

## 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

### 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

NOT YOUR ORDINARY

# FOOD MENU

12 PM - 9 PM

SUNDAY  
TO THURSDAY

NOT YOUR ORDINARY  
**FOOD MENU**

UNTIL 10 PM

FRIDAYS &  
SATURDAY

Please make your  
order at the bar



Book a table, party  
or event by going to  
[www.abelheywood.co.uk](http://www.abelheywood.co.uk)  
or call 0161 819 1441

## SMALL PLATES & STARTERS

### THREE LITTLE PIGS

Pork, apple and apricot, Pork and Black pudding, and Pork and spiced Chorizo sausage rolls, Green tomato chutney  
5.95

### ROASTED GARLIC & ROSEMARY HUMMUS

Hummus, Pitta, Crudités and Smoked Salt (vv)  
4.95

### MAC & CHEESE FRITTERS

Abel's brown sauce (v)  
4.95

### SALT AND PEPPER CALAMARI

Chilli salt, soy and ginger dressing  
6.25

### MENAI MUSSELS

Cider and thyme, saffron aioli, sourdough  
6.95

### CORNED BEEF HASH CAKE

Soft poached egg  
5.95

### WINTER MUSHROOMS ON TOAST

Stilton, crème fraiche, toasted brioche (v)  
5.50

### HOT PORK PIE

Mushy peas, Abel's brown sauce  
5.95

### CHICKEN WINGS

**Peruvian**  
Marinated Chicken wings, Crispy veg, and sweet chilli sauce

-OR-

**Rosemary & Garlic**  
Marinated chicken wings, honey & ginger glaze and crispy vegetables

6.95 (for 12)

### MANCHESTER EGG

Piccalilli  
4.95

### CHICKEN CAESAR CROQUETTES

Gem lettuce, Caesar dressing, anchovies and parmesan shavings  
5.95

### CHEESE & PICKLE CROQUETTES

Lancashire Cheese, Bramston pickle, Ale and onion chutney (v)  
5.95

### BUILD YOUR OWN BOARD!

3 FOR £15  
OR 5 FOR £25

ON ANY OF OUR  
SMALL PLATES  
MONDAY - FRIDAY

### UPGRADE YOUR SANDWICH OR SMALL PLATE

ADD A MUG OF SOUP    ADD FRIES / PROPER CHIPS

£2    £1.50

## SANDWICHES

### FISH BUTTY

Beer Battered Fish Butty, Gem lettuce, tartare sauce  
6.95

### STEAK SANDWICH

Toasted bloomer  
7.95

### MILLION DOLLAR BLT

Million dollar bacon, gem lettuce, tomato, sriracha mayonnaise  
5.95

### BARROW BOYS MELT

Ham, Cheddar and Piccalilli Rarebit melt  
6.50

### SPICED FALAFEL AND BEETROOT

Asian slaw, Khouzb bread (vv)  
5.95

### SOUP OF THE DAY

Homemade soup of the day, baked bread (v)  
4.95

## MAINS

### FISH AND CHIPS

Hydes beer battered haddock, hand cut chips, salt and vinegar mushy peas, tartare sauce  
12.95

### STEAK FRITES

7oz Battered rump steak, seasoned fries, peppercorn sauce and watercress  
12.95

### MANCHESTER SAUSAGE

Pork and leek sausages, buttered mash, Lowry onions, crispy bacon and gravy  
10.95

### VEGETARIAN SAUSAGE & MASH

Cheese and leek sausages, buttered mash, Lowry onions, and homemade baked beans (v)  
9.95

### CHICKPEA AND SWEET POTATO TAGINE

Spiced cous cous, flatbread (vv)  
9.95

### PAN ROASTED SEABASS

Butternut squash & sage risotto, Menai Mussels, crispy kale and a lemon butter sauce  
13.95

### CHILLI MAPLE-GLAZED PORK BELLY

Parmesan polenta, winter greens  
12.95

### LANCASHIRE HOT POT

Welsh rarebit, pickled red cabbage - Vegetarian option available -  
13.95

### POT-ROASTED CHICKEN

Rosemary potatoes, white bean and chorizo ragu  
14.95

## SIDE DISHES

**Handcut Chips (v)**  
2.50

**Seasoned fries (v)**  
2.50

**Sweet potato Fries (v)**  
3.95

**Fairground Fries and Smoked bacon**  
Cheese & smoked bacon fries  
4.50

**Crispy Ranch Salad (v)**  
3.50

**Buttered Winter Greens (v)**  
Mixed Greens  
3.50

**Hydes Beer Battered Onion Rings (v)**  
2.95

## AWARD-WINNING BURGERS & PIES

### ABEL'S EXTRAORDINARY BURGER

Hand pressed beef, smoked cheddar, yellow mustard and dill relish, beef tomato, sliced gherkin and gem lettuce  
11.95

### MILLION DOLLAR BURGER

Hand pressed beef patty's, Sriracha mayonnaise, mustard relish, million dollar bacon, smoked cheese, crispy onions, gem lettuce, beef tomato and gherkin  
12.95

### N.Q. BURGER

Spiced Halloumi, Roasted mushroom & Red pepper, with a tomato and olive salsa (v)  
10.95

### STEAK & ALE PIE

Steak ale pie with hand cut chips or buttered mash and homemade gravy  
12.95

### CHEESE & ONION PIE

Lancashire Cheese pie with hand-cut chips or buttered mash, mushy peas and gravy (v)  
12.50

### FISHERMANS PIE

Smoked haddock, mussels, prawns, parmesan crust, buttered greens  
14.95

### 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) - Suitable for vegans  
(gf) - Gluten free