

JUICE/BLENDS

Detox – Carrot, Apple, Celery, Ginger, Lemon Cacao, almond, hemp, maca, cinnamon, banana, dates smoothie (vg)	4.25
Mango, coconut, avocado, lime, dates, chai smoothie (vg)	5-
Kale, mint, banana, lime. ginger, moringa, (vg)	5-
Kombucha	3-
Fresh Orange Juice	3.5
A Bloody Mary	8-

BRUNCH FAVOURITES 8.30-3.00

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

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.

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

PASTRIES/FRUIT/ACAI

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

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, 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-

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 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

SMALL PLATES

BAO BUNS crispy chicken/vegan seitan/beef coriander,sriaracha,lime,chilli (vg+)	8-
HALOUMI CHIPS , smoked ketchup (v)	8-
FRITTO MISTO , calamari, whitebait, prawns,	9-
SALT & PEPPER CALAMARI , garlic mayo	7-
WINGS Firecracker hot sauce/BBQ x 5	6-
VEGAN CRISPY SEITAN WINGS sriracha (vg)	6-
MUSHROOM ARANCINI vegan garlic mayo (vg)	6-

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-
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

GREAT GARNETS FARM WHISKY MARINATED BBQ RIBS , slaw, watercress, skin on fries	15-
SALMON FISH CAKES , Thai syle, punchy tomato chilli jam, salad, skin on fries	13.5
ALAMB BURGER halloumi,harissa mayo, pickled chilli,rocket,fries(gf+)	13.5
CHICKEN KATSU BURGER katsu mayonnaise, pickles radish,coriander,fries	13-
VEGAN BEYOND MEAT BURGER ,vegan cheese, pickled red onions, gherkins, fries (vg)(gf+)13.5	
FISH & CHIPS , tartare, lemon, mushy peas	13.5
ABURGER Cheese,bacon,lettuce,smoked ketchup,fries(gf+)	13.5
GAMMON, EGG & CHIPS	10.5
MAC & CHEESE , garlic bread (v)	10-
LARGE SUPERFOOD SALAD broccoli, quinoa, soy beans,pomegranate, summer herbs, citrus dressing (vg)	8-
Add grilled chicken / Add Halloumi (v)	+3

SIDES

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

DESSERTS

White chocolate cheesecake , ice cream (v)	6-
Chocolate sponge , choclote custard (v)	6-
Salted caramel cheesecake, vanilla ice cream	
Sticky toffee pudding , custard (v)	6-
Milk chocolate cheesecake , vanilla ice cream (v)	6-
Vegan brownie ,vanilla bean ice cream (vg)	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 (gf) gluten free
(vg) vegan (gf+) gluten free option available
(vg+) vegan option available (n) Contains Nuts