

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
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

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 Benedict/Royale/Florentine (v+)	8-
Spicy Eggs Benedict, chorizo, avocado, chipotle hollandaise	9-

JUICE - LOTS MORE DRINKS ON THE APP

Kombucha (vg)	3-
Fresh Orange Juice (vg)	3.5
A Bloody Mary (vg)	8-
Mango & Coconut Smoothie - avocado, lime, dates, chai, almond milk (vg)	5-
Cacao & Almond - banana, dates, hemp, maca, cinnamon, almond milk (vg)	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!

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
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

BBQ BRISKET BURGER , beef patty, brisket, chilli, bbq sauce, fried onions, mustard mayo & fries	13-
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, iceberg, 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
MAC & CHEESE , garlic bread (v)	10-

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-

DESSERTS

White chocolate cheesecake , ice cream (v)	6-
Jam coconut sponge , 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 , blood orange sorbet (vg)	6-