



NOT YOUR ORDINARY

YOUNG ADULTS
& CHILDRENS
MENU



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

Tel: 0161 819 1441

 www.abelheywood.co.uk

 @AbelHeywoodNQ/  @abelheywoodnq  @abelheywoodnq/



ABEL'S YOUNG ADULTS MENU

Smaller Portions for smaller appetites for **ONLY £8.95**
Available all day every day

Pan Fried Sea Bass Fillet

Mashed potato, fine beans and a chive cream sauce

Char-Grilled Rump Steak

Fries, onion rings, pepper sauce and garden peas

Cauliflower, Chickpea & Red Lentil Curry (vv)

Served with white rice and grilled flat bread

Homemade Cheese & Onion Pie (v)

Shortcrust pastry, white onion & Cheddar sauce,
thick-cut chips and mushy peas or beans

Sea Food Basket with Cod Goujons & Scampi

Fries, mushy peas and tartare sauce

Chicken Caesar Salad

Grilled chicken, shaved cheese, croutons and Caesar dressing

Smoked Haddock Risotto

With spring onion and peas, served with a soft poached egg

Hunters Chicken with Bacon

Cheese & BBQ sauce, seasoned fries
and garden peas

ABEL'S CHILDREN'S MENU

Available all day every day

2 Courses **£7.95** or
3 Courses **£9.95**

SUNDAY LUNCH

(Not included in the 3 course option)

All our Sunday Lunches are served with traditional
vegetables, roast potatoes, home-made Yorkshire
pudding and real gravy

12 Hour Roast Beef **£8.95**

Roast Turkey **£8.25**

Roast Chicken **£8.25**

Crispy Pork Belly **£8.25**

STARTERS

Seasonal Soup Warm bread & butter (v)

Cheesy Nachos

With tomato salsa, guacamole and sour cream (v)

Baked Garlic Bread with Cheese (v)

MAINS

Crispy Chicken Strips BBQ sauce, fries and peas

Battered Fish & Chips With fries and mushy peas

Grilled Beef Burger

Gem lettuce, sliced tomato and served with fries

Linguine Pasta Served with peas and cheese sauce (v)

Shepherd's Pie Cheesy mash and vegetables

DESSERTS

Chocolate Brownie With chocolate chip ice cream (v)

Belgian Waffle Served with vanilla ice cream (v)

Strawberry Frozen Yoghurt (v)

Duo of Ice Cream (v)

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