

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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BRUNCH

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

ALMOND CRIOSSANT	2.95
CHOCOLATE TWIST	2.95
CRIOSSANT, JAMS / PRESERVES	3.00
GRANOLA & YOGHURT BOWL (V)	5.95
Low Fat Yoghurt, Honey,	
Granola & Berries	
PALEO NUT, SEED	7.50
& BERRY MUESLI (V)(N)	
Fresh Almond Milk	

SMALL PLATES

MARINATED OLIVES (VG)(GF)	3.40
TURMERIC SPICED CHICKEN WINGS	4.75
MUSHROOM CROQUETTE, (V)	5.95
SWEET CHILLI DIP	
WARM SCOTCH EGG, PICCALILLI	4.50
WARM SAUSAGE ROLL,	4.50
RED ONION MARMALADE	
SOUP WITH RUSTIC BREAD (V)(GF+)	4.95
CAULIFLOWER TAHINI (N)(VG)(GF)	6.95
Coriander, Chilli	

SIDES

SWEET POTATO WEDGES (V)(GF+)	4.00
SKIN ON FRIES (VG)(V)(GF+)	3.00
BREAD & BUTTER (V)(VG+)(GF+)	2.00
COLESLAW (V)(GF)	2.50

SALADS

CHOOSE FROM TODAY'S DISPLAY
1SALAD **3.00/ 2SALAD 6.00/ 3SALAD 9.00**

LARGE PLATES

A VIETNAMESE STYLE CURRY	14.50
Lime, Coriander, Chilli	
- Choose a Protein	
CHICKEN / TOFU (V)(VG)	
- Choose a Carb	
RICE / QUINOA	
- KIMCHI	
FISH & CHIPS	12.95
Tartar Sauce, Mushy Peas	
GREAT GARNETS HAM, (GF)	8.95
EGG & CHIPS	
ADD BREAD & BUTTER	2.00

PIZZA

WEDNESDAY 2 FOR 1 5-9:30PM

THE PIGS	14.95
Great Garnets Pulled Pork	
& Streaky Bacon, Brambly Sauce,	
Bishop Stilton, Crackling	
& Watercress	
MARRAKECH (N)	14.95
Local Lamb, Feta, Tomato, Chilli,	
Coriander, Pine Nuts	
PE-KING	14.95
Hoi Sin, Plum Sauce, Mozzarella,	
Duck, Spring Onion, Cucumber	
& Sesame Seeds	
CAULI-KALE CHEESE (N)(V)(VG+)	12.95
Kale, Cauliflower, Cheese,	
Pomegranate, Pine Nuts,	
Spicy Coriander Dressing	
EATILY (V)(VG+)	10.95
Tomato, Mozzarella, Fresh Basil	
ADD SUFFOLK SALAMI//GARNETS HAM	2.00
ALLOTMENT (V)(VG+)	12.95
Sage Pesto, Mozzarella, Kale,	
Butternut Squash & Chilli	

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

BURGERS

TUESDAY 2 FOR 1 5-9:30PM

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

AFTERNOON TEA Min.2 people 3-5PM

Selection of Finger Sandwiches	14.95
Slice of Bakeshop Cake Homemade	
Scone with Clotted Cream & Jam	
Tea or Americano Coffee	
WARM SCONE, CLOTTED CREAM & PRESERVES	4.50