



All Day Breakfast

Eggs benedict £5.95
(parma ham)

Eggs royale £5.95
(Smoked Salmon)

Eggs florentine £5.55
(Spinach)



Portobello mushrooms & creamed wilted baby spinach with poached egg served on toasted bloomer bread £6.95
* add smoked salmon, crispy bacon or parma ham for £2.00



Big Breakfast £6.45

Cumberland sausage, bacon, mushrooms, tomato & choice of eggs (fried, scrambled or poached) with Heinz beans and bloomer toast

Vegetarian big breakfast £6.45

Quorn sausages, mushrooms, tomato & choice of eggs (fried, scrambled or poached) with Heinz beans and bloomer toast

Chorizo & scrambled egg toasted bagel £6.45

Large toasted multiseed bagel with panfried spinach chorizo & scrambled eggs

Brunch muffin stack £5.75

Portobello mushroom, fried egg, tomatoes & sausages

Smoked salmon & scrambled eggs £6.95
on toasted granary bloomer

Light breakfast £5.95

Scrambled eggs & bloomer toast with choice of bacon or sausage

Chocolate & banana cinnamon bagel £3.95

Grilled tomatoes on bloomer toast

£4.25

Heinz beans on bloomer toast £3.95

Breakfast Bloomer £4.50

fried egg with choice of bacon or sausage

Bacon or Sausage & Fried egg baguette £4.95

Porridge £2.75

Skinny or full fat with choice of honey, nuts or mixed fruit

Granola & Yogurt £2.95

Low fat yogurt, honey & granola bowl

Fresh Fruit Salad £2.95

Lunch

Freerange burger £8.95

with melted mozzarella, parma ham, tomato chutney & salad. Served with oven wedges



Portobello mushrooms & goats cheese burger £8.95

with red onion marmalade. Served with oven wedges & rocket salad

Slow roasted pork, stuffing & apple sauce stone baked baguette

£7.95

Served with oven wedges



Grilled Haloumi & roasted vegetable stone baked baguette £7.95

Served with oven wedges

Chorizo & thyme Penne £7.95

Served with a warm vegetable & olive focaccia & parmesan cheese

Chicken or Prawn Penne arabiatta

£7.95

Served with a warm vegetable & olive focaccia & parmesan cheese

Ham, double egg & wedges £6.95

Malaysian style chicken curry £7.95

served with rice & mini naan bread

Chicken BLT £5.95

served with a side of coleslaw

Fish Finger

& Tartare Sauce bloomer £4.55

served with salad

PIES

tasty hearty pies served from our hot counter

Pie, Mash, Gravy £8.95

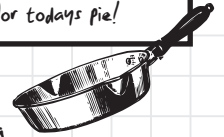
* See today's blackboard for today's pie!



FREERANGE AND BRITISH

Fritata & Salad

Chorizo, herb & feta or Roasted vegetable & feta with 1 salad £5.95 with 2 salads £7.95



Salad Bowls

Our salads change with the seasons make your own salad up from the following...

Roasted squash with pomegranite & flat leaf parsley & chilli oil

Roasted new potato, fig, chilli & balsamic salad

Harissa & Vegetable Couscous Greek feta & cherry tomato

Tuna, cannellini bean & pepper

one salad £2.20

three salads £5.30

four salads £7.20



Baked Potatoes £5.95

See black board for something different

Freerange chilli & mature cheddar

Fat Free vegetable & bean chilli with mature cheddar OR Fat free greek yogurt

Prawn Marie Rose

Mature cheddar & coleslaw

Greek Feta Salad & baby leaves

SOUPS

Hearty Soups & Rustic bread See black board for today's soup.

Large £3.95

Small £2



WE SERVE gluten free bread add 90p

e-mail: soup@acanteen.co.uk to be added to our weekly soup menu list!

acanteen

Freerange Fairtrade Independent

We value your comments & suggestions – good and bad!
Please leave a message in our comments box.
We, the business owners (Emma, Sarah & Brenda) discuss
the comments each morning with the rest of the team!
You can also email us at emma@acanteen.co.uk

KIDS MENU



Kids brunch £4.00

Sausage, beans & toast with
fried egg Dippy egg & soldiers

Cheese on toast with Heinz beans £3.95

Jacket Potato with beans & cheese £3.95

Sandwiches £3.00

ham, jam, chicken, marmite
or tuna mayonnaise

Kids Lunch £3.95

Sausage, mash & peas or beans
Fish fingers, mash, peas or beans
Ham, egg & wedges
Penne tomato & basil

Juices & Smoothies

Brunch berry smoothie

yogurt, muesli,
banana & apple juice

OAP

oranges, apples & pears

Very berry nice

apples, banana & blended berries

Vitalizer

pineapple, mango, passion fruit, oranges

Soother

oranges, kiwi, ginger, mango

Cranberry crush

cranberry juice, fresh berries & oranges

Vitamin C zinger smoothie

oranges, lemon, lime & banana

Immune booster £1.00

beetroot, carrot, apple, watercress & ginger

add wheatgrass superfood shot - £2.00

Superfood detox £3.30

wheatgrass single shot, celery,
carrot, apple & ginger

Sweet grass superfood £3.30

orange, apple juice & double shot of wheatgrass

Detox

carrot, apple, celery, & ginger

Carrot blend

carrots, apple & ginger



Thick Milkshakes

all flavours £3.40

Banana, chocolate, chai, raspberry,
Tofjee, Vanilla, Banofji

Afternoon Teas

Rosie Fairtrade Tea £1.60

Espresso £1.40

Latte, Cappuccino £2.10

Flat White £2.45

Mocha £2.90

Black - double shot £2.10

Chai latte £2.90

Fairtrade hot chocolate £2.90

with cream & marshmallows

* Syrups 40p Soya milk 40p



Winter special
Mince Pie Latte £3.20
with cream & chocolate

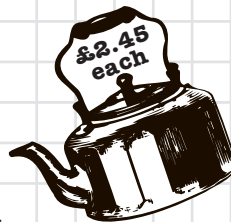
Suki Whole Leaf Teas

Green Tea,

Whole Leaf Mint,

Red Berry, Breakfast Blend,

Roibush, Earl Grey Blue flower



Cakes & Treats

Banana waffle split with toffee sauce
£4.50

Auntie Marg's victoria sponge
£1.90/£2.30

Double chocolate sponge
£1.90/£2.30

Luscious lemon drizzle cake
£1.50/£1.90

Fat free orange tea bread
£1.50/£1.90

home baked lemon curd tarts
£2.40

White chocolate & raspberry muffin
£1.50/£1.90

Bread pudding
£1.20/£1.70

Skinny blueberry muffins
£1.50/£1.90

Icecream sundaes £3.95
strawberry shortcake / chocolate crunch / rocky road



We cater for any occasion
from bbqs to office lunches -
breakfasts to weddings speak
to emma about your event!
Ask about our special picnic
boxes & kids party ideas