

SUNDAY BRUNCH

Served 9am – 12.45pm

A
CANTEEN

PASTRIES/FRUIT/GRANOLA

Croissant, butter, jam (v)	2-
Fruit Danish pastry (v)	3-
Almond croissant (v)	3-
Toasted tea bun, butter (v)	3-
Granola, berries & yogurt (v)	7-
Fruit Salad (vg) (gf)	5-

CLASSICS

Brunch Bloomer – Great Garnetts sausage, bacon, fried egg (gf+)	7.5
Eggs Benedict (freerange ham)	8.5
Eggs Royale (smoked salmon)	9-
Spicy Eggs Benedict, chorizo, avocado, chipotle hollandaise	9-
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-
Light Breakfast - Great Garnetts sausage, mushroom, beans, 1 bacon, eggs your way, toast	8-
Light Veggie Breakfast - V sausage, egg, beans, tomatoes, mushroom, 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.

LARGE PLATES

A Protein Breakfast - smoked salmon, grilled halloumi, smashed avocado, chill, lime, scrambled eggs, rocket, sourdough toast (gf+)(N)	12-
Buttermilk Pancakes, fresh fruit, yogurt & mint OR banana, fruit compote, maple syrup (v)	8-
– Add bacon	2-
Vegan bacon, smashed avocado, chilli, lime, sunsweet tomatoes, watercress, toasted sourdough	10-
Smashed avocado, chilli, lime, lemon, toasted sourdough, 2 poached eggs (v)(vg+)(gf+)	9-
+feta	2-
+bacon	2-

JUICES/KOMBUCHA/COLD BREW

Kombucha -Ginger/Grapefruit & Guava/ Raspberry & elderflower	4.5
Paleoberry-Blackberry,Banana,Oat milk, Vanilla	5-
Daily Burn – Hemp,Peanut Butter,Cocoa,Almond Milk, Banana	5-
Vitalizer-blackberry,Elderflower,Banana	4.25
Roots Detox-Beetroot,Apple,Mint,Lemon,Ginger	4.25
Green Goddess-Apple,Spinach,Pear,lemon	4.25
Detox-Carrot ,Apple,Celery,Ginger,Lemon	4.25
Superfood Detox-Carrot,Wheatgrass Shot, Apple, Celery, Ginger	5-
Cold Brew	3-

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.

SUNDAY

A CANTEEN

Served 1 - 6 pm

SMALL PLATES

Spiced lamb, pistachio patties, sumac yogurt, coriander	8-
Crispy seitan wings, kewpie mayonnaise, sriracha (vg)	7-
Devilled whitebait, roast garlic mayonnaise	7-
Rose harissa olives (gf) (v)	3-
Garlic bread mozerella, caramelised onion (vg+)	4-
Buffalo chicken wings, chive, blue cheese, celery	6-
Sausage roll, chorizo jam	5-
Vegan sausage roll, red onion marmalade (vg)	5-
Scotch egg, piccalilli	5-
Breaded halloumi fries, smoked ketchup (v)	8-

SHARERS

Meat Sharer – Scotch egg, sausage roll, Buffalo wings , chicken liver pate, piccalilli, toasted focaccia	16-
Allotment Sharer – avocado hummus, sunsweet tomato hummus, crispy kale, butternut squash & chilli, garlic herb sunsweet tomato olives, spicy tortillas (v) (vg+)	13-

STONE BAKED PIZZA

'Chop it Like its hot' - Korean BB pulled beef, gochujang pizza sauce, spring onions. chilli, red onion, mozzarella, kimchi mayonnaise	13.5
'The Pigs' – Ham hock, streaky bacon, apple sauce, Bishops stilton, watercress	14.5
'Nico Alfredo' – Smokey alfredo sauce, chicken breast, bacon, mushrooms, spinach & fresh mozzarella	14.5
'Allotment' – Butternut squash, kale, mozzarella, chilli, sage pesto (v)(vg+)	12-
'Aunty Marg' – Mozzarella, tomato, basil (v)(vg+) – Add Suffolk salami or ham	9- 2-

ROASTS - ONCE THEY ARE GONE, THEY'RE GONE!

Served with Yorkshire pudding, roast potatoes, seasonal vegetables, cauliflower cheese, home made gravy

TOPSIDE OF BEEF (served med rare)	15-
LAMB	14.5
CHICKEN	13.5
VEGAN NUT ROAST (vg)	14.5
KIDS ROAST (vg+)	8.5
EXTRAS	
Roast Potatoes (vg)	4-
Yorkshire Pudding (vg)	1.5
Seasonal Vegetables (vg)	4-
Cauliflower Cheese (v)	4-

LARGE PLATES

Chicken katsu burger, katsu mayonnaise, pickles radish, coriander, skin on fries	13.5
Half roasted chicken, curry butter, thyme fries (gf+)	10.5
ALamb burger, halloumi, harissa mayo, pickled chilli, rocket fries (gf+)	13.5
A fish & chips triple cooked chips tartare sauce	13-
ABurger, lincolnshire poacher cheese, bacon, lettuce, smoked ketchup, skin on fries (gf+)	13.5
Vegen Beyond Meat pattie burger, vegan cheese, pickled red onions, gherkins (vg) (gf+)	13.5
Winter chicken caesar salad, lentils, roasted beetroot, chicken, pancetta, capers, croutons, parmesan, tahini dressing (gf+)	10-

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.

(v) vegetarian

(vg) vegan

(vg+) vegan option available

(gf) gluten free

(gf+) gluten free option available

(n) Contains Nuts