

# ACANTEEN ALL DAY MENU

Monday-Saturday 8AM - 4.45PM

(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.

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# A CANTEEN

## BRUNCH

<b>SPICY BAKED EGGS, TOASTED RYE</b>	<b>7.95</b>
<b>PANCAKE STACK (V)</b>	<b>6.95</b>
With Berries, Banana & Maple Syrup	
- ADD BACON	<b>2.50</b>
<b>ACANTEEN BIG BREAKFAST (GF+)</b>	<b>8.95</b>
Cumberland Sausage, Bacon,	
Eggs your way, Grilled Tomato,	
Field Mushroom, Heinz Beans & Toast	
- ADD CHORIZO	<b>2.00</b>
- ADD BLACK PUDDING	<b>1.00</b>
<b>ACANTEEN BIG VEGGIE BREAKFAST</b>	<b>8.95</b>
Vegetarian Sausage, (V)(GF+)	
Eggs your way, Grilled Tomato,	
Field Mushroom, Heinz Beans & Toast	
<b>PROTEIN BOWL (V+)(VG+)(GF)</b>	<b>8.95</b>
Brown Rice, Garlic Sautéed Spinach,	
Poached Egg with a choice of	
Marinated Tofu or Smoked Salmon	
<b>EGGS BEN/ ROYALE/ FLORENTINE(V)</b>	<b>7.50</b>
<b>MEXICAN BENEDICT (GF+)</b>	<b>8.50</b>
Chorizo, Chipotle, Avocado,	
Poached Eggs,	
Hollandaise & Toasted Muffin	
<b>SMASHED AVOCADO, CHILLI,</b>	<b>7.95</b>
<b>LEMON, TOAST (V)(VG+)(GF+)</b>	
Rye OR Bloomer	
- ADD EXTRA POACHED EGG	<b>1.00</b>
<b>SMOKED SALMON SCRAMBLED EGGS(GF+)</b>	<b>9.50</b>
<b>BIG BREAKFAST BRIOCHE (GF+)</b>	<b>5.95</b>
Bacon, Sausage & Egg	
<b>VEGGIE BREAKFAST BRIOCHE (V)</b>	<b>5.95</b>
Vegetarian Sausage & Egg	
<b>VEGAN SAUSAGE BLOOMER (VG)(V)</b>	<b>5.95</b>

<b>PAIN AU CHOCOLATE</b>	<b>2.50</b>
<b>CRIOSSANT, JAMS / PRESERVES</b>	<b>3.00</b>
<b>GRANOLA &amp; YOGHURT BOWL (V)</b>	<b>4.95</b>
Low Fat Yoghurt, Honey,	
Granola & Berries	
<b>PALEO NUT, SEED</b>	<b>7.50</b>
<b>&amp; BERRY MUESLI (V)(N)</b>	
Fresh Almond Milk	

## SMALL PLATES

<b>MARINATED OLIVES (VG)</b>	<b>3.40</b>
<b>TURMERIC SPICED CHICKEN WINGS</b>	<b>4.75</b>
<b>MUSHROOM CROQUETTE, (V)</b>	<b>5.95</b>
<b>SWEET CHILLI DIP</b>	
<b>WARM SCOTCH EGG, PICCALILLI</b>	<b>4.50</b>
<b>WARM SAUSAGE ROLL,</b>	<b>4.50</b>
<b>RED ONION MARMALADE</b>	
<b>SOUP WITH RUSTIC BREAD (V)(GF+)</b>	<b>4.50</b>
<b>CAULIFLOWER TAHINI (N)(VG)(GF)</b>	<b>6.95</b>
Coriander, Chilli	

## SIDES

<b>SWEET POTATO WEDGES (V)(GF+)</b>	<b>4.00</b>
<b>SKIN ON FRIES (VG)(V)(GF+)</b>	<b>3.00</b>
<b>BREAD &amp; BUTTER (V)(VG+)(GF+)</b>	<b>2.00</b>
<b>COLESLAW (V)(GF)</b>	<b>2.50</b>

## LARGE PLATES

<b>A VIETNAMESE STYLE CURRY</b>	<b>14.50</b>
Lime, Coriander, Chilli	
- Choose a Protein	
CHICKEN / TOFU (V)(VG)	
- Choose a Carb	
RICE / QUINOA	
- KIMCHI	

<b>FISH &amp; CHIPS</b>	<b>12.95</b>
Tartar Sauce, Mushy Peas	
<b>GREAT GARNETS HAM, (GF)</b>	<b>8.95</b>
<b>EGG &amp; CHIPS</b>	
ADD BREAD & BUTTER	<b>2.00</b>

## PIZZA WEDNESDAY 2 FOR 1 5-9:30PM

<b>THE PIGS</b>	<b>14.95</b>
Great Garnets Pulled Pork	
& Streaky Bacon, Brambly Sauce,	
Bishop Stilton, Crackling	
& Watercress	
<b>MARRAKECH (N)</b>	<b>14.95</b>
Local Lamb, Feta, Tomato, Chilli,	
Coriander, Pine Nuts	

<b>PE-KING</b>	<b>14.95</b>
Hoi Sin, Plum Sauce, Mozzarella,	
Duck, Spring Onion, Cucumber	
& Sesame Seeds	

<b>CAULI-KALE CHEESE (N)(V)(VG+)</b>	<b>12.95</b>
Kale, Cauliflower, Cheese,	
Pomegranate, Pine Nuts,	
Spicy Coriander Dressing	

<b>EATILY (V)(VG+)</b>	<b>10.95</b>
Tomato, Mozzarella, Fresh Basil	
ADD SUFFOLK SALAMI//GARNETS HAM	<b>2.00</b>

<b>ALLOTMENT (V)(VG+)</b>	<b>12.95</b>
Sage Pesto, Mozzarella, Kale,	
Butternut Squash & Chilli	

LARGE PLATES, PIZZAS, BURGERS SERVED FROM 11AM

<b>WOODMAN (V)(VG+)</b>	<b>12.95</b>
Mixed Wild Mushrooms,	
Westcombe Cheddar, Red Onion,	
Chervil & Tarragon	

## BURGERS TUESDAY 2 FOR 1 5-9:30PM

ALL OUR BURGERS ARE SERVED WITH CHIPS & CAN BE MADE (GF+)	
<b>ACHICKEN BURGER (GF+)</b>	<b>11.95</b>
Grilled Chicken Fillet, Avocado,	
Blue Cheese, Bacon Jam	
<b>LENTIL &amp; BLACK OLIVE BURGER (V)(VG+)(GF+)</b>	<b>11.95</b>
Whipped Feta with Dill,	
Mint & Parsley, Crispy Lettuce,	
Spicy Tomato Relish	
(Hold the Feta & swap the Bun for a Vegan Burger)	
<b>LOCAL LAMB KOFTA BURGER (GF+)</b>	
Grilled Halloumi, Tzatziki,	
Rose Harissa, Crispy Lettuce Leaves	
<b>BEEF BRISKET BURGER</b>	<b>11.95</b>
With Brioche Bun, Onion Ring,	
Mustard, Dill Pickle	
<b>ACANTEEN BURGER (GF+)</b>	<b>11.95</b>
Chipotle Mayo & Coleslaw	
- ADD BACON & CHEDDAR	<b>2.00</b>

## AFTERNOON TEA Min.2 people 3-5PM

Selection of Finger Sandwiches	<b>10.00</b>
Slice of Bakeshop Cake Homemade	
Scone with Clotted Cream & Jam	
Tea or Americano Coffee	
<b>WARM SCONE, CLOTTED CREAM &amp; PRESERVES</b>	<b>4.50</b>
ADD A GLASS OF PROSECCO	<b>5.00</b>