

VEGAN BREAKFAST

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

LARGE PLATES (served till 12 noon)

Vegan Big Breakfast – vegetarian sausages, grilled tomatoes, field mushroom, Heinz baked beans, hash brown, 2 toast **9.75**

Light Vegan Breakfast – 1 vegetarian sausage, Heinz baked beans, field mushroom, 1 toast (v) **7.95**

VEGAN BRUNCH A

Served 8am – 3pm
Sunday 9am – 1pm

CANTEEN

ACANTEEN FAVOURITES

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

BLOOMER SANDWICHES

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

Vegan Fishfinger Bloomer – battered tofu, nori tartare sauce, salad
– Add skin on fries **7.95**
2.95

JUICES, NEW DRINKS & KOMBUCHA CHECK

A DRINKS MENU FOR MORE LOVELY DRINKS

Picklehouse Bloody Mary (Hackney) **8.00**

Fresh Orange/Apple/Carrot **3.95**

Jarr Kombucha / Ginger / Original / Passion fruit **4.50**

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.

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.

VEGAN ALL DAY -

JOIN US FOR DINNER FRIDAY & SATURDAY NIGHTS

Served 12 midday - 4.30PM

A
CANTEEN

SMALL PLATES

Stone baked garlic bread	3.55
- Add Vegan Cheese (vg) (v)	3.95
Crispy Seitan wings, spicy sauce, garlic v mayo(vg)	6.50
Soup of the day, bread (gf+)	4.95

SHARERS

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

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

LARGE PLATES

Vegan Fish & Chips (tofu nori) triple cooked chips(vg)	13.50
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BURGERS & SOURDOUGH

A Vegan Burger, Seitan patty, vegan smoked bacon, melted cheese, sweet potato crisps, vegan mayonnaise, avocado (vg)	10.95
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FRIES & SIDES

Triple cooked chips (v) (gf+)	3.95
Sweet potato wedges (vg)(gf+)	3.95
Skin on fries (vg)(gf+)	2.95
Side salad (vg) (gf+)	3.95

STONE BAKED PIZZA // 2FOR1 MONDAY-FRIDAY

Woodman - wild mushrooms, vegan cheddar, red onion, chervil, tarragon (v)(vg+)	13.95
Allotment - butternut squash, kale, vegan mozzarella, chilli, sage pesto (v)(vg+)	13.95
Aunty Marg - vegan mozzarella, tomato, basil (v)(vg+) - Add wild mushrooms	9.95 2.00
Swap any cheese for Vegan cheese	+ 1.00

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.
