

BRUNCH

'Our delicious drinks are made to order and might come after your food. It'll be worth the wait, we promise!'

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/COLD BREW

Kombucha - Ginger, Original, Passion	4.5
Iced Cold Brew Coffee	3-
Picklehouse Bloody Mary (Hackney)	8-
Summer Vitalizor – 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.

ALL DAY

'Our delicious drinks are made to order and might come after your food. It'll be worth the wait, we promise!'

A CANTEEN

Served from midday

SMALL PLATES

Herb olives, garlic & sunsweet tomatoes (gf) (v)	3-
Stone baked garlic Bread with cheese (vg+)	3.5
Salt & pepper chilli squid	7-
Garlic, rosemary & sundried tomato focaccia,oils	4-
Honey, garlic, coriandar & sesame chicken wings	6-
Sausage roll, red onion marmalade	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)	8-
Mussels, cider spring onion cream, crusty bread(gf+)	8-

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	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

The Pigs – ham hock, streaky bacon, apple sauce, Bishops stilton, watercress	14.5
Florentina - tomato, fresh mozzarella, parma ham, tender stem broccoli, spinach, black olives, egg	13-
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-
Swap any cheese for vegan cheese	+ 1-

LARGE PLATES

Mussels, cider spring onion cream, fries, crusty bread (gf+)	15-
Ham hock mac & cheese	12-
8oz ribeye steak, fat chips, peppercorn sauce, watercress & thyme tomatoes (gf+)	20-
ACANTEEN Fish & chips, tartar 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

BURGERS & DOGS - Served with skin on fries

Aburger, pancetta, cheddar (gf+)	13-
Crispy vegan burger, garlic vg mayonnaise, avocado	13-
Buttermilk chicken thigh burger, sriracha mayonnaise	13-
Vegan jackfruit dog, mustard, bbq sauce, matchstick potatoes, coriander (vg)	11.5
Pizza dog, pepperoni, marinara sauce, mozzarella, crispy onions, basil	11.5

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)	3-
Buttered greens(v)(gf)	2.5
Aslaw (v) (gf)	2.5
Mushy peas (v) (gf)	2-

///BUY 1 GET 1 FREE///

Stone Baked Pizza Wednesdays & Thursdays
A Happy Hour 5-7pm (wed-Sun)
Glass of Prosecco & A LAGER

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