

# THE KANTEEN

## APPETISERS

Tomato & Rice Soup - 6.50

**Soup of the Day - 6.50**  
(Please ask your server)

**Hummus & Falafel - 8**  
Tahini, Chickpeas, Olive Oil,  
Parsley, Lemon, Pita Bread

**Hummus & Mushrooms - 7.50**  
Onions, Olive Oil, Parsley,  
Lemon, Pita Bread

**Edamame - 5**  
Salted or spicy

**Vegetable Mini Egg Rolls - 7**

**Bruschetta - 6.50**  
Tomato, Onions, Olive Oil,  
Garlic, Pesto

**Roasted Cauliflower - 7**  
Tahini, Tomato, Parsley

**Burnt Aubergine - 7**  
Tahini, Tomatoes, Parsley

**Halloumi Fries - 7**  
Honey Sriracha

## BRUNCH

**Eggs Bageldict Florentine - 9**  
Spinach, Hollandaise, Chives

**Eggs Bageldict Royale - 10**  
Smoked Salmon,  
Hollandaise, Chives

**Buttermilk Pancakes - 8**  
with Banana & Blueberries

**Croque Madame  
Champignon - 11**  
Bulka, Spