



the
abbey
kitchen

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

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



take
away

breakfast baps

Bacon / Sausage £3.80

Double Egg £3.80

Bacon & Egg £4.40

Sausage & Egg £4.40

Bacon & Sausage £4.95

Bacon, Sausage & Egg £5.45

breakfast
served
until
11:30am

cakes & scones

Fruit or Cheese Scone £2.50

With butter. (v)

Slice of Cake £3.00

Please ask for today's selection. (v) (vg*)
Gluten free available.

Traybakes £2.00

Please ask for today's selection. (v) (vg*)
Gluten free available.

Vegetarian, vegan,
and gluten-free
options available
for most products.

Please ask!

To order
01931
719177

lunch

Soup of the Day £6.00

Served with your choice of bread and butter. (v) (vg*)
With a cheese scone (75p extra)

Sandwich £5.95

On white or granary bread (gluten free available),
choose from the following fillings:

- Tuna mayonnaise
- Egg mayonnaise (v)
- Smoked ham and mature cheddar
- Mature cheddar and tomato (v)
- Sausage and Cumbrian Ale Chutney (vg*)
- Hummus and sundried tomatoes (v) (vg)
- Bacon, lettuce, and tomato
- Smoked salmon and cream cheese (50p extra)
- Prawn cocktail (50p extra)

Soup and Sandwich Deal £7.45

Smoked salmon or prawn cocktail (80p extra)

Panini £7.45

On ciabatta, choose from the following fillings:

- Ham, mature cheddar, and red onion marmalade
- Roasted vegetable and pesto (v) (vg*)
- Tuna melt
- Mozzarella, tomato, and pesto (v)
- Brie and Bacon

Jacket potato £7.95

Choose from the following fillings:

- Tuna mayonnaise
- Cheese and beans (v)
- Chilli - Meat or Veggie (vg)
- Prawn cocktail (80p extra)

Quiche of the Day £8.75

Served with a side salad of your choice, coleslaw
and crisps. (v) Add chips for an extra £1.00.

Ploughman's Lunch £8.75

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

hot drinks

Americano black £2.50
With milk/cream £2.70

Single Espresso £2.20

Double Espresso £2.75

Cappuccino £3.25

Flat White £3.15

Latte £3.25

Mocha £3.50

A delicious combination of chocolate and coffee. (v) (vg*)

Hot Chocolate £3.30

Add marshmallows and cream for an extra 55p. (v) (vg*)
Add a syrup to your coffee or hot chocolate for an extra 50p.

Tea (mug) £1.95

cold drinks

**Coke/Diet Coke/Dr Pepper/ Sprite
Lilt/Fanta (orange or lemon) £2.00**

San Pellegrino £2.25

Choose from orange, lemon, blood orange or grapefruit.

Mineral water (still or sparkling) £2.00

Squash £1.00

Milkshakes £4.00

Vanilla, Chocolate, Banana or Strawberry
Made using ice-cream. (v) (vg*)

Add toppings for 50p.

Smoothies £4.00

Fruit or vegetable. (v) (vg)