

4.95

ABEL'S BREAKFAST SANDWICH

Our own hash brown plus either:

- Cured bacon

- Pork sausages

- Cheese and leek sausages (v)

3.95

THE BUSY BEE BREAKFAST (v)

In a rush? Grab our fantastic breakfast to go... Croissant, fresh juice or coffee and a seasonal fruit pot with honey

6.95

AH



FOOD ALLERGIES & INTOLERANCES If you want to know about our ingredients for any of our dishes please ask our staff when ordering. We offer gluten free products, please ask for details at the point of ordering. (v) - Suitable for vegetarians (vv) - Also suitable for vegans. All of our breakfasts are cooked fresh and to order and we strive to use the best regional produce, please allow us the time to ensure you get the best start to the day!

BARISTA DRINKS

OUR ESPRESSO

The blend we use consists of the finest Brazilian and Indian coffee beans, supplied to us fresh from the roaster by Exchange Coffee Co. Our espresso recipe is designed to produce a rich, balanced coffee base for all our barista drinks.

ESPRESSO

A short, shot of coffee, intense in flavour.

Single - 2.00

Double - 2.40

ESPRESSO MACCHIATO

Our Espresso "stained" with a dash of foamed milk.

Single - 2.20

Double - 2.60

FLAT WHITE

Double Espresso served in a smaller cup, topped with textured milk at 60 degrees, producing a rich, strong coffee.

2.60

CAPPUCCINO

Our Espresso mixed with 1/3 steamed milk and topped with 1/3 foamed milk.

Regular - 2.65 Large - 2.95

LATTE

Our Espresso mixed with 2/3 steamed milk and a dash of foam.

Regular - 2.65 Large - 2.95

AMERICANO

Hot water topped with our Espresso, served black or with hot or cold milk.

Regular - 2.30 Large - 2.60

MOCHA

Our espresso mixed with chocolate and steamed milk

2.95

HOT CHOCOLATE

Chocolate and milk combined to produce a light, foaming drink served with cream.

3.50

AH

COLD BREW

A chilled coffee drink which is brewed without heat, to ensure a smooth, naturally sweet taste. Served with or without ice.

3.50

ICED LATTE

Our espresso shaken with ice cold milk.

2.65

Add caramel, vanilla, pumpkin spice or gingerbread to your cold brew or iced latte + 50p

E&T

(ESPRESSO & TONIC)

Cold brew coffee combined with bubbly tonic water to give a crisp, refreshing alternative to your classic G&T.

4.20

TEA

GREAT RIFT ENGLISH BREAKFAST

Sourced exclusively from estates across East Africa, from Rwanda through to the Rift Valley in Kenya. A delicious strong breakfast tea bursting with full flavour.

2.25

ESTATE GROWN DECAFFEINATED

A breakfast tea with a golden colour and strong refreshing taste.

2.60

VIRUNGA EARL GREY

A scented pure origin tea. Famously bright and fragrant, perfect anytime.

2.60

SINGLE ORIGIN GREEN

A pure green tea sourced from China where the very best teas of this variety are to be found. A rich, natural source of anti-oxidants, known to cleanse, detoxify and restore natural balance.

2.60

RED BERRY & FLOWER

A full flavoured, deep, rich ruby-red liquor, lush, candied aroma and intense, fruity flavour of sweet red berries and refreshing hibiscus. Rich in anti-oxidants and naturally caffeine free.

2.60

NATURAL INFUSIONS

CAMOMILE

Soothing and delicate. A classic herbal tea from the scented flowers and leaves of the wild camomile plant. Restores natural balance, aids digestion and promotes sleep. Naturally caffeine free.

2.60

PEPPERMINT

A luxurious single mint infusion, entirely caffeine free. Made only from the finest pure peppermint leaves. Traditionally acknowledged to aid digestion making it perfect for an after-dinner digestif.

2.60

TAKEAWAY OPTIONS
AVAILABLE

WE ALSO SERVE
SOY, ALMOND + COCONUT MILK

Please ask a member of the team when ordering your hot drinks