

SUNDAY BRUNCH

Served 9am – 12.00 pm

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 12.00-5.00

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
A Muffin, sausage patty, cheese & egg	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, working closely with my sister, Sarah and good friend, Alex.

When working to open our first restaurant and deli around the corner on New London Road, we struggled to think of a good name for our concept. The word 'canteen' came naturally, conjuring up images of an informal and relaxed eatery that appealed to all ages and backgrounds. But we were still missing something more personal, so we got thinking...

Mum's very first sandwich bar in Braintree was named 'Alphonsus' after her dad, James Alphonsus Mahoney. Having worked on fruit and vegetable stalls around Islington, Grandad Jim inspired mum and I to work hard, develop our entrepreneurial spirits and pursue our dreams. As we were reflecting on my grandad's journey, Alphonsus soon got shortened to 'A' and, just like that, Acanteen was born! Since we launched our little deli, every single member of staff

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 Benedict/Royale/Florentine (v+)	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-

has become part of our extended family tree. As we've grown into Chelmsford's largest independent restaurant, our team has become the backbone of what we do, playing a key role in the quality of service we strive to provide each and every valued customer.

Just as we found our feet and were running regular events in our bar and restaurant areas, the dreaded C word reared its ugly head. When the Coronavirus pandemic hit, we knew we had to change how we worked...and quickly! We remained open for a large part of lockdown, offering a takeaway service for all our local and loyal guests. Since 4th July, we've been open for business, with table ordering to minimise contact and a new booking system to keep on top of numbers. We've also started hosting socially distanced socials, including live stand up, pub quizzes, DJ's and our famous Boozy Bingo nights.

We hope to see you all soon for brunch, dinner, drinks, music and more!

SUNDAY LUNCH

Served 12 - 5 pm

A
CANTEEN

SMALL PLATES

WHITEBAIT, tartare	6-
SALT & PEPPER CALAMARI, garlic mayo	7-
WINGS Firecracker hot sauce/BBQ/Plain x 5	6-
VEGAN CRISPY SEITAN WINGS sriracha (vg)	6-
BAO BUNS crispy chicken/vegan seitan, coriander, sriracha, lime, chilli (vg+)	8-
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
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-
Swap any cheese for vegan Cheese (gf+)	2-

ROASTS - ONCE THEY ARE GONE, THEY'RE GONE!

Served with Yorkshire pudding, roast potatoes, seasonal vegetables, cauliflower cheese, home made gravy

BEEF (served med)	14.5
CHICKEN	13.5
VEGGIE NUT ROAST	13-
KIDS ROAST	8.5
EXTRAS	
Roast Potatoes	4-
Yorkshire Pudding	1.5
Seasonal Vegetables (vg)	4-
Cauliflower Cheese (v)	4-

A CLASSICS

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
LARGE SUPERFOOD SALAD broccoli, quinoa, soy beans, pomegranate, summer herbs, citrus dressing (vg) Add grilled chicken / Add Halloumi (v)	8- +3
MAC & CHEESE , garlic bread (v)	10-

DESSERTS

White chocolate cheesecake , ice cream (v)	5.5
Jam coconut sponge , custard (v)	5-
Sticky toffee pudding , custard (v)	6-
Chocolate Torte , vanilla ice cream (v)	6-
Apple Tartan , vanilla ice cream (v)	6-

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