

7 AM - 12 NOON

MONDAY
TO FRIDAY

ABEL'S BREAKFAST

8 AM - 12 NOON

WEEKENDS &
BANK HOLIDAYS



ABEL'S FRY-UP

(1373 kcal)

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

10.95

ABEL'S BREAKFAST SANDWICH

With our hash brown, choose from:

Sausage Sandwich (640 kcal),

Egg Sandwich (v) (510 kcal) or

Bacon Sandwich (597 kcal)

4.75

N.Q. BREAKFAST (v) (891 kcal)

Cumberland plant based sausages, hash browns, baked beans, field mushrooms, grilled tomato, thick toasted bread & butter

8.95

CONTINENTAL BREAKFAST (v) (565 kcal)

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

6.95

• PLEASE MAKE YOUR ORDER
AT THE BAR •

SOMETHING DIFFERENT

Eggs Benedict (700 kcal)

Poached eggs, bacon and hollandaise sauce on a toasted muffin

8.45

Eggs any Style (v) (852 kcal)

Poached, scrambled or fried on buttered toast

5.25

Smashed Avocado & Poached

Eggs on Toast (v) (710 kcal)

With fresh tomato, salsa and olive oil

7.45

Power Porridge (v) (843 kcal)

Add honey or maple syrup

3.95

FANCY A BIT MORE?

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

Bacon (135 kcal), Sausage (178 kcal),

Eggs (v) (132 kcal), Toast (v) (427 kcal)

Please ask about our freshly roasted finest Coffees and selection
of teas, the perfect way to start the day...

Full allergen information is available. 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. Adults need around 2000 kcal a day.