

## To Share

### LOADED HOUMOUS (V, VEO, GFO) £10.00

A bed of tortilla chips topped with a sharing portion of our homemade Houmous.

As standard, you are able to choose one Meat, one Cheese and one other topping: If you would like to add any extra toppings, there is an extra charge.

Meat/Fish £2.00	Cheese £1.50	Other	
- Cajun Chicken	- Goat's Cheese	- Beetroot	£0.50
- Plain Chicken	- Stilton/Blue Cheese	- Mixed Olives	£1.00
- Pastrami	- Cheddar Cheese	- Mushroom	£0.50
- Salmon	- Vegan Feta	- Rocket	£0.50
(£1.00 extra)		- Mixed Nuts & Seeds	£1.00
		- Sriracha	£0.50
		- Smashed Avocado	£1.50

### SHARING PLATTER (V, VEO, GFO) £13.00

A sharing platter of Abda's best sellers: Abda's signature Houmous, Avocado Houmous and spicy Sriracha Houmous with Carrot Sticks and Crisps makes the perfect dipping combination. Thai toast, Sudanese Beans and your choice of Avocado on Toast/Tahaniya Toast/Mixed Olives.

### SWEET SHARING PLATTER (GF, VE) £6.00

You have to try our sweet Chocolate Houmous, perfectly paired with our top selling vegan and gluten free Brownie and Apple dipping sticks. It is certainly a treat!

## Just for Kids

All of our 'Light Bites' are available as half portions, please see the "Light Bites" page for our selection.

### YOGHURT POT (GF, V, VEO) £1.50

A smaller portion of our Yoghurt Breakfast Bowl with your choice of toppings:

- Fresh Fruit	£1.00
- Mixed Nuts & Seeds	£0.50
- Honey/Syrup	£0.50
- Mango Compote	£0.50
- Strawberry Jam	£0.50

### GRANOLA POT (V, VEO) £1.75

A smaller portion of our Granola Breakfast Bowl with your choice of toppings:

- Fresh Fruit	£1.00
- Mixed Nuts & Seeds	£0.50
- Honey/Syrup	£0.50
- Mango Compote	£0.50
- Strawberry Jam	£0.50

### PORRIDGE POT (V, VEO) £1.75

A smaller portion of our Porridge Breakfast Bowl with your choice of toppings:

- Fresh Fruit	£1.00
- Mixed Nuts & Seeds	£0.50
- Honey/Syrup	£0.50
- Mango Compote	£0.50
- Strawberry Jam	£0.50
- Chocolate	£0.50

### CHILDRENS LUNCH PLATTER: £4.00

Choose any four items from the list below:

- ½ slice of Artisan Bread (White, Brown, GF)	
- Cheddar Cheese	- Plain Chicken
- Sliced Apple	- Carrot Sticks
- Sliced Banana	- Sliced Peppers
- Cream Cheese	- Peanut Butter
- Jam	- Hummus
- Smashed Avocado	- Crisps

## Something Simple

Served as a closed sandwich with a helping of crisps and your choice of a side salad.

- Plain Chicken Sandwich	£5.00
- Cheddar Cheese Sandwich	£4.50
- Plain Chicken and Cheese Sandwich	£6.00

## Cakes and Desserts

All of our cakes are homemade, here in the shop. Please feel free to peruse the display. Vegan and gluten free options available.

### AFFOGATO £5.00

Double espresso poured over two scoops of indulgent vanilla ice cream and sprinkled with our signature chocolate drops.

### SWEET SHARING PLATTER £6.00

You have to try our sweet Chocolate Houmous, perfectly paired with our top selling vegan and gluten free Brownie and Apple dipping sticks. It is certainly a treat!



# ABDA

- COFFEE - CAKE - CULTURE -



DEDICATED TO SOL



Abda Ltd Coffee Shop, affectionately known as Abda's, is a unique slice of culture from a Northwich local. Abda's is a space for the Community to enjoy; **Coffee** from around the world, **Cake** and freshly baked goods, all produced in house with supplies sourced from our neighbours; and **Culture**, experiential decor, single origin teas and coffees - truly a community hub!

We are a group of passionate people who hope you enjoy our relaxed, vibrant and cultural experience. At Abda's you can explore the world through our food and drink, all on your doorstep. So, pull up a seat and try something new.

We hope you love it here as much as we do!

