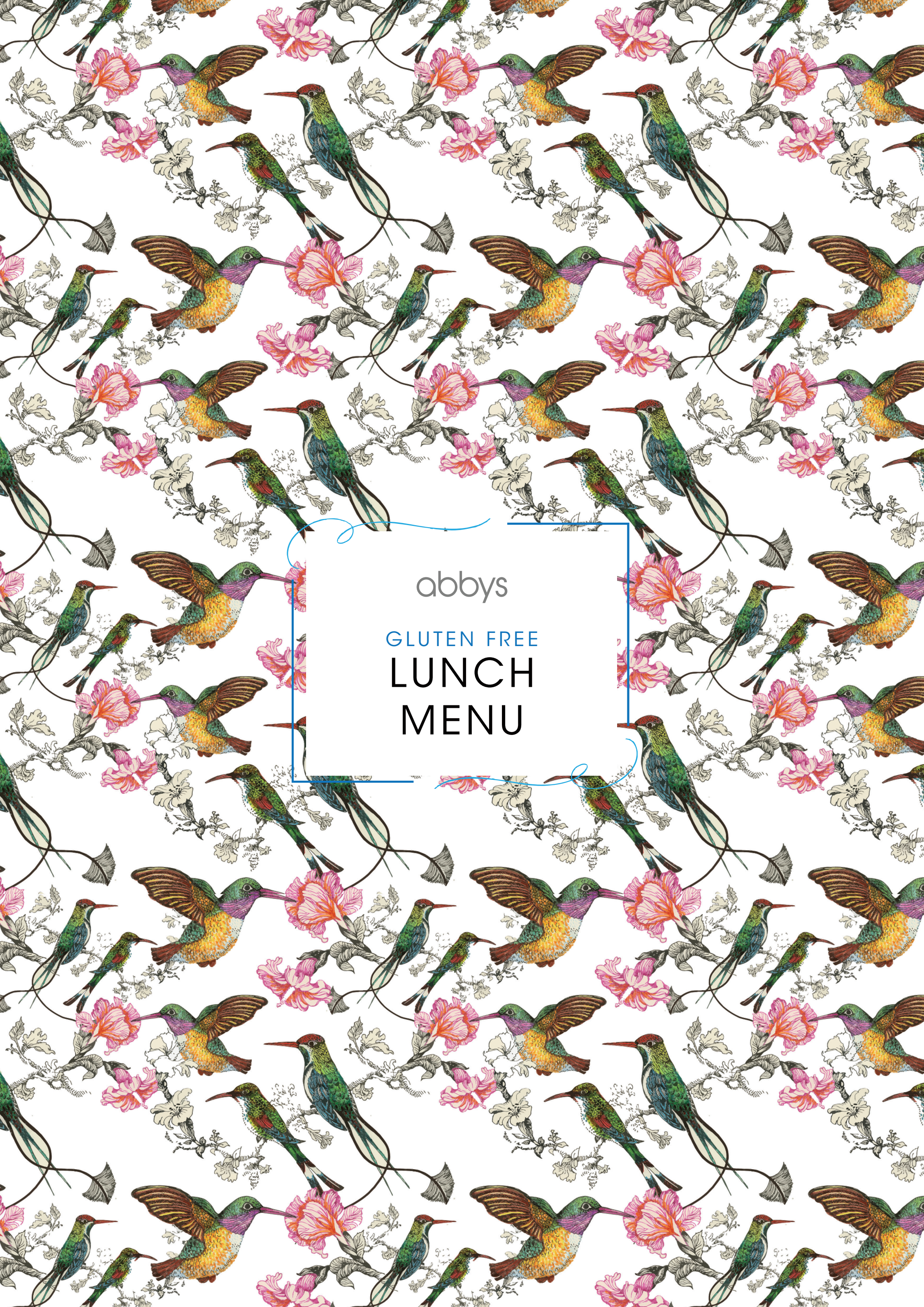




abbys

GLUTEN FREE
LUNCH
MENU

BREAKFAST 10 - 11:30am

LUNCH 12 - 5pm

EVENING 5 - 8:30pm

PLEASE ASK TO SEE OUR MENU



LUNCH MENU

Served 12- 5pm

SMALL PLATES & STARTERS

Selection of Breads    £6.50
Balsamic & olive oil for dipping

Asian Belly Pork  £10.50
Apple chutney

Classic Prawn Cocktail  £10.50
Marie rose sauce & brown bread

Thai Fishcakes  £10.50
Fresh salmon & tuna with ginger & lemongrass served on leaves with sweet chilli dressing

Crispy Chicken Strips  £7.95
Buffalo & ranch dips

Corn Ribs   £7.25
Paprika butter & chimichurri

Battered Haddock Goujons  £10.50
Fresh Grimsby Haddock coated in a light beer batter served with lemon mayonnaise

Breaded Goats Cheese  £7.95
Chilli jam

Baked Creamy Garlic Mushrooms   £7.95
Sourdough for dipping

Chilli & Hot Honey Baked Feta  £9.50
Sourdough bread

Sticky Beef Brisket & Blue Cheese Bon Bons  £8.50

SANDWICHES

CLT Toasted £9.95
Chicken, lettuce, tomato & mayonnaise
Add bacon £1.50

Homemade Fish Finger £10.50
Tartare or tomato sauce

Prawn Marie Rose Open £9.50
Fresh Prawns bound in our own marie rose sauce on sourdough bread
Add Smoked Salmon £2.50

