

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
or call 0161 819 1441

SMALL PLATES & STARTERS

THREE LITTLE PIGS

Pork & black pudding, pork & red pepper, and pork and chipotle sausage rolls, green tomato chutney

5.95

HOT SMOKED GARLIC & HARISSA HUMMUS

Charred sourdough, smoked salt and pickled radishes (v)(vv)

4.95

SALT & PEPPER CALAMARI

Chilli salt, soy and pickled ginger dressing

6.25

BRISKET HASH CAKE

Peppered poached egg, hot brown sauce

5.95

HOT PORK PIE

Hot pork pie, mushy peas and Abel's brown sauce

5.95

PERUVIAN GLAZED CHICKEN WINGS

Marinated wings with a honey and mustard dip

6.45

HOT SMOKED PIGS IN BLANKETS

Black garlic ketchup

5.25

PAPRIKA SPICED CAULIFLOWER FLORETS

Citrus aioli (v)

4.95

MAC & CHEESE

Topped with parmesan and oven baked (v)

4.95

UPGRADE YOUR MAC & CHEESE FOR £2 EACH

Add Pulled Smoked Brisket

Add Smoked paprika cauliflower (v)

BUILD YOUR OWN BOARD!

3 FOR £15

OR 5 FOR £25

ON ANY OF OUR
SMALL PLATES

MONDAY - FRIDAY

UPGRADE YOUR SANDWICH

ADD A MUG
OF SOUP

ADD FRIES /
PROPER CHIPS

£2

£1.50

MILLION DOLLAR BLT

Million Dollar bacon, gem lettuce, tomato, Sriracha mayonnaise

5.95

BARROW BOYS MELT

Ham, cheddar, Branston pickle rarebit melt

6.50

FALAFEL, ROASTED GARLIC & HARISSA HUMMUS WRAP

Beetroot salad (vv)

5.95

SANDWICHES

FISH BUTTY

Beer battered fish, gem lettuce, tartare sauce

6.95

STEAK RAREBIT

Steak & ale onions, rarebit melt, on toasted bloomer

8.25

• PLEASE MAKE YOUR ORDER AT THE BAR •

CHILDRENS MENUS ARE AVAILABLE

Please ask a member of staff for more details

MAINS

FISH & CHIPS

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

12.95

STEAK FRITES

Battered rump steak, seasoned fries, peppercorn sauce and watercress

13.95

MANCHESTER SAUSAGE

Pork and leek sausages, buttered mash, ale 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

AUBERGINE & CHIPOTLE CHILLI

Spiced cous-cous, pita bread (v) (vv)

10.95

ABEL'S SMOKED BBQ RIBS

Redskin potato salad, coleslaw and hand cut chips

15.95 - Full rack

9.95 - Half rack

PAN ROASTED SEABASS

Spiced cauliflower and pea risotto

13.95

120Z BONE IN SIRLOIN

Hand cut chips, tomato, onion rings and peppercorn sauce

21.95

ROASTED HALF SPATCHCOCK CHICKEN

Hasselback potatoes and Abel's slaw

9.45

SIDE DISHES

Handcut chips (v)

2.95

Skin on fries (v)

2.50

Sweet potato Fries (v)

3.50

Crispy ranch salad (v)

3.50

Hydes beer battered onion rings (v)

2.95

Abel's homemade slaw (v)

1.95

Red skin potato salad (v)

2.45

AWARD-WINNING BURGERS & PIES

STEAK & ALE PIE

Hand cut chips or buttered mash and served with greens and homemade gravy

12.95

CHEESE & ONION PIE

Hand cut chips or buttered mash, greens and vegetarian gravy (v)

12.95

N.Q. BURGER

Spiced halloumi, roasted mushroom & red pepper, with a tomato and olive salsa (v)

10.95

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 patties, Sriracha mayonnaise, mustard relish, million dollar bacon, smoked cheese, crispy onions, gem lettuce, beef tomato and gherkin

13.50

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