

SUNDAY MENU

SUNDAY ROAST PLATTER *Serves 2 FOR 39.95* (4343 kcal)

12 hour roast beef, treacle baked ham, half roast chicken, turkey, stuffing, pigs in blankets, new potatoes, roasties, parsnips, carrot & swede, red cabbage, mixed greens, Yorkshire puds and a bottomless jug of thick gravy.

ALL OUR SUNDAY ROASTS ARE SERVED WITH TRADITIONAL VEG, ROASTIES, HOMEMADE YORKSHIRE PUDS AND THICK GRAVY

Duo of Meats (1873 kcal) <i>Ask for today's choice.</i>	19.50	Treacle Baked Ham <i>Pork & herb stuffing</i> (1217 kcal)	15.95
Roast Beef (1628 kcal)	17.45	Roast Turkey (1571 kcal)	16.95
Half Roast Chicken (1819 kcal)	16.95	Squash & Beetroot Wellington (ve) (1301 kcal)	15.95

APPETISERS 6 FOR 34.00, 3 FOR 17.95 OR 6.95 each

Panko Crusted Chicken Fillets (599 kcal)

Coriander & lime dipping sauce.

Roast Chicken. Chorizo

Mac 'n' Cheese (640 kcal)

Cheese glaze.

Abel's Manchester Egg (442 kcal)

Wrapped in black pudding & pork sausage with piccalilli.

Pulled Brisket & Smoked Garlic Fritters (435 kcal)

Jalapeño mayo.

Halloumi Fries (v) (773 kcal)

Coriander & lime dipping sauce.

Baked Feta Rolls (v) (425 kcal)

Warm honey & chilli dressing.

Baked Nachos (v) (664 kcal)

Cheese, guacamole, sour cream, salsa and jalapeños.

Haddock Goujons (580 kcal)

Hydes batter with tartare sauce.

Buffalo Glazed Chicken Wings (901 kcal)

Ranch sauce.

Spiced Hummus (ve) (440 kcal)

Sesame seed paste with caramelised onions, sultanas and grilled pitta bread.

Heywood Loaded Fries (1211 kcal)

Seasoned fries, loaded with buttermilk chicken, cheese and spiced mayo.

Homemade Pork Pie (653 kcal)

Pickled onions.

Salt & Pepper Fries (v) (634 kcal)

Glazed in soy sauce, honey, chillies and spring onions.

MAINS

Panko Crusted Chicken Breast (1209 kcal) 15.95

Abel's slaw, seasoned fries and coriander & lime sauce.

Treacle Baked Ham & Eggs (880 kcal) 13.95

Thick-cut chips, grilled tomato and peas.

Seafood Basket (1090 kcal) 15.95

Cod goujons, scampi, salt & pepper calamari, thick-cut chips and mushy peas.

10oz Ribeye Steak (994 kcal) 26.95

Thick-cut chips, thyme roasted plum tomato, field mushroom, watercress and pepper sauce.

Classic Chicken Caesar Salad (1308 kcal) 14.95

Croutons, hard cheese, anchovies, boiled egg and Caesar dressing.

Sweet Potato & Spinach Dhal (ve) (828 kcal) 14.95

With coriander, spring onions, wild rice and grilled flat bread.

Hydes Battered Haddock (1055 kcal) 16.95

Thick-cut chips, mushy peas and tartare sauce.

Spicy Fried Chicken (1006 kcal) 12.95

Coriander, chilli & spring onion batter on a dressed noodle salad with oriental dressing.

Abel's House Salad

Our salads come with mixed grains, tomatoes, soy beans, kale, pumpkin seeds, baby gem, mixed leaves, cucumber and red onion with a choice of:

- **Chicken** (588 kcal) **14.95**
- **Rump Steak** (597 kcal) **15.95**
- **Grilled Halloumi** (745 kcal) **13.95**
- **Salt & Pepper Calamari** (549 kcal) **14.95**

SIDES

Thick-Cut Chips (v) (336 kcal) 3.95

Fries (v) (519 kcal) 3.95

Sweet Potato Fries (ve) (534 kcal) 4.95

Pepper Sauce (v) (242 kcal) 2.00

Chip Shop Curry Sauce (v) (90 kcal) 2.00

Onion Rings (v) (297 kcal) 3.95

Pigs in Blankets (451 kcal) 4.95

Cauliflower Cheese (v) (504 kcal) 4.95

Braised Red Cabbage (ve) (173 kcal) 3.95

Garlic Bread (v) (574 kcal) 4.95

Cheesy Garlic Bread (v) (781 kcal) 5.95

Served from 12pm - 8pm

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. Adults need around 2,000 kcal a day.

ABEL'S PIES

ALL OUR PIES ARE SERVED WITH MASH OR CHIPS, GARDEN PEAS OR BAKED BEANS

Three Cheese & Leek (v) (2130 kcal) 15.95

Cheese & chive sauce.

Hydes Steak & Ale (1589 kcal) 16.95

Short-crust pastry lid and a jug of thick gravy.

Meat & Potato (1405 kcal) 14.95

Short-crust pastry lid and a jug of thick gravy.

Vegan Shepherd's Pie (ve) (1102 kcal) 13.95

Sticky red cabbage.

BURGERS

ALL OUR BURGERS ARE SERVED ON A TOASTED BRIOCHE BUN, TOPPED WITH BABY GEM, ABEL'S SLAW, SLICED RED ONION, GHERKIN AND FRIES

Beef Burger (1442 kcal) 16.95

Two 4oz beef burgers topped with bacon and cheese.

Chicken Deluxe (1713 kcal) 16.95

Buttermilk chicken fillet, bacon, cheese, hash brown, BBQ sauce and crispy chicken wing.

Peri-Peri Chicken Burger (1473 kcal) 15.95

Buttermilk chicken burger coated in peri-peri sauce.

Double Plant Burger (ve) (1598 kcal) 16.95

Two burgers topped with Abel's slaw and grilled pineapple.

Peri-Peri Halloumi Burger (v) (1635 kcal) 14.95

Topped with Abel's slaw and grilled pineapple.

Lamb & Mint Burger (1587 kcal) 16.95

Onion bhaji, mango chutney, mint yoghurt, crispy poppadom, spiced fries and curry sauce.

DESSERTS

Double Chocolate Brownie (v) (919 kcal) 6.95

Vanilla ice cream.

Strawberry, Rhubarb and Gooseberry Crumble (v) (944 kcal) 6.95

Honey and oat topping, served with thick custard.

White Chocolate and Raspberry Eton Mess Meringue (v) (812 kcal) 7.95

Topped with thick cream, mixed berries, fruit coulis and freeze dried raspberries.

Manchester Tart (v) (545 kcal) 6.95

Topped with grated coconut, served with raspberry ripple ice cream.

Strawberry & Cream Cheesecake (v) (973 kcal) 6.95

White chocolate glazed strawberries.

Sticky Toffee Pudding (v) (765 kcal) 6.95

Toffee sauce and vanilla ice cream.

Cookie and Ice Cream (v) (697 kcal) 5.95