



NOT YOUR ORDINARY

BREAKFAST

MENU



Abel Heywood, 38 Turner Street, Northern Quarter, Manchester, M4 1DZ

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 www.abelheywood.co.uk

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7AM - 12NOON

MONDAY
TO FRIDAY

ABEL'S BREAKFAST

8AM - 12NOON

WEEKENDS &
BANK HOLIDAYS

PLEASE HELP YOURSELF TO OUR SELECTION
OF BREAKFAST CEREALS, PASTRIES, FRESH FRUIT,
JUICES, TEA OR COFFEE

PLEASE CHOOSE FROM THE FOLLOWING BREAKFASTS:



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

ABEL'S BREAKFAST SANDWICH

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

N.Q. BREAKFAST (v)

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

SOMETHING DIFFERENT

POWER PORRIDGE (v)

Add honey or maple syrup

PROPER BEANS ON TOAST (v)

Abel's beans on hot buttered toast

EGGS ANY STYLE (v)

Poached, scrambled or fried on buttered toast

AVOCADO ON TOAST (vv)

With fresh tomato salsa served with avocado and olive oil

EGGS BENEDICT

Poached eggs, bacon and hollandaise sauce
on a toasted muffin

WHY NOT

Join us later for
an Abel's Ale
and a Fantastically
good Feast

ASK TO SEE OUR
MAIN MENU

NOT YOUR ORDINARY
FOOD MENU

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