



The Abbey Kitchen
Midtown Stores, Main Street
Shap, Penrith
Cumbria, CA10 3NQ

Tel: 01931 719177
www.theabbeykitchen.co.uk
info@theabbeykitchen.co.uk



the
abbey
kitchen

take
away

breakfast baps

Bacon / Sausage £3.95

Bacon & Egg £4.50

Bacon & Sausage £4.95

Sausage & Egg £4.50

breakfast
served
until
11:30am

homemade cakes & scones

Scone £2.00 Ⓥ

With butter and jam.

Homemade Cake £2.35

Please ask for today's selection.

Traybakes £1.60

To order
01931
719177

lunch

Soup of the Day £4.95 ⓖ Ⓥ Ⓦ

Served with white or granary bread and butter.

Sandwich £4.75 ⓖ Ⓥ Ⓦ

On white or granary bread, choose from the following fillings:

- Tuna mayonnaise
- Egg mayonnaise
- Smoked ham and mature cheddar
- Mature cheddar and tomato
- Hummus and roasted red pepper
- Smoked salmon, cream cheese, and rocket (50p extra)
- Prawn cocktail (50p extra)

Soup and Sandwich Deal £7.95

Panini £6.95 ⓖ Ⓥ Ⓦ

On ciabatta, choose from the following fillings:

- Ham, mature cheddar, and red onion marmalade
- Roasted vegetable and pesto
- Tuna melt
- Mozzarella, tomato and pesto
- BBQ chicken
- BLT (bacon, lettuce and tomato)

Quiche of the Day £7.50 Ⓥ

Served with a side salad of your choice and crisps. Add chips for an extra £1.00.

Ploughman's Lunch £6.00 ⓖ

A hunk of mature cheddar, served with roast ham, chutney, coleslaw, a salad of your choice, and white or granary bread.

hot drinks

Americano £2.25

Cappuccino £2.75

Single Espresso £2.00

Flat White £2.75

Double Espresso £2.50

Latte £2.80

Mocha £3.00 Ⓥ Ⓦ

A delicious combination of chocolate and coffee.

Hot Chocolate £2.95 Ⓥ Ⓦ

With marshmallows and cream. £3.50

Tea (mug) £1.75

cold drinks

Coke/Diet Coke/Fanta/Sprite £1.60

San Pellegrino (orange, lemon) £2.00

Mineral water (still or sparkling) £1.80

Squash £0.80

Orange or Apple & Blackcurrant.

Orange or Apple Juice £1.60

Milkshakes £3.15 Ⓥ

Vanilla, Chocolate, Banana or Strawberry
Made using fresh fruit and ice cream.

Smoothies £3.00 Ⓥ Ⓦ

Ask for flavours available.

ⓖ Gluten free

Ⓥ Vegetarian

Ⓦ Vegan