

BREAKFAST

Porridge with honey and fruit topping	£4.00
Fruit salad with orange juice	£4.30
Granola with yogurt and fresh fruit	£5.00
Scrambled egg	
1. On toast	£5.50
2. With avocado on toast	£6.50
3. With smoked salmon, avocado cream & parmesan on toast	£7.50
Poached egg with spinach & mushrooms	£7.50
Abasto Breakfast	£6.50
Coffee, croissant & small orange juice	
Spanish Breakfast	£5.50
Bread, cream cheese, grated tomato w/oil & small carrot juice	
Toasted bread, jam & butter	£2.95
Or Croissant, jam and butter	

LUNCH

Spanish Tortilla (Spinach or Chorizo) With a side salad and bread	£5.20
Soup of the day Ask your waiter for today's option	£4.95
Salad of the day Made daily with fresh ingredients	£7.50
Toasties	£4.50
1. Brie, spinach & avocado	
2. Chicken, spinach, mustard & dried tomato	
Flank steak in Ciabatta Served with homemade criolla sauce	£8.50

Those with dietary requirements or food allergies, please ask staff for advice. An optional 7% service charge will be applied to your bill, all of which is paid directly to our staff. All prices include VAT.



EMPANADAS

Menu 1 with Salad	£8.95
Three empanadas with a side salad	
Menu 2 with wine	£13.00
Three empanadas & a glass of wine	
Menu 3 with Dessert	£13.95
Three empanadas with salad, dessert and coffee	

DRINKS

Fresh Juice	Small £3.00 - Large £4.30
Apple, carrot, orange or combined	
Smoothies	£4.70
Green cleanse. Purple detox.	
Still water	500ml £1.35 - 1 litre £3.90
Sparkling water	500ml £1.35 - 1 litre £3.90
Coke & Diet Coke 330ml	£1.80
Schweppes Tonic Water 200ml	£1.75
Limonata, Aranciata & Aranciata Rosa 300ml	£1.50

BEER & SPIRITS

Quilmes 330ml	£3.50
London Pale Ale 330ml	£3.50
Quilmes 1 Litre	£9.95
Gin & Tonic	£8.50

TO SHARE

Empanadas x6	£17.30
Empanadas x9	£25.65
Empanadas x12	£34.00
Add side salad (£2.00) or Chimichurri (1.50)	
Cheese board	£14.50
Rosemary, Picos Blue and Manchego cheeses served with chutney and crackers	
Charcuterie board	£12.50
Spanish chorizo, cecina and salchichon served with semi dried tomatoes, pine nuts and rustic bread	
Full Board	£25.20
Rosemary, Picos Blue, Manchego, Spanish chorizo, cecina and salchichon served with semi dried tomatoes, pine nuts and crackers	
Aperitifs x1	£3.80
Aperitifs x3	£10.50
1. Peppers stuffed with feta cheese	
2. Chargrilled artichokes hearts	
3. Mediterranean semi-dried tomatoes	
4. Apple borettane onions	
5. Cornichons	
6. Puglian antipasto	
7. Red peppers in oil	
8. Aubergine pickle	
9. Almonds	
10. Crisps	
11. Olives	

WEEKLY SPECIALS

FRIDAY's Lentil Stew	£7.50
Optional with chorizo	£8.50
SUNDAY ROAST	£11.95
With roasted vegetables and potatoes dauphinoise	