

BREAKFAST

Porridge with honey and fruit topping	£4.50
Fruit salad with orange juice	£4.75
Granola blueberry smoothie & seasonal fruit	£5.00
Scrambled egg served on sourdough toast	
1. Avocado and chives	£6.70
2. Chorizo and spicy sauce	£8.50
3. Salmon, goat cheese and greens	£9.50
American pancake fruits & yogurt	£7.50
Abasto Breakfast Roasted pepper & cheddar sandwich, orange juice & coffee	£9.50
Argentine Breakfast Chorizo, 2 fried eggs on sourdough bread, medialuna, alfajor, coffee	£12.00
Roasted tomato & avocado On sourdough toast	£6.50

LUNCH

Spanish Tortilla salad and bread	£6.50
Smoked anchovies vanilla butter, gazpacho	£8.50
Coliflower steak kimchi & tomato salad	£10.00
Roasted veggs Labneh & yogurt dressing	£7.50
Shakshuka	£9.00
Duck egg with kale and spinach	£9.50

SALADS

Broccoli and green beans With coriander, ginger and yogurt	£8.50
Chickpeas, lentils, leaves, tomato With a balsamic vinaigrette	£7.50
Beetroot, avocado, beans, orange With orange vinaigrette	£10.00
Squash, beans & lentils With soy yogurt, mint and coriander	£8.50

WINE & EMPANADAS
ABASTO
LONDON

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	£4.30
Apple, carrot, orange or combined	
Smoothies	£4.95
Green cleanse. Purple detox.	
Still water	500ml £2.50 - 1 litre £3.90
Sparkling water	500ml £2.50 - 1 litre £3.90
Coke & Diet Coke 330ml	£2.50
Schweppes Tonic Water 200ml	£2.50
Limonata, Aranciata & Aranciata Rosa 200ml	£2.50

BEER & SPIRITS

Quilmes, Meantime, Buenos Ayres 330ml	£3.50
Quilmes 1 Litre	£9.95
Gin & Tonic	£8.50
Aperol Spritz	£8.50

Those with dietary requirements or food allergies, please ask staff for advice. An optional 10% service charge will be applied to your bill, all of which is paid directly to our staff. All prices include VAT.

TO SHARE

Empanadas x6	£17.30
Empanadas x9	£25.65
Empanadas x12 Add side salad (£2.00) or Chimichurri (1.50)	£34.00
Cheese board	£12.95
Rosemary, Picos Blue and Manchego cheeses served with chutney and crackers	
Charcuterie board	£14.95
Spanish chorizo, cecina and salchichon served with semi dried tomatoes and rustic bread	
Full Board	£26.95
Rosemary, Picos Blue, Manchego, Spanish chorizo, cecina and salchichon served with semi dried tomatoes and crackers	
Aperitifs x1	£3.80
Aperitifs x3	£10.50
Peppers stuffed with feta cheese / Chargrilled artichokes hearts / Mediterranean semi-dried tomatoes / Apple borettane onions / Cornichons / Puglian antipasto / Red peppers in oil / Aubergine pickle / Almonds / Crisps / Olives	

SANDWICHES

Flank steak	£10.50
In panini, with tomato and lettuce	
Ham & cheese toastie	£5.50
With guacamole on the side	
Grilled pepper & mature cheddar	£7.50
With pickled cucumber	

SUNDAY SPECIAL

Sunday Roast	£12.50
With roasted vegetables and potatoes	