

# BRUNCH

Served 8am – 12pm

## PASTRIES/FRUIT/GRANOLA

Croissant, butter, jam (v)	2-
Fruit danish pastry	3-
Almond croissant	3-
Toasted Tea bun, butter	3-
Granola, berries & yogurt (v)(n)	7-

## CLASSICS

Bubble, streaky bacon or vegan, fried egg, sourdough toast (vg+)	9-
Brunch Bloomer – Great Garnetts sausage, bacon, fried egg (gf+)	7.5
A Protein Big Breakfast - smoked salmon, grilled halloumi, smashed avocado, chilli, lime, scrambled eggs, rocket, sourdough toast (gf+)(N)	12-
Big Breakfast – Great Garnetts sausage, 2 bacon, grilled tomatoes, field mushroom Heinz baked beans, hash brown, 2 toast & eggs your way (gf+)	10-
– Add black pudding	1.5-
Light Breakfast - Great garnetts sausage, mushroom, beans, 1 bacon, eggs your way, toast	8-
Vegan bacon, smashed avocado, chilli, lime, sunsweet tomatoes, watercress, toasted sourdough	10-
Veggie light breakfast, V sausage, egg, tomato, mushroom, beans, toast	8-

Acanteen is a family-run restaurant and bar, established in 2001 and headed up by myself (Emma) and my Mum (Brenda) and headed up by Alex (restaurant manager & Toby (Head Chef)

When we first started Acanteen 18 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.

# A CANTEEN

Served 8am – 3pm

## A FAVOURITES

Eggs Benedict (freerange ham)	8.5
Eggs Royale (smoked salmon)	9-
Spicy Eggs Benedict, chorizo, avocado, chipotle hollandaise	9-
Buttermilk Pancakes, banana, fruit compote maple syrup (v)	8-
– Add bacon	2-
Smashed avocado, chilli, lime, lemon, toasted sourdough, 2 poached eggs (v)(vg+)(gf+)	9-
+feta	2-
+bacon	2-
Fishfinger Bloomer, tartare, salad	8-

## JUICES & KOMBUCHA

Kombucha - Ginger, Original, Passion	4.5
Picklehouse Bloody Mary (Hackney)	8-
Summer Vitalizer – Strawberry, Elderflower, Banana	4.25
Sunshine Detox - Apple, Mint, Lemon, Ginger	4.25
Green Goddess – Apple, Spinach, Pinapple, lemon	4.25
Detox – Carrot, Apple, Celery, Ginger, Lemon	4.25
Superfood Detox – Carrot, Wheatgrass Shot, Apple, Celery, Ginger	5-
Paleoberry – Strawberry, Banana, Oat Milk, Vanilla	5-
Daily Burn – Hemp, Peanut Butter, Cocoa, Almond Milk, Banana	5-

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.