

F O R S M *A* L L E R
A P P E T I T E S

YOUNGSTERS & CHILDREN

Served *from* 12pm - 9pm

YOUNGSTERS ALL DISHES £10.95

Grilled Chicken Caesar Salad (768 kcal)
Baby gem, croutons, Caesar dressing
and hard cheese.

Pan Fried Sea Bass Fillet (706 kcal)
Buttered new potatoes, olives, cherry tomatoes
and spinach.

Grilled 10oz Gammon Steak (747 kcal)
Served with thick-cut chips, fried egg
and garden peas.

Chargrilled Rump Steak (819 kcal)
Fries, thyme roasted plum tomato, garden peas.

Three Cheese & Leek Pie (*v*) (1555 kcal)
Shortcrust pastry, cheese & chive sauce,
thick-cut chips, mushy peas or beans.

Hunters Grilled Chicken Burger (915 kcal)
Bacon, cheese and BBQ sauce,
served with fries.

Coconut & Corn Curry (*ve*) (738 kcal)
Served with white rice.

Seafood Basket (861 kcal)
Fish goujons and scampi served with fries,
mushy or garden peas and tartare sauce.

ABEL'S SUNDAY ROAST

NOT INCLUDED IN THE CHILDREN'S OFFER

All our Sunday lunches are served with traditional vegetables, roast potatoes,
homemade Yorkshire pudding and real gravy.

12 Hour Roast Beef (999 kcal) £9.95 • **Roast Chicken** (920 kcal) £9.25

Roast Turkey (995 kcal) £8.95 • **Crispy Pork Belly** (1277 kcal) £8.95

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.

Gluten free options available on request. Despite our best efforts,
we are unable to guarantee that our dishes are free from any allergen.

Children and young adults need around 1800 kcal a day.

FOR SMALLER
APPETITES

YOUNGSTERS & CHILDREN

Served from 12pm - 9pm

CHILDREN

TWO COURSES £8.50 • THREE COURSES £10.50

STARTERS

Soup of the day (458 kcal)
With warm bread & butter.

**Olives, Whipped Feta Style Cheese
& Grilled Flatbread** (v) (317 kcal)

Garlic Bread (v) (525 kcal)

Garlic Bread with Cheese (v) (649 kcal)

DESSERTS

**Mixed Ice Cream &
Chocolate Wafer** (v) (313 kcal)

Arctic Roll (v) (172 kcal)
Filled with vanilla ice cream
and fruit coulis.

**Mini Apple, Rhubarb &
Vanilla Crumble** (v) (172 kcal)
Thick custard.

Brownie (v) (618 kcal)

Frozen Strawberry Yoghurt (v) (235 kcal)

MAINS

Cottage Pie (864 kcal)
Topped with mashed potato
and garden peas.

Fish Goujons (817 kcal)
Fries and garden peas.

**Baked Meatballs in
Tomato Sauce** (703 kcal)
With linguine pasta.

**Crispy Chicken Strips
with BBQ Sauce** (939 kcal)
Fries and salad.

Grilled Beef Burger (939 kcal)
Fries and salad.

Plant Based Sausages (ve) (599 kcal)
Crushed potatoes, garden peas
and gravy.

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