

BREAKFAST

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

PASTRIES/FRUIT/GRANOLA

Croissant, butter, jam (v)	2.95
Almond croissant	2.95
NEW! Granola, berries & yogurt (v)(n)	6.95

BREAKFAST

NEW! A Protein Big Breakfast - smoked salmon, grilled haloumi, smashed avocado, chill, lime, scrambled eggs, rocket, sourdough toast (gf+)(N) **11.95**

Big Breakfast – Great Garnetts sausage, 2 bacon, grilled tomatoes, field mushroom, Heinz baked beans, hash brown, 2 toast & eggs your way (gf+) **9.75**
– Add black pudding **1.50**

Vegetarian Big Breakfast – vegetarian sausages, grilled tomatoes, field mushroom, Heinz baked beans, hash brown, 2 toast & eggs your way (v) **9.75**

Light Breakfast – Great Garnetts sausage, 1 bacon, Heinz baked beans, field mushroom, 1 egg your way, 1 toast (gf+) **7.95**

Light Vegetarian Breakfast – 1 vegetarian sausage, Heinz baked beans, field mushroom, 1 egg your way, 1 toast (v) **7.95**

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 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.

BRUNCH

Served 8am – 3pm
Sunday 9am – 1pm

A CANTEEN

ACANTEEN FAVOURITES

NEW! Picklehouse Bloody Mary (Hackney) **8.00**

NEW! A Buddha Bowl, Roasted smoked chickpeas, sweet potatoes, sauté spinach tahini, coconut, sesame, toasted sourdough (vg) **10.95**

Vegan bacon, smashed avocado, chilli, lime, sunsweet tomatoes, watercress, toasted sourdough **9.75**

Smashed avocado, chilli, lime, lemon, toasted sourdough, 2 poached egg (v)(vg+)(gf+) **8.95**

Eggs Benedict (freerange ham) **8.95**
Eggs Royale (smoked salmon)
Eggs Florentine (spinach) (v)

NEW! Spicy Eggs Benedict, chorizo, avocado, chipotle hollandaise **9.25**

Buttermilk Pancakes, bananas, berries, maple syrup (v) **7.95**
– Add bacon **2.00**

BLOOMER SANDWICHES

Brunch Bloomer – Great Garnetts sausage, bacon, fried egg (gf+) **7.95**

Veggie Brunch Bloomer – vegetarian sausage, field mushroom, fried egg (v)(gf+) **7.50**

Posh Fishfinger Bloomer – beer battered haddock, **7.95**

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.

ALL DAY - JOIN US FOR DINNER FRIDAY & SATURDAY NIGHTS

A
CANTEEN

Served 12 midday - 4.30PM

STARTERS

Stone baked garlic bread	3.55
- Add British cheddar or Vegan Cheese (vg) (v)	3.95
Crispy Seitan wings, spicy sauce, garlic v mayo (vg)	6.50
Vegetarian Scotch egg (mushroom & olive), picalilli (v)	4.95
Scotch egg, piccalilli	4.95
Great Garnetts (Great Dunmow) sausage roll, chutney	4.95
Soup of the day, bread (gf+)	4.95

SHARERS

Fish Sharer - Soft shell crab tempura, salmon gravalax	14.95
salt chilli calamari, salmon mousse, anchovies, chive cream cheese toasted sourdough	
Meat Sharer - Scotch egg, sausage roll, ham hock terrine, chicken liver pate, picalilli, toasted sourdough	14.95

Allotment Sharer - Avocado hummus, sunsweet tomato hummus, garlic herb sunsweet tomato olives, spicy tortillas (v) (vg+)	12.95
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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)	3.00

SIDES

Triple cooked chips (v) (gf+)	3.95
Sweet potato wedges (vg) (gf+)	3.95
Skin on fries (vg) (gf+)	2.95
Mushy peas (vg)	2.50
Mixed Salad (vg)	3.95

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

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

STONE BAKED PIZZA

Marrakech - hummus, harrissa, spiced lamb, rose water prunes, apricots, feta, mint	14.95
Fiorentina - tomato, fresh mozzarella, parma ham, tender stem broccoli, spinach, black olives, egg	13.95
Tobias - olive tapenade, parma ham, feta, honey, figs	13.95
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
Aunty Marg - mozzarella, tomato, basil (v) (vg+)	8.95
- Add Suffolk salami or ham	2.00
Swap any cheese for Vegan cheese	+ 1.00

MAINS

5oz steak sourdough, watercress, grilled onions, tomato, horseradish crème fraiche, skin on fries (served pink or well done)	12.95
Add cheese or fried egg	1.00
Jerk chicken burger, pineapple salsa, skin on fries	13.95
Aburger, 6oz English beef burger, cheddar, sliced pancetta, aburger sauce, skin on fries (gf+)	13.95
- Add 6oz beef patty	3.00
Beer battered haddock, triple cooked chips, tartare sauce + mushy peas	13.50 +2.50
Freerange ham, double fried egg, skin on fries (gf+)	11.50
Vegan Fish & Chips, tofu, nori, triple cooked chips (vg)	13.50
Lentil, mushroom & olive burger, grilled goats cheese, red onion marmalade, skin on fries (v)	13.50
A Vegan Burger, Seitan patty, V smoked bacon, melted cheese, butternut crisps, vegan mayonnaise, salad, skin on fries (vg)	13.95
Swap chips for our oven cooked sweet potato wedges	+1.05

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.