

# SUNDAY BRUNCH

Served 9am – 12.45pm

A  
CANTEEN

## 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

|  |           |
|--|-----------|
| 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+)<br>– Add black pudding | 10-<br>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

|  |                |
|--|----------------|
| Bubble, streaky bacon or vegan , eggs, sourdough toast   | 9-             |
| AProtein Big Breakfast - smoked salmon, grilled halloumi, smashed avocado, chill, lime, scrambled eggs, rocket, sourdough toast (gf+)(N) | 12-            |
| Buttermilk Pancakes, banana, fruit compote maple syrup (v)<br>– Add bacon  | 8-<br>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+)<br>+feta<br>+bacon                                 | 9-<br>2-<br>2- |

## 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.

# SUNDAY

Served 1 - 7 pm

A  
CANTÉEN

## SMALL PLATES

|   |     |
|---|-----|
| Herb olives, garlic & sunsweet tomatoes (gf) (vg)       | 3-  |
| Stone baked garlic bread with cheese (gf+)              | 3.5 |
| Salt & pepper chilli squid                              | 7-  |
| Garlic, rosemary & sundried tomato focaccia,oils        | 4-  |
| Pork crackling, beer apple sauce (gf)                   | 5-  |
| Sausage roll, homemade brown sauce                      | 5-  |
| Scotch egg, piccalilli                                  | 5-  |
| Lamb & mozzarella croquettes, harissa aioli             | 7-  |
| ½ pint Atlantic prawns, dill mayonnaise (gf+)           | 7-  |
| Crispy seitan wings, sirrachia (vg)                     | 7-  |
| Halloumi fries, smoked ketchup (v) (gf)                 | 6-  |
| Mussels, cider & spring onion cream, crusty bread (gf+) | 7-  |

## SHARERS

|  |     |
|--|-----|
| Fish Sharer – Prawns, smoked mackerel, chilli salt calamari, salmon mousse, salmon gravlax, dill cream cheese, crab mayonnaise, toasted foccacia | 16- |
| Meat Sharer – Scotch egg, sausage roll, ham hock terrine , chicken liver pate, piccalilli, toasted focaccia                                      | 15- |
| Allotment Sharer – Avocado hummus, sunsweet tomato hummus, garlic herb olives, sunsweet tomato, spicy tortillas (v) (vg+)                        | 13- |
| Herb focaccia, mixed olives  | 7-  |

## STONE BAKED PIZZA

|  |          |
|--|----------|
| The Pigs – ham hock, streaky bacon, apple sauce, Bishops stilton, watercress                       | 14.5     |
| Fiorentina - tomato, fresh mozzarella, parma ham, tender stem broccoli, spinach, black olives, egg | 13-      |
| Woodman – wild mushrooms, Westcombe cheddar, red onion, chervil, tarragon (v)(vg+)                 | 12-      |
| Allotment – butternut squash, kale, mozzarella, chilli, sage pesto (v)(vg+)                        | 12-      |
| Aunty Marg – mozzarella, tomato, basil (v)(vg+) – Add Suffolk salami or ham                        | 9-<br>2- |
| Swap any cheese for vegan cheese   | + 1-     |

## ROASTS

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

|                                   |      |
|-----------------------------------|------|
| SIRLOIN OF BEEF (served med rare) | 15-  |
| LAMB                              | 14.5 |
| CHICKEN                           | 13.5 |
| VEGAN NUT ROAST (vg)              | 14.5 |
| KIDS ROAST                        | 8.5  |
| <b>EXTRAS</b>                     |      |
| Roast Potatoes                    | 4-   |
| Yorkshire Pudding                 | 1.5  |
| Seasonal Vegetables               | 4-   |
| Cauliflower Cheese                | 4-   |

## LARGE PLATES

|  |      |
|--|------|
| Mussels, cider & spring onion cream, crusty bread (gf+)  | 13-  |
| ACANTEEN fish & chips , tartare sauce  | 13-  |
| Chicken caesar salad, cos lettuce, anchovies, garlic croutons,egg  | 12-  |
| Vegan green curry, cauliflower rice, broccoli asparagus, edamame beans, pak choi, coriander pickled scotch bonnets, crispy tofo (vg) | 13.5 |
| Aburger, pancetta, cheddar   | 9-   |
| Crispy vegan burger, garlic v mayonnaise avocado   | 9-   |
| Vegan jackfruit dog, mustard, bbq sauce, matchstick potatoes, coriander (vg)   | 8.5  |
| Braised short rib, mac & cheese  | 12-  |

## FRIES & SIDES

|                                   |     |
|-----------------------------------|-----|
| Skin on fries (vg) (gf)           | 3-  |
| Rosemary salt fat chips (vg) (gf) | 3.5 |
| Sweet potato wedges (vg)(gf)      | 3.5 |
| Mixed salad(vg)(gf)(gf)           | 3-  |
| Buttered greens(v)(gf)            | 2.5 |
| Aslaw (v) (gf)                    | 2.5 |
| Mushy peas (v) (gf)               | 2-  |

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