

A
BAKESHOP

**OUTSIDE
CATERING
FOR ALL
TYPES OF
EVENTS**

FROM SMALL OFFICE WORK MEETINGS TO WEDDINGS

Send us an email for more information
orders@acanteen.co.uk or visit our website

A
BAKESHOP

A FAMILY BUSINESS
(Est.2001)

**HEALTHY
FRESH, FAST
FOOD TO GO**

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BREAKFAST

BREAKFAST DEALS

Tea & toast	2.95
Bacon bloomer/baguette & tea	4.95

BREAKFAST FRITTATA	2.95
freerange eggs, bacon, sausage	
VEGETARIAN BREAKFAST FRITTATA	2.95
VEGETARIAN SAUSAGE BLOOMER OR BAGUETTE	4.50
SAUSAGE BAGUETTE OR BLOOMER	4.50
TOAST (v)	2.50
marmite/jam/peanut butter	
PORRIDGE (v)	2.00
Add topping	.50
Banana/banana chips/seed mix/ Goji Berries	
TOASTIES	3.50
Ham & cheddar/Cheddar, mushroom, tomato & red onion (v)	
YOGHURT POT	2.50
YOGHURT, HONEY, MUSELLI POT (v)	2.95
FRESH FRUIT SALAD (v)	3.50

DRINKS

SINGLE ESPRESSO	1.40
MACCHIATO	1.90
FLAT WHITE	2.45
CAPPUCINO	2.25/2.60/2.85
CAFE LATTE	2.25/2.60/2.85
AMERICANO	1.95/2.25/2.45
CHAI LATTE	2.65/2.95/3.25
MOCHA	2.65/2.95/3.25
HOT CHOCOLATE	2.50/2.80/3.00
TEA FOR ONE	1.55/1.65/1.85
SUKI WHOLE LEAF TEA	2.95
Green tea with ginseng/mint/red berry/ breakfast blend/rooibos/earl grey blue flower	

LUNCH

LUNCH DEAL

Sandwich + crisps + coke or water	3.95
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HOT LUNCH

AHEALTHY HOT BOX

Fill a box - reg 5.00 lrg 8.00

Red pepper & olive quinoa (vg)	
Mediterranean lemon & thyme chicken	
Tender stem broccoli with chilli (v)	

WARM SAUSAGE ROLL	2.95
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WARM TART OF THE DAY	3.95
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HOT POTS

Fat free vegetable bean chilli (vg)	4.95
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Healthy sweet potato & lentil dhal with coriander yogurt (v)	5.00
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add flat bread (v)	1.50
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JACKET POTATOES

Beef chilli & cheese/Beans & cheese (v)/Cheese & coleslaw (v)/Greek feta & houmous/Fat free Vegetable & bean chilli (v)	4.95
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A HEALTHY SALAD BOXES

Protein chicken box	4.50
Herb chicken/avocado/soya beans/ free-range egg/baby leaf salad/seeds/herb	

Low carb salmon box (v)	4.50
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Soy poached salmon/freerange egg/ soya beans/baby leaf salad / herb dressing	
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Healthy noodle crayfish box	4.50
Crayfish/noodles/sesame/baby leaf salad/ herb dressing/	

Vegan falafel box	4.50
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Baby leaf salad/falafel/lentils/carrot /peppers/sweet cherry tomatoes/houmous	
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SUPER SALADS - REGULAR POTS 1.50

Red pepper & olive quinoa (v)	
Roasted butternut squash, chilli & pomegranate (v)	
Lentil Salad (v)	
Broccoli, green beans, caramelised lemon, chilli garlic (v)	
Baby leaf salad (v)	
Coleslaw (v)	
Greek feta & cherry tomato (v)	
add Herby side dressing (vg)	.40

TOASTED PANINIS 4.25

Parma ham, mozzarella, feta & sunsweet tomato	
Mozzarella, basil & roasted vegetable (v)	

TOASTED SANDWICH 3.50

Ham & Cheese	
Cheddar, mushroom, tomato & red onion (v)	

A DAILY SELECTION
OF FRESHLY PREPARED
SANDWICHES,
BAGUETTES BAPS
& WRAPS
(From 2.95)

JUICE BAR

Freshly squeezed orange juice	2.50
Carrot & ginger	2.50
Fresh Apple Juice	2.50
Soother	3.50
Orange, Kiwi, Mango, Ginger	
Paleo berry	
Strawberry, vanilla,coconut milk	
ICE COLD ICED TEA	1.95
Moroccan Mint/Elderflower	

BLEND ME AT THE COUNTER JUICES 4.50

Berry Superseeded	
Strawberry, chai, pumpkin seeds, apple, banana, coconut water	
Super Raw Veg	
Apple, kale, avocado, ginger, coriander	
Vitalizer	
Orange, Mango, Pineapple, Passion fruit	

ICE COLD THICK SHAKES 3.50

WITH CREAM	
Malteser/Oreo/Vanilla/Strawberry	

HEALTH BOOSTS .50

Spirulina	
Fresh water algae	
60 % protein- bursting with iron & zinc	
Bee pollen - Immune System booster	
Chai seeds - Fibre & Protein	
Flax seeds- Rich in Omega 3/Protein/Iron	
Fresh wheatgrass shot	1.50
Iron/fibre/vitamin	