

BREAKFAST

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

PASTRIES/FRUIT/GRANOLA

Croissant, butter, jam (v)	2.95
Almond croissant (v)(n)	2.95
Chocolate Twist (v)	2.95
Paleo nut & seed muesli, almond milk (v)(n)	7.50
Granola, berries & yogurt (v)(n)	6.95
Fresh fruit salad (v)	5.95

BREAKFAST

Light Breakfast – Great Garnetts sausage, 1 bacon, Heinz baked beans, field mushroom, 1 egg your way, 1 toast (gf+)	7.50
Big Breakfast – Great Garnetts sausage, 2 bacon, grilled tomato, field mushroom, Heinz baked beans, hash brown, toast & eggs your way (gf+)	9.50
– Add black pudding	1.50
Light Vegetarian Breakfast – 1 vegetarian sausage, Heinz baked beans, field mushroom, 1 egg your way, 1 toast (v)	7.50
Vegetarian Big Breakfast – vegetarian sausages, grilled tomato, field mushroom, Heinz baked beans, hash brown, toast & eggs your way (v)	9.50

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. Mum's 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

Eggs Benedict	6.95/8.95
Eggs Royale	
Eggs Florentine (v)	
Spicy Eggs Benedict, chorizo, avocado, hollandaise	6.95/8.95
Protein Bowl – brown rice, spinach, poached egg, with salmon, tofu or chicken (v)(vg+)	8.95
Buttermilk Pancakes, bananas, berries, maple syrup (v)	7.95
– Add bacon	2.00
Lambton & Jackson smoked salmon, scrambled eggs, toast	7.95
Smashed avocado, chilli, lime, lemon, 2 poached egg (v)(vg+)(gf+)	8.95
Ham, Egg & Chips	10.95

BLOOMER SANDWICHES

Brunch Bloomer – Great Garnetts sausage, bacon, fried egg	7.95
Veggie Brunch Bloomer – vegetarian sausage, field mushroom, fried egg (v)	7.50
Vegan Brunch Bloomer – vegetarian sausage, field mushroom, grilled tomato (vg)	7.50
Posh Fishfinger Bloomer – beer battered haddock, tartare sauce, salad	7.95
– Add skin on fries	2.95

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.

DINNER

A CANTEEN

STARTERS

Stone baked garlic bread	3.50
– Add British cheddar (v)	3.95
Vegetarian Scotch egg (mushroom & olive), picallili	4.95
Scotch egg, piccalilli	4.95
Great Garnetts sausage roll, chutney	4.95
Soup of the day, bread (gf+)(vg+)(v+)	4.95
Prawn cocktail, marie rose sauce, iceberg, cucumber, granary bread (gf+)	6.95
Ham hock, pickles, toasted sourdough, piccalilli	6.50
Wild mushroom & white bean pate, truffle butter, red onion marmalade, watercress, toast (v) (vg)	6.50

SHARERS

Fish Sharer – Lambton & Jackson smoked salmon, sweet cured herring rollmop, king prawns, smoked mackerel, whitebait, chive cream cheese, sweet pickled cucumber	12.95
Meat Sharer – scotch egg, sausage roll, ham hock, freerange ham, chicken liver pate, piccalilli, toast	12.95
Allotment Sharer – wild mushroom & white bean pate, slow roasted tomatoes, lentil, mushroom and olive scotch egg, kale, sunblush tomato dip, garlic bread (v)) (vg+)	12.95

SALADS

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

MAINS

5oz Minute steak ciabatta, watercress, horseradish crème fraiche, skin on fries (served pink or well done)	11.95
Mushroom & Ale pie, mash potato (v) (vg)	12.95
Beer battered haddock, triple cooked chips, tartare sauce	12.95
Aburger, 6oz English beef burger, cheddar, sliced pancetta, aburger sauce, skin on fries	12.50
– Add 6oz beef patty	3.00
Spiced chicken breast burger, sliced pancetta, mango mayonnaise, skin on fries	12.50
Lentil, mushroom & olive burger, grilled goats cheese, red onion marmalade, skin on fries (v)	12.95
8oz English sirloin steak, triple cooked chips, grilled tomatoes	19.95
– Add peppercorn sauce	1.95

STONE BAKED PIZZA

The Pigs – ham hock, streaky bacon, apple sauce, Bishops stilton, watercress	14.95
Woodman – wild mushrooms, Westcombe cheddar, red onion, chervil, tarragon (v)(vg+)	12.95
Allotment – butternut squash, kale, mozzarella, chilli, sage pesto (v)(vg+)	12.95
Caulikale Cheese – kale, cauliflower, Westcombe cheddar, sunblush tomatoes, pine nuts (v)(vg+)(n)	12.95
Aunty Marg – mozzarella, tomato, basil (v)(vg+)	8.95
– Add Suffolk salami or ham	2.00
– Swap for vegan cheese	+ 1.00

SIDES

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

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.