

BRUNCH - SCAN QR CODE TO ORDER

A
CANTEEN

PASTRIES/FRUIT/ACAI

Acai Bowl, berries, banana, coconut, granola (v)	6-
Portugese Custard tart (v)	2-
Pan au chocolate (v)	3-
Pan au raisin (v)	3-
Croissant (v)	2.5
Almond Twist (v)	3-
Almond croissant (v)	3.5
Brownie (v)	2.5

BRUNCH FAVOURITES 8.30-3.00

Buttermilk Pancakes, fresh fruit, yogurt & mint OR banana, fruit compote, maple syrup (v) - Add bacon	8- 2-
Smashed avocado, chilli, lime, lemon, toasted sourdough, 2 poached eggs (v)(vg+)(gf+) +feta +bacon	9- 2- 2-
Bacon or Sausage bloomer	4.5
Bacon or Sausage & fried egg bloomer (v+)	5-
Vegan bacon bloomer (vg)	5-

Acanteen is a family-run restaurant and bar, established in 2001 and headed up by myself (Emma) and my Mum (Brenda) and Alex & my sister Sarah

When we first started Acanteen 18 years ago, around the corner on New London Road we struggled for a while to think of a good name for our concept. We knew that we liked the word Canteen as it conjured up a place that appealed to everyone of all ages and tastes, informal and relaxed but we wanted to bring something more personal to the name. Mums very first sandwich bar in Braintree was called Alphonsus after her dad - Grandad James Alphonsus Mahoney. He was an amazing, inspiring, hard working and

BREAKFAST 8.30-12.00

Smoked salmon, scrambled eggs, sourdough toast	9.5
Big Breakfast - Great Garnetts sausage, 2 bacon, grilled tomatoes, field mushroom Heinz baked beans, hash brown, 2 toast & 2 eggs your way (gf+)	10-
- Add black pudding	1.5
Light Breakfast - Great garnetts sausage, mushroom, beans, 1 bacon, 1 eggs your way, toast	8-
Vegan bacon, smashed avocado, chilli, lime, sunsweet tomatoes, watercress, toasted sourdough (vg)	10-
Veggie light breakfast, V sausage, egg, tomato, mushroom, beans, toast	8-
Eggs Royale (salmon, hollandaise, toasted muffin)	8-
Spicy Eggs Benedict, chorizo, avocado, chipotle hollandaise	9-

JUICE - LOTS MORE DRINKS ON THE APP

Kombucha	3-
Fresh Orange Juice	3.5
A Bloody Mary	8-
Detox - Carrot, Apple, Celery, Ginger, Lemon	4.25
Daily Burn - Hemp, Peanut Butter, Cocoa, Almond Milk, Banana	5-

kind man and we like to think that's where Mum and I get our entrepreneurial spirit from. Our family background on my Grandad Jim's side was in fruit and vegetable market stalls and shops around Islington where he traded for many years. Alphonsus got shortened to A and Acanteen was born.

Since our launch every single member of staff has contributed to our growing family tree which is the backbone of the Acanteen ethic, playing a big part in the quality of service which we strive to give each and every one of our valued customers.

DAY SCAN QR CODE TO ORDER

A
CANTEEN

Served from 12 -Midday

SMALL PLATES

WHITEBAIT , tarare	6-
SALT & PEPPER CALAMARI , garlic mayo	7-
WINGS Firecracker hot sauce/BBQ/Plain x 5	6-
VEGAN CRISPY SEITAN WINGS sriracha (vg)	6-
A SAUSAGE ROLL Chutney	5-
HALOUMI FRIES , smoked ketchup (vg)	8-

STONE BAKED PIZZA

AUNTY MARG Tomato, mozzarella, fresh basil (v)(vg+)(gf+)	8-
AMALFI LOVE Parma ham,mascarpone,buffalo mozzarella, Olives, Rocket basil (gf+)	13-
VEGGIE PEPPERONI FEAST Vegan pepperoni, roasted red pepper, buffalo mozzarella (v)(vg+)(gf+)	12.5
BBQ Mozerella, ham, mushroom, BBQ sauce (gf+)	12-
NICO ALFREDO Smokey Alfredo, sauce,chicken,mozzarella, bacon,mushrooms, spinach	14-
CHOP IT LIKE IT'S HOT Korean BBQ Pulled Beef, Gochujang sauce,spring onions,chilli,red onion, kimchi mayonnaise	14-
THE PIGS Ham hock, streaky bacon, apple sauce, bishops stilton, watercress (gf+)	14-
ALLOTMENT Mozzarella,sage pesto, squash, kale,chilli(v)	12-
Swap any cheese for vegan Cheese (gf+)	2-

LARGE PLATES

HOME COOKED HAM , egg & chips	10.5
ALAMB BURGER halloumi,harissa mayo, pickled chilli,rocket,fries(gf+)	12.5
CHICKEN KATSU BURGER katsu mayonnaise, pickles radish,coriander,fries	12.5
ABURGER Cheese,bacon,lettuce,smoked ketchup,fries(gf+)	13-
VEGAN BEYOND MEAT BURGER ,vegan cheese, pickled red onions, gherkins, fries (vg)(gf+)	13-
FISH & CHIPS , tartare, lemon, mushy peas	13.5
POSH FISH FILLET BURGER , tartare,iceburg, skin on fries	12.5
LARGE SUPERFOOD SALAD broccoli, quinoa, soy beans,pomegranate, summer herbs, citrus dressing (vg) Add grilled chicken / Add Halloumi (v)	8- +3

SIDES

Sweet Potato Wedges (vg)	4-
Skin on fries (vg)	3-
Cheesy Skin on fries (v)	3-
Garlic bread with cheese (v)	3.5
A Slaw (v)	3-
Side Salad (vg)	3-
Mac & Cheese (v)	5-

Allergies: Please add in your notes if you are allergic to any food items before you order. We cannot guarantee the absence of allergens in our dishes, due to food being prepared in our kitchen where allergens are present. Please be aware that we use nuts in our kitchen. Please note a charge of £1.50pp will be added if you wish to bring your own celebration cake.

(v) vegetarian
(vg) vegan
(vg+) vegan option available

(gf) gluten free
(gf+) gluten free option available
(n) Contains Nuts