

A Village institution

Abigail's Delicatessen seems to be the hub of village life in Ingatestone. During our visit, owner Phil Stacey seemed to be on first name terms with most of the many customers popping in and out of this buzzing little deli and coffee shop in the busy high street.

The deli's popularity is hardly surprising as, not only is the compact interior quirky and inviting, but the majority of the food served is handmade in the deli's own kitchen. Phil says 'We only use the finest quality ingredients, most of which we source from within one hour's journey from here.

'Pork for our pork pies and the literally hundreds of sausage rolls we make and sell weekly, comes from Suffolk, as does our delicious smoked salmon – great for breakfast with our free range scrambled eggs. The special Abigail's blend coffee is from our friends Mac&Me in Writtle.

'Among the cakes we bake on the premises is a lemon, blueberry and poppy seed – our current bestseller, plus banana loaf, caramel brownies made with our own caramel, Smartie cookies... the list goes on!'

The deli serves breakfast, lunch, light bites and afternoon tea. On the lunch menu are home made quiches, the aforementioned pork pies and sausage rolls, sandwiches with traditional fillings, plus some more unusual combinations: fennel, salami and gruyere, or how about a Scotch egg sandwich?



Phil, who runs the deli with his wife, the eponymous Abigail, says 'We have a really great team, both in the deli and in the additional off site kitchen we have opened recently due to demand. The deli has grown every year in its seven year history, which is amazing and well worth all the hard work it takes.'

It seems the people of Ingatestone know a good thing when they see it.

Abigail's Deli
11A High Street, Ingatestone,
Essex CM4 9ED. Tel 01277 355568
Mon - Sat: 8am - 5pm
Parking: Reasonable pay car
park half a minute away and
some on road parking available.