

# 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

## Aubergine, Sweet Potato & Mushroom Curry (vv)

White rice, grilled chapati, apple & chilli chutney

## 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

## Beef Casserole

Parsley mash and green beans

## 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)

**Pork & Leek Sausages** Creamy mash, garden peas and gravy

## DESSERTS

**Homemade Chocolate Fudge Cake** Vanilla 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