HOMEMADE SOUP & SANDWICH

Ham & Mustard Mayo £9.95

Tuna & Spring Onion

Cheese & Chutney 

WRAPS

Chicken Caesar Wrap £9.95
Add Bacon £1.50

Halloumi  £9.95
Spinach & red pepper hummus

Duck & Hoisin £10.95
Cucumber and spring onion

HOT BAGUETTES

Southern Fried Chicken £12.00
Cheese, rocket & truffle mayonnaise

Steak & Cheese £13.50
Peppercorn Sauce & rocket

Brie & Bacon £9.95
Chilli jam

Crispy Halloumi  £9.95
Sweet chilli mayonnaise & spinach

Tuna & Cheese £9.95
Spring onion



MOCKTAILS

Peach & Elderflower Spritz £5.50
Peach, elderflower, lime, soda

Cucumber & Lime Spritz £5.50
Fresh cucumber & lime topped with Ginger Ale

Princess Orchid £5.50
Blueberry, orgeat syrup, lime, cranberry, raspberry

Strawberry Sunrise £5.50
Pineapple, orange, soda, grenadine, strawberries

Berry Cooler £5.50
Lemonade, grenadine, fresh berries

PASTA

Seafood Linguini  £19.50
Fresh salmon, king prawns and mussels cooked in a creamy white wine sauce

Slow Baked Beef Ragu  £18.50
Slow braised beef with penne in a rich tomato sauce topped with mozzarella

Vegetable Linguini   £16.00
Cherry tomatoes, mushroom & basil in a cream sauce
Add Chicken £3.00

Chicken & Chorizo Penne Arrabbiata  £17.50
In a rich tomato & chilli sauce

PROSECCO & PASTA SATURDAY

From 5pm

Choose any 2 pasta dishes, with garlic bread and a bottle of prosecco £50.00

LARGE PLATES & GRILLS

Classic Greek Moussaka  £19.00
A true Abbys classic, minced lamb, aubergine & potatoes topped with cheese sauce served with a cherry tomato, feta and mixed olive salad

Fish and Chips  sml £14.00 lge £17.00
Fresh Grimsby haddock in crisp seasoned batter with mushy peas, chips & tartare sauce.
Add bread & butter £2.50

Rack of Ribs  £22.50
Half Rack of Ribs  £17.50
Slow cooked rack of tender pork ribs marinated in BBQ sauce with seasoned chips, corn on the cob & coleslaw

8oz Rump  £19.50
Served with Seasoned chips, vine tomato & Sautéed Mushrooms

ADD
Creamy Peppercorn Sauce  £4.00
Blue Cheese Sauce  £4.00

FISH FRIDAY

From 5pm

2 Fish & Chips *with bread & butter*
£25.00

DESSERTS

Crème Brûlée   £9.50
Baked egg custard topped with crisp caramel & shortbread

Mango Sorbet   £8.50
Frozen mixed fruit with sorbet

Winter Berry Pavlova  £8.95
Winter berries, cream & meringue

Cheese Board  £12.50
Grapes, celery, apple, chilli jam, fruit chutney & selection of biscuits

ASK YOUR SERVER ABOUT OUR

Spanish Night
October 25th from 5pm
Traditional Spanish Tapas

Wine Tasting
Bubbles Night 13th November
3 Course Meal with wine pairing from our expert Ed Newton form Corney & Barrow
£59.50



SALADS

Chicken & Bacon Caesar  £13.75
Grilled chicken & bacon on a bed of salad topped with parmesan and creamy Caesar dressing

Salmon & Prawn  £13.75
Smoked salmon & fresh prawns on a bed of salad topped with lemon & dill crème fraîche

Halloumi & Pomegranate   £13.75
Pan fried halloumi on a bed of salad leaves with cucumber, pomegranate & minted yogurt dressing

JACKET POTATOES

Choose from:

Beef chilli *topped with sour cream* £9.95

Prawn Marie Rose £9.95

Ratatouille & Mozzarella  £9.95

Cheese & Coleslaw  £9.50

Tuna Mayo £9.50

SIDES

Seasoned Chips   £5.00

Vegetable Greens    £5.00

Mixed Salad   £4.50

Garlic Bread   £4.50

Cheesy Garlic Bread   £5.00

House Coleslaw   £3.50

COCKTAILS

Full cocktail list in the drinks menu

Royal Orchid £11.50
Amaretto, Chambord, cranberry, blueberry, lime, shiraz

Bramble £9.00
Bombay Sapphire, Crème de Mure, blackberry, citrus, sugar

Tickle Me Pink £10.50
Pink Gin, Triple Sec, Rose Liqueur, Lime, Strawberry syrup, blood orange soda

Espresso Martini £11.00
Stolichnaya Vanilla Vodka, Coffee Liqueur, Espresso

Pornstar Martini £12.00
Stolichnaya Vanilla Vodka, Passion Fruit Liqueur, pineapple, passion fruit, Prosecco

Elderflower and Lychee Spritz £11.50
St Germain, Lychee Liqueur, Panul Sauvignon Blanc, soda

Aperol Spritz £11.00
Aperol, Prosecco, soda

Pear and Blueberry Spritz £11.50
Crème de Myrtille, Poire William, Prosecco, soda

Limoncello Spritz £11.00
Limoncello, Prosecco, soda

 Vegetarian  Vegan  Can be made Vegan  Gluten Free  Can be made Gluten Free

If you have any concerns regarding food allergens or intolerance, please make a member of staff aware and we will do our very best to cater for your specific needs.