

# BREAKFAST

Served 8am – 12 noon  
Sunday 9am – 12 noon

## PASTRIES/FRUIT/GRANOLA

Croissant, butter, jam (v)	<b>2.95</b>
Choose from the bakeshop display	
Paleo nut & seed muesli, almond milk (v)(n)(vg)	<b>7.50</b>
Granola, berries & yogurt (v)(n)	<b>6.95</b>

## BREAKFAST

Big Breakfast – Great Garnetts sausage, 2 bacon, grilled tomatoes, field mushroom, Heinz baked beans, hash brown, 2 toast & eggs your way (gf+)	<b>9.50</b>
– Add black pudding	<b>1.50</b>
Vegetarian Big Breakfast – vegetarian sausages, grilled tomatoes, field mushroom, Heinz baked beans, hash brown, 2 toast & eggs your way (v)	<b>9.50</b>
Light Breakfast – Great Garnetts sausage, 1 bacon, Heinz baked beans, field mushroom, 1 egg your way, 1 toast (gf+)	<b>7.95</b>
Light Vegetarian Breakfast – 1 vegetarian sausage, Heinz baked beans, field mushroom, 1 egg your way, 1 toast (v)	<b>7.95</b>
Lambton & Jackson smoked salmon, scrambled eggs, toast (GF+)	<b>8.50</b>

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

When we first started Acanteen 15 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.

# BRUNCH

Served 8am – 3pm  
Sunday 9am – 3pm

A  
CANTEEN

## ACANTEEN FAVOURITES

NEW! Picklehouse Bloody Mary (Hackney)	<b>8.00</b>
Vegan bacon, smashed avocado, chilli, lime, sunsweet tomatoes, watercress, toasted ciabatta	<b>9.50</b>
Eggs Benedict (freerange ham)	<b>8.95</b>
Eggs Royale (Lambert Jackson smoked salmon)	
Eggs Florentine (spinach) (v)	
Spicy Eggs Benedict, chorizo, avocado, hollandaise	<b>8.95</b>
Protein Bowl – brown rice, spinach, poached egg, with salmon, tofu or chicken (v)(vg+)	<b>8.95</b>
Buttermilk Pancakes, bananas, berries, maple syrup (v)	<b>7.95</b>
– Add bacon	<b>2.00</b>
Smashed avocado, chilli, lime, lemon, 2 poached egg (v)(vg+)(gf+)	<b>8.95</b>

## BLOOMER SANDWICHES

Brunch Bloomer – Great Garnetts sausage, bacon, fried egg (gf+)	<b>7.95</b>
Veggie Brunch Bloomer – vegetarian sausage, field mushroom, fried egg (v)(gf+)	<b>7.50</b>
Vegan Brunch Bloomer – vegetarian sausage, field mushroom, grilled tomato (vg)(gf+)	<b>7.50</b>
Posh Fishfinger Bloomer – beer battered haddock, tartare sauce, salad	<b>7.95</b>

He was an amazing, inspiring, hard working and 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.

# ALL DAY - JOIN US FOR DINNER FRIDAY & SATURDAY NIGHTS

A  
CANTEEN

Served 12 midday - 4.30PM

## STARTERS

Ham hock terrine, pickles, toasted sourdough, picalilli	<b>6.95</b>
Stone baked garlic bread	<b>3.50</b>
- Add British cheddar or Vegan Cheese (vg) (v)	<b>3.95</b>
Crispy Seitan wings, spicy sauce, garlic v mayo(vg)	<b>6.50</b>
Vegetarian Scotch egg (mushroom & olive), picalilli(v)	<b>4.95</b>
Scotch egg, piccalilli	<b>4.95</b>
Great Garnetts (Great Dunmow) sausage roll, chutney	<b>4.95</b>
Soup of the day, bread (gf+)	<b>4.95</b>

## STONE BAKED PIZZA

The Pigs - ham hock, streaky bacon, apple sauce, bishops stilton, watercress	<b>14.95</b>
Woodman - wild mushrooms, Westcombe cheddar, red onion, chervil, tarragon (v)(vg+)	<b>12.95</b>
Allotment - butternut squash, kale, mozzarella, chilli, sage pesto (v)(vg+)	<b>12.95</b>
Aunty Marg - mozzarella, tomato, basil (v)(vg+)	<b>8.95</b>
- Add Suffolk salami or ham	<b>2.00</b>
Swap any pizza for a gluten free base or Vegan cheese (gf)	<b>+ 1.00</b>

## SALADS

Caesar salad, cos lettuce, garlic croutons, pancetta lardons, parmesan, anchovies, caesar dressing	<b>6.50/10.95</b>
- Add chicken	<b>3.00</b>
Seared salmon, sunblush tomato, cucumber, beetroot salad, dill & Dijon mustard dressing	<b>6.95/12.95</b>
Roasted butternut squash salad, avocado, pomegranate, carrot ribbons, toasted superseeds, lime & maple dressing (v)(vg)	<b>6.50/10.95</b>
- Add marinated tofu (vg)	<b>3.00</b>

## MAINS

5oz steak ciabatta, watercress, grilled onions, tomato, horseradish crème fraiche, skin on fries (served pink or well done)	<b>12.95</b>
Add cheese or fried egg	<b>1.00</b>
Beer battered haddock, triple cooked chips, tartare sauce	<b>13.50</b>
+ mushy peas	<b>+2.50</b>
Vegan Fish & Chips, Tofu, Nori, Triple cooked chips(vg)	<b>13.50</b>
Freerange ham, double fried egg, skin on fries (gf+)	<b>11.50</b>
Aburger, 6oz English beef burger, cheddar, sliced pancetta, aburger sauce, skin on fries(gf+)	<b>13.95</b>
- Add 6oz beef patty	<b>3.00</b>
Buttermilk southern fried chicken burger, baby jem, rainbow slaw, skin on fries	<b>13.95</b>
Lentil, mushroom & olive burger, grilled goats cheese, red onion marmalade, skin on fries (v)	<b>13.50</b>
Vegan crispy fillet burger, spiced avocado, Seitan fillet, skin on fries (vg)	<b>13.95</b>
Swap chips for our oven cooked sweet potato wedges	<b>+1.05</b>

## SIDES

Triple cooked chips (v)(gf+)	<b>3.95</b>
Sweet potato wedges (v)(gf+)	<b>3.95</b>
Skin on fries (v)(gf+)	<b>2.95</b>
Mushy peas (v)(gf)	<b>2.50</b>
Buttered cabbage, green beans (v)(gf)	<b>3.95</b>
Mixed salad (v)	<b>3.95</b>

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

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

Allergies: Please inform your waiter 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.