Follow our social media and use #abdacoffeecakeculture  
 Instagram: @abdacoffeecakeculture Facebook: Abda Ltd



On our first floor, you will find **Obeid Galleries and Events**: a contemporary art gallery and creative space. The gallery stocks homeware, gifts and jewellery and also offers a creative space available to hire. Obeid Galleries and Events regularly hosts craft workshops, active classes, networking and private events.

For more information please pop upstairs, email info.galleries@obeid.co.uk or follow their social media: Instagram: @obeid\_galleries Facebook: Obeid Galleries and Events

Food allergies and intolerances: Before ordering please speak to our staff about your requirements.

**GF** Gluten Free **V** Vegetarian **VE** Vegan **VEO** Vegan Option **GFO** Gluten Free Option

#### THE CLASSIC (SALMON) (GFO)

Smoked Salmon, Cream Cheese and a dollop of our Smashed Avocado... need we say more?

Sandwich	£7.75
Salad	£8.50

#### THE PARISIAN (V, GFO)

Camembert, Cranberry Sauce and a sprinkling of Pine Nuts.

Sandwich	£5.50
Salad	£6.50

#### SWEET CRUNCHY CARROT (V, VE, GFO)

Crunchy Carrot with a splash of Orange and Lemon, served on a thick layer Houmous and finished with a sprinkling of pumpkin seeds.

Sandwich	£5.50
Salad	£6.50

#### FROM THE EARTH (V, VEO, GFO)

Straight from the earth, we take our homemade Houmous and top it with Beetroot, Mushrooms, Goat's Cheese and Rocket.

Vegan option: swap the Goat's Cheese for Vegan Feta.

Sandwich (Candied Nuts not included)	£6.00
Salad (Houmous not included)	£7.00

#### GOAT AND BEE IN HARMONY (V, VEO, GFO)

This surprising combination will leave you wanting more! A bed of rocket is the perfect peppery base to compliment a layer of Apple, a sprinkle of Goat's Cheese and a drizzle of Honey.

Vegan option: swap the Honey for Syrup.

Sandwich	£6.00
Salad	£7.00

#### AN APPLE A DAY (V, VEO, GFO)

Velvety Goat's Cheese and Candied Mixed Nuts sprinkled on top of fresh, crunchy Apple and Mushrooms.

Sandwich	£6.50
Salad	£7.50

#### MEDITERANEAN PLOUGHMAN'S (V, VEO, GFO)

An Abda take on a classic Greek salad, traditionally enjoyed by Mediterranean workers.

Mixed Olives, Goat's Cheese and Mint on a bed of our homemade Houmous and Rocket. Vegan Option: swap the Goat's Cheese for Vegan Feta.

Sandwich	£6.00
Salad	£7.00

#### FRESH AND MATURE (V, VEO, GFO)

Mouth-watering, mature Blue Cheese and fresh Apples, finished with a sprinkle of Chilli Flakes. Vegan option: swap the Blue Cheese for Vegan Feta.

Sandwich	£6.00
Salad	£7.00

#### SUDANESE BEANS ON TOAST (V, VE, GFO) (SERVED HOT)

This is a Sudanese favourite. Once you have tried it, it could become one of your favourites too! A helping of Fava Beans in a Lemon, Cumin and Garlic sauce served on top of a slice of our Artisan toast and garnished with fresh coriander.

Sandwich	£6.00
Salad	£7.00

#### MEDITERRANEAN BEANS (V, VE, GFO) (SERVED HOT)

Mixed beans in a homemade Tomato and Mediterranean spiced sauce. Served on a bed of Cous Cous with a side salad.

Sandwich	£6.00
Salad	£7.00

## Sides

Add to any salad or sandwich as a little something extra, or just for a snack!

- MIXED OLIVES	£2.75
- MIXED NUTS AND SEEDS	£3.00
- MIXED CANDIED NUTS	£3.00
- PORTION OF HUMMUS	£2.50
- PORTION OF SMASHED AVOCADO	£3.00
- CAJUN CHICKEN	£2.00
- PLAIN CHICKEN	£2.00
- SALMON	£3.00
- PASTRAMI	£2.00
- GOATS CHEESE	£2.00
- VEGAN FETA	£2.00
- SRIRACHA DRIZZLE	£0.40
- MOROCCAN COUS COUS	£1.00

**TAHANIYA TOAST (V, VEO, GFO)** £4.00  
 Half portion £2.25  
 Inspired by one of Abda's favourite Middle Eastern desserts and family recipes. Decadent, Tahini (Sesame) spread on a slice of our artisan toast. Drizzled with Honey and topped with mixed Nuts. Vegan option: swap the Honey for Syrup.

