

cold

**Coke/Diet Coke/Dr Pepper/
Sprite/Lilt/Fanta (orange or lemon) £2.25**

San Pellegrino £2.95

Choose from orange, lemon,
blood orange or grapefruit.

Mineral Water (still or sparkling) £2.50

Squash £1.30

Orange or Apple & Blackcurrant

Orange or Apple Juice £2.50

Kid's juice carton £1.30

Apple or orange

Milkshakes £4.50

Made with English Lakes Ice Cream (v)(vg*)

- Vanilla
- Chocolate
- Banana
- Strawberry

Add toppings for 50p.

Smoothies £4.50

Fruit or vegetable.

afternoon tea

Tea for Two £25.00

Served from 12pm to 3pm.

- 6 finger sandwiches
choose from 2 of our sandwich fillings.
- Homemade soup shot

Pot of tea, americano or cold drink option
Other drinks at an additional charge.

hot

decaf
available

Americano black £2.75
With milk/cream £2.90

Single Espresso £2.40

Double Espresso £2.95

Cappuccino £3.50

Flat White £3.40

Latte £3.50

Mocha £3.80

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

Hot Chocolate £3.50

With marshmallows and cream (vg*) £4.25

Kid's Hot Chocolate £2.25

With marshmallows and cream (vg*) £2.95

Tea (mug) £2.25

Pot of Tea (for one) £2.75
(for two) £3.95

Speciality Tea (per person) £3.50

Syrups 60p extra

Oat & soy milk available 20p extra

- 2 scones (fruit or cheese)
with butter, clotted cream, jam or chutney.
- Slice of cake or traybake from the counter

(v) vegetarian, (vg) vegan, (vg* or gf*) vegan
or gluten free option available on request.

desserts

Fruit Crumble £5.95

With seasonal filling served with custard,
cream, or ice cream (v) (vg*)

Ice Cream £4.50

3 scoops, ask for flavours. (v) (vg*)

Add toppings for £1.00.

Fruit Scone (vg)

Served with butter £2.75 (vg*)

Served with butter and jam £3.20

Served with butter, jam, and clotted cream £3.95

Cheese Scone (v)

Served with butter £2.75 (v)

Served with butter and chutney £3.20

Slice of Cake £3.50

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

Gluten free available.

Traybakes £2.50

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

Gluten free available.

We are able to cater to most
dietary requirements, just ask.

Everything is freshly
prepared to order so please
allow extra time for service
during busy periods, we
appreciate your patience.

Thank you!

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



breakfast

breakfast
served
until
11:30am

Cumbrian Breakfast £8.95

2 rashers of bacon, 2 Cumberland sausages, eggs cooked to order, baked beans, mushrooms, tomatoes, served with a slice of toast and butter

Add hash browns for £1.20

Extra breakfast items £1.00

Vegetarian Breakfast £9.95

2 vegan sausages, 2 hash browns, eggs cooked to order, baked beans, mushrooms, and tomatoes, served with a slice of toast and butter (v) (vg*)

Pancake Stack £7.50

Choose from the following toppings:

- Berry compote, yoghurt and maple syrup (v) (vg*)
- Bacon and maple syrup

breakfast baps

Bacon or Sausage £3.95

Double Egg £3.95

Bacon & Egg £4.60

Sausage & Egg £4.60

Bacon & Sausage £4.95

Bacon, Sausage & Egg £5.60

for kids (under 10)

Sandwich £4.50

Same choice of fillings from the main menu, crisps, and a small juice carton (apple or orange).

(v) vegetarian, (vg) vegan, (vg*) vegan available, (gf*) gluten free available.

lighter breakfast

Toast £2.95

Toasted white or granary bread served with butter and jam. (v) (vg) (gf*)

Eggs on Toast £5.25

2 Fried, Poached, Scrambled or Boiled eggs, on white or granary bread with butter. (v) (vg) (gf*)

Beans on Toast £5.25

Beans on white or granary bread with butter. (v) (vg) (gf*)

Toasted Teacake £3.75

Served with butter and jam. (v) (vg)

Crumpets £3.75

Served with butter and jam. (v) (vg)
Add melted cheese for an extra 75p.

Fruit and Yoghurt Parfait £6.45

Served with granola. (v) (vg*) (gf*)

Porridge £3.50

Served with jam or maple syrup. (v) (vg*)

Half a Jacket Potato £4.50

Same choice of fillings from the main menu, crisps, and a small juice carton (apple or orange).

lunch

Soup of the Day £6.50

Served with your choice of bread and butter (v) (vg), or
With a cheese scone (80p extra) (v)

Sandwich £6.95

On white or granary bread (gf*), served with a side salad and crisps, choose from the following fillings:

- Tuna mayonnaise
- Egg mayonnaise (v)
- Smoked ham and mature cheddar
- Mature cheddar and tomato (v)
- Hummus and roasted pepper (v) (vg)
- Sausage and Cumbrian Ale chutney (vg*)
- Bacon, lettuce, and tomato
- Smoked salmon and cream cheese (80p extra)
- Prawn cocktail (80p extra)

Soup and Sandwich Deal £8.95

(smoked salmon or prawn cocktail 80p extra)

Panini £8.45

On ciabatta, served with a side salad and crisps, 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

food
served
until
4pm

Homemade daily specials,
check the specials board.

Jacket Potato £8.95

Choose from the following fillings:

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

Quiche of the Day £8.95

Served with a side salad of your choice, green salad, coleslaw, and crisps.

Add chips for an extra £1.25.

Ploughman's Lunch £9.95

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

salads & sides

Choose Your Own £6.50

Your choice of 3 salads, with white or granary bread and butter. (v) (vg)

Mediterranean £9.95

Falafel, hummus, your choice of 3 salads, olives, and white or granary bread and butter. (v) (vg)

Loaded Nachos £8.45

With mature cheddar, guacamole, salsa, and sour cream. (v)

Add bacon for £1.50

Chips £2.95

Add a bap for £1 extra. (v) (vg) (gf*)



the
abbey
kitchen

drink