

7AM - 12NOON

MONDAY
TO FRIDAY

ABEL'S BREAKFAST

8AM - 12NOON

WEEKENDS &
BANK HOLIDAYS



ABEL'S FRY-UP

Grilled back bacon, thick pork sausage, grilled black pudding, baked beans, hash browns, field mushroom, grilled tomato, eggs your way, toasted thick bread & butter

9.95

ABEL'S BREAKFAST SANDWICH

Our own hash brown plus either:
Cured back bacon, pork sausage, fried eggs
or cheese & leek croquettes

3.95

N.Q. BREAKFAST (v)

Cheese and vegetable croquettes, hash browns,
baked beans, field mushrooms, grilled tomato,
thick toasted bread & butter

8.50

CONTINENTAL BREAKFAST (v)

Choice of breakfast cereals, fresh pastries,
fruit selection, juices, tea or coffee

6.95

• PLEASE MAKE YOUR ORDER
AT THE BAR •

SOMETHING DIFFERENT

POWER PORRIDGE (v)

Add honey or maple syrup

3.95

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

4.95

AVOCADO ON TOAST (vv)

With fresh tomato salsa served with avocado
and olive oil

5.95

EGGS BENEDICT

Poached eggs, bacon and hollandaise sauce
on a toasted muffin

7.95

FANCY A BIT MORE?

Add any of the following extras for **1.50** each

Bacon, Sausage, Extra Eggs, Toast

Full allergen information is available on request. Please ask our team for details when ordering both food and drink. All weights noted are approximate and prior to cooking.

(v) vegetarian (vv) vegan / Gluten Free options are available on request

TEA

GREAT RIFT ENGLISH BREAKFAST 2.25

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

ESTATE GROWN DECAFFEINATED 2.60

A breakfast tea with a golden colour and strong refreshing taste

VIRUNGA EARL GREY 2.60

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

SINGLE ORIGIN GREEN 2.60

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

RED BERRY & FLOWER 2.60

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

NATURAL INFUSIONS

CAMOMILE 2.60

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

PEPPERMINT 2.60

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

COLD BREW 3.50

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

ICED LATTE 2.65

Our espresso shaken with ice cold milk.

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

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 2.60

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

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 2.60

Our espresso mixed with chocolate and steamed milk

HOT CHOCOLATE 3.50

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

SOMETHING DIFFERENT

E&T (ESPRESSO & TONIC) 4.20

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