**PEANUT BUTTER ON TOAST (V, VEO, GFO)** £3.00  
 Half portion £1.75  
 A thick layer of crunchy peanut butter on a slice of our artisan toast... just add your toppings!  
 - Honey/Maple Syrup £0.50  
 - Sliced Apples £0.75  
 - Sliced Banana £0.75  
 - Mixed Nuts and Seeds £0.50  
 - A Sprinkle of Cinnamon £0.10

**PHILADELPHIA ON TOAST (V, GFO)** £3.00  
 Half portion £1.75  
 - Chilli Flakes £0.30  
 - Sriracha £0.40  
 - Mixed Nuts and Seeds £0.50  
 - Fresh Fruit £1.00

**ABDA'S CHEESE ON TOAST (V, VEO, GFO)** £4.00  
 Half portion £2.10  
 There's nothing better than a comforting, grilled Cheese on Toast. Choose one type of Cheese and combine with any toppings you want!  
 Choice of Cheese: Choice of topping:  
 - Cheddar - Tomatoes and Balsamic Glaze £1.00  
 - Camembert - Onions and Balsamic Glaze £1.00  
 - Vegan Feta - Sriracha £0.40  
 - Cranberry Sauce £0.40  
 - Mushrooms and Wholegrain Mustard £1.00

### DIPPING POTS

**OLIVE OIL AND BALSAMIC VINEGAR WITH ARTISAN DIPPING TOAST (V, VE, GFO)** £2.95

**HOUMOUS DIPPING POTS (V, VE, GFO)** £2.00  
 The perfect healthy and delicious, on the go snack. Homemade luxurious Houmous and a selection of vegetable dipping sticks.  
 To dip with: Add a topping:  
 - A slice of Artisan Toast £1.00 - Chilli Flakes £0.30  
 - Veg Sticks £1.00 - Sriracha £0.40  
 - Tortilla Crisps £1.00 - Mixed Nuts and Seeds £0.50

**PEANUT BUTTER POT (V, VE, GFO)** £1.00  
 - Apple slices £1.00  
 - A slice of Artisan Toast £1.50

## Lunch

Served between 11am and 3pm.

All of our salads are made fresh to order on a bed of mixed leaves, peppers, tomatoes, carrot, peas, sweetcorn and are finished with a drizzle of olive oil and balsamic vinegar.

All of our sandwiches are served as an open sandwich on a thick slice of freshly baked artisan bread (your choice of white, brown or gluten free) with a side salad of mixed leaves, finished with an olive oil and balsamic vinegar dressing.

Gluten free bread is available, free of charge.

We also offer our own, homemade gluten free bread made here on site. It is made from Flax Seeds and Almonds, rather than flour, and also contains eggs. Due to the nature of the ingredients this bread is very costly for us to produce and does cost an extra (£2.00) per slice.

### SANDWICHES AND SALADS

All of the below are available as either an Open Sandwich or a Salad.

**ABDA'S NEW YORK STYLE LUNCHTIME TREAT (GFO)**  
 Pastrami, Wholegrain Mustard and Creamy Camembert.  
 Sandwich £6.75  
 Salad £7.50

**SOUTHERN CAJUN AVOCADO CHICKEN (GFO)**  
 Succulent chicken breast smothered in our Cajun rub, served with homemade Houmous and garnished with a dollop of smashed avocado and a drizzle of warming sriracha.  
 Sandwich £6.75  
 Salad £7.50

**GINGER CHICKEN (GFO)**  
 Asian inspired chicken marinated in Abda's lemon and ginger sauce, served on a bed of rocket and topped with a dollop of sweet, Mango Chutney.  
 Sandwich £6.75  
 Salad £7.50

# DRINKS MENU

## Coffees

All of our standard coffees below are served as our house blend. We pride ourselves on sourcing our coffee beans ethically and bring a range of coffees from Brazil, El Salvador and Guatemala.

Please feel free to ask our Baristas if you would like any more information. Most importantly, we hope you enjoy your drink as much as we love making them!

For our seasonal drinks and specials menu, please see our separate menu and blackboards.

Prefer decaf, semi-skinned or an alternative milk? Please just ask. (We have Almond, Coconut, Soya and Oat).

Add Vanilla/Caramel Syrup 50p  
 (We also have sugar-free Vanilla Syrup available).

Large size 12oz (including an extra shot of espresso): 75p  
 All of our coffees are served as a double espresso shot as standard in an 8oz cup, unless otherwise indicated.

**ESPRESSO** £2.10  
 Served as a double shot as standard, the only way to enjoy this rich, smooth and naturally sweet coffee.

**RISTRETTO** £2.10  
 Shorter than an espresso, a ristretto is an intense shot made with a higher dose of coffee making the finished result a thick burst of flavour

**AMERICANO** £2.30  
 For those who love the pure taste of coffee without the milk. Served black as standard. Prefer some milk? Please ask.

**FLAT WHITE (one size only, 6oz)** £2.75  
 Velvety milk blended with a double ristretto. The perfect marriage between coffee and milk.

**CAPPUCCINO** £3.00  
 The Cappuccino has graced coffee drinkers since the 17th Century. The Cappuccino is a wonderful marrying of espresso, milk and foam.

**CAFFE LATTE** £3.00  
 Our longest drink for all those milk lovers. A wonderful blend of espresso and perfectly frothed milk.

**CORTADO** £2.75  
 Double espresso topped with equal amounts of milk.

**ESPRESSO MACCHIATO** £2.20  
 Double espresso marked with foam.

**CAFFE MOCHA** £3.00  
 Best of both worlds? Chocolate and espresso mixed together topped with the most beautifully textured sweet milk. Served with latte art.

## Brew Bar

**V60 POUR OVER For One £2.70, For Two £5.00**

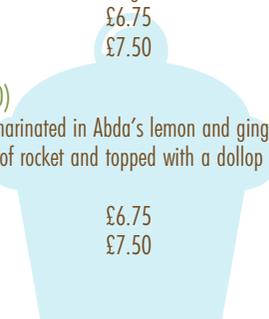
**AEROPRESS** £2.70  
 As these are brewed fresh to order, please allow extra time for these to be prepared.  
 Best enjoyed black.

For our selection of Single Origin Coffees, please see the back of the menu or ask our Baristas for our current selection.

## Spiced Lattes

**CARDAMOM LATTE** £3.30  
 There are multiple health benefits to cardamom. From helping your digestive system, to being a natural antioxidant that can help to lower blood pressure.  
 This soothing drink gives you just the right combination of spice and coffee.

**TURMERIC, VANILLA AND BLACK PEPPER LATTE** £3.30  
 Our classic latte blended with turmeric and vanilla. Finished with a sprinkling of black pepper to give it a little kick.



## CHAI TEA LATTE

£3.30

Using our exquisite loose leaf tea, we infuse the milk with all "Chai" flavour we love and sweeten with a hint of vanilla (sugar-free syrup available).

Topped with a sprinkle of cinnamon.

## GOLDEN MILK

£3.00

This warming blend of Turmeric, Honey and steamed Milk is the perfect combination to give you a soothing drink... something a bit different.

The health benefits of Turmeric are endless; from being an anti-inflammatory to being packed with anti-oxidants.

Vegan? Swap the Honey for Syrup.

## Cultural Coffees

Both these coffees are a beautiful blend of carefully picked Coffee beans and herbs to give you a completely different coffee experience, traditionally enjoyed after a meal.

Served with a Date.

Please talk to our staff for more information about our cultural coffees.

## SUDANESE CARDAMOM COFFEE

Ethiopian Coffee Beans, Cardamom, Musk (Sudanese, fragrant stone), Ginger.

## ARABIAN HERBAL COFFEE

Ethiopian Coffee Beans, Cardamom, Saffron.

To share between two people for £5.00

As these are brewed fresh to order, please allow extra time for these to be prepared.

## Chocolate

### LUXURY HOT CHOCOLATE

£3.20

This smooth and velvety hot chocolate will satisfy any chocolate lover. Our luxury chocolate powder steamed with milk... the sweeter one!

### WHITE HOT CHOCOLATE

£3.60

This light, sweet white chocolate would be a chocolate lovers heaven.

## OUR SIGNATURE HOT CHOCOLATE

£3.80

We melt the finest dark chocolate drops and steam these with milk... the richer one!

## ORANGE HOT CHOCOLATE

£3.90

Subtle flavours from real orange zest mixed with our signature chocolate drops. The perfect combination.

## Tea

### OUR LOOSE LEAF TEAS FOR ONE (12oz) £2.75

English Breakfast	Decaf English Breakfast
Earl Grey	Jasmine
Rooibos	Darjeeling
Chamomile	Peppermint
China Yunnan (green tea)	Chai
Red Berry Mix	

### SPECIALITY LOOSE TEAS (12oz)

£3.20

Argentinian Mate (green tea)	Hibiscus
Cardamom Mint Tea	

As these are brewed fresh to order, please allow extra time for these to be prepared.

## Soft Drinks

### COCA COLA

£1.50

### DIET COCA COLA

£1.40

### SAN PELLEGRINO LEMON

£2.00

### SAN PELLEGRINO ORANGE

£2.00

### FRUIT JUICE

Orange	£1.70
Apple	£1.70
Cranberry	£1.70
Robinsons Fruit Shoot Blackcurrant	£1.65
Robinsons Fruit Shoot Orange	£1.65

### SPRING WATER

Still	£2.00
Sparkling	£2.00

# FOOD MENU

### FOOD ALLERGIES AND INTOLERANCES:

Before ordering, please speak to our staff about your dietary requirements. Please be aware that all of our food is lovingly made from scratch in a kitchen which handles allergens. The Abda team do their utmost to reduce the risk of cross contamination, however we are required to inform all of our customers of this information. Our staff are happy to answer any questions or worries you may have. Please feel free to request our allergy folder for more information.

GF Gluten Free, V Vegetarian, VE Vegan, GFO Gluten Free Option, VEO Vegan Option

Here at Abda's we aim to offer great food, not fast food.

If you are in a rush, please let us know. Otherwise, please enjoy the Abda experience.

## Light Bites

Perfect for breakfast, brunch or when you are just feeling peckish... Freshly made on side... served all day.

### BOWL OF TORTILLA CHIPS (V, VE, GF) £2.00

Please ask for available flavours.

### BREAKFAST BOWLS

YOGHURT (GF, V, VEO)

£3.00

Creamy, natural yoghurt.

Go the extra mile and add toppings of your choice:

- Fresh Fruit	£1.00
- Nuts and Seeds	£0.50
- Honey/Syrup	£0.50
- Mango Compote	£0.50
- Strawberry Jam	£0.50

Vegan? Just ask for our vegan, soya yoghurt.

### GRANOLA (V, VEO)

£3.50

A lovely blend of thick, natural yoghurt, crunchy granola and toppings of your choice:

- Fresh Fruit	£1.00
- Nuts and Seeds	£0.50
- Honey/Syrup	£0.50
- Mango Compote	£0.50
- Strawberry Jam	£0.50

Vegan? Just ask for our vegan, soya yoghurt.

### PORRIDGE (V, VEO)

£3.50

Who doesn't love a warm and comforting bowl of porridge... we've got you covered.

Just pick your toppings:

- Fresh Fruit	£1.00
- Nuts and Seeds	£0.50
- Honey/Syrup	£0.50
- Mango Compote	£0.50
- Strawberry Jam	£0.50
- Cardamom	£0.50
- Chocolate	£0.50
- Turmeric and Vanilla	£0.50

### TOAST SELECTION

ABDAS'S AVOCADO ON TOAST (V, VEO, GFO) £4.00

Half portion £2.25

A simple combination, but it works so well. Abda's smashed avocado served on a slice of our artisan toast and finished with a drizzle of olive oil and a topping of your choice:

- Chilli flakes	£0.30
- Sriracha	£0.40
- Nuts and Seeds	£0.50
- Tomatoes, Goat's Cheese/ Vegan Feta and Balsamic Glaze	£1.50
- Smoked Salmon	£3.00

### THAI TOAST (V, VEO, GFO)

£3.80

Half portion £2.00

A mouth-watering Thai flavour explosion with sweet, salty and spicy combining together to create something different. A portion of homemade toast with a generous layer of peanut butter, honey (swap for syrup to make it vegan!) and sriracha. Garnished with coriander and lime.

### HOUMOUS ON TOAST (V, VEO, GFO)

£3.50

Half portion £1.80

A portion of our artisan toast with a hearty layer of Abda's freshly homemade Houmous, finished with a drizzle of olive oil.

Pick a topping:

- Chilli flakes	£0.30
- Sriracha	£0.40
- Mixed Nuts and Seeds	£0.50
- Beetroot and Mint	£0.75
- Goat's Cheese/Vegan Feta and Mint	£1.00