

# BRUNCH

Served 8am – 12pm

## 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

A Protein Breakfast - smoked salmon, grilled halloumi, smashed avocado, chilli, lime, scrambled eggs, rocket, sourdough toast (gf+) 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 (gf+) 8-

Veggie light breakfast, V sausage, egg, tomato, mushroom, beans, toast (gf+) 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

# A CANTEEN

Served 8am – 3pm

## A FAVOURITES

Spicy Eggs Benedict, chorizo, avocado, chipotle hollandaise 9-

Buttermilk Pancakes, fresh fruit, yogurt & mint OR banana, fruit compote, maple syrup (v) – Add bacon 8- 2-

Smashed avocado, chilli, lime, lemon, toasted sourdough, 2 poached eggs (v)(vg+)(gf+) +feta +bacon 9- 2- 2-

Fishfinger Bloomer, tartare, salad 8-

## 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-

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.

# ALL DAY

Served from midday

## SANDWICHES SERVED WITH SKIN ON FRIES

### A Club Sandwich

Toasted triple-decker layered with chicken, smoked streaky bacon, lettuce, tomato and chipotle mayo 9-

### Veggie BLT (v)

Toasted triple-decker layered with vegan bacon, lettuce, tomato and mayo 9-

Posh Fish Finger Bloomer, salad, tartare 11-

## SMALL PLATES

Vegan Boa bun, crispy seitan, chilli, sriracha, lime (vg) 8-

Crispy Chicken Bao bun, chicken, chilli, sriracha, lime 8-

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) (vg) 3-

Garlic bread mozzarella, 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-

## STONE BAKED PIZZA

'Chop it Like its hot' - Korean BBQ 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-

Swap any cheese for vegan cheese + 1-

# A CANTEEN

## LARGE PLATES

Chicken katsu burger, katsu mayonnaise, pickles radish, coriander, skin on fries 13.5

Half roasted chicken, curry butter, thyme fries 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-

Vegen Beyond Meat pattie burger, vegan cheese, pickled red onions, gherkins (vg) (gf+) 13.5

Beef shin mac & cheese, smoked bacon, buttered savoy 12-

Winter chicken caesar salad, lentils, roasted beetroot, chicken, pancetta, capers, croutons, parmesan, tahini dressing (gf+) 10-

## 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-

## 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)(vg) 2.5

Aslaw (v) (gf) 2.5

Mushy peas (v) (gf) (vg) 2-

Allergies: Please inform your waiter if you are allergic to any food items before you order. We cannot

(v) vegetarian

(vg) vegan

(vg+) vegan option available

(gf) gluten free

(gf+) gluten free option available

(n) Contains Nuts