

TEMPTING
AND TASTY

GLUTEN FREE

Served from 12pm - 9pm

APPETISERS AND SMALL PLATES

Perfect for sharing - 3 FOR £17.50 OR £6.50 EACH

Hummus (ve) (544 kcal)
Grilled gluten free bread, baton carrots
and pressed lemon oil.

Loaded Fries (736 kcal)
With onion, bacon and cheese.

Halloumi Fries (v) (718 kcal)
Smoked paprika and tomato mayonnaise.

Nachos (v) (445 kcal)
Cheese, guacamole, sour cream,
salsa and jalapeños.

MAINS

Supreme of Chicken (700 kcal) £16.95

Crushed potatoes, asparagus wrapped in pancetta,
creamed leeks, red wine & cream sauce.

10oz Ribeye Steak (1027 kcal) £24.95

Cooked to your liking, thick-cut chips,
thyme roasted plum tomato, field mushroom
and watercress.

10oz Honey Glazed Bacon Steak (1479 kcal) £15.95

Served with a fried egg and grilled pineapple.

Classic Chicken & Bacon Caesar (813 kcal) £14.95

Cos lettuce, hard cheese, anchovies, boiled egg
and Caesar dressing.

Pork Belly (1297 kcal) £18.95

Cabbage & bacon mashed potatoes, honey roasted
carrots, pancetta crumb and thyme jus.

Coconut & Corn Curry (ve) (833 kcal) £13.95

White rice, cauliflower fritter and mango chutney.

A BIT ON THE

Skinny Fries (ve) (519 kcal) £3.55

Thick-Cut Chips (ve) (453 kcal) £3.55

Sweet Potato Fries (ve) (420 kcal) £4.95

Cabbage & Bacon Mash (533 kcal) £4.50

Caesar Dressed Side Salad (v) (148 kcal) £3.55

SIDES

SANDWICHES

SERVED ON GLUTEN FREE BREAD

Roast Ciabatta of the Day (1110 kcal) £9.95

Served with a jug of gravy.

Whipped Feta Style

Cheese Ciabatta (ve) (1073 kcal) £8.50

Roasted red peppers, sliced olives
and baby gem.

Abel's Club (1123 kcal) £9.95

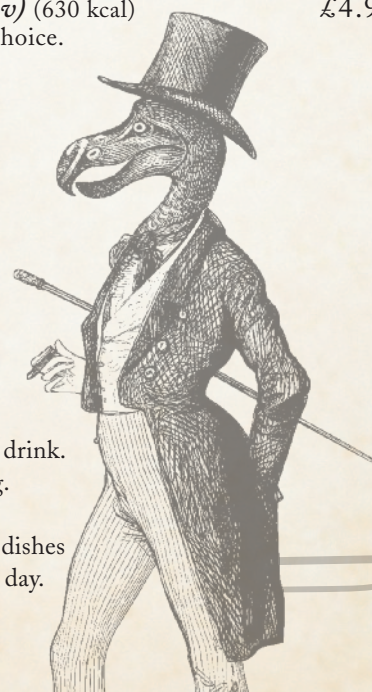
Chicken, bacon, avocado, baby gem
and sliced tomato.

ABEL'S DESSERTS

Strawberry Frozen Yoghurt (v) (235 kcal) £4.95

Trio of Ice Cream (v) (630 kcal) £4.95

Please ask for today's choice.



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 (ve) vegan.
Despite our best efforts, we are unable to guarantee that our dishes
are free from any allergen. Adults need around 2000 kcal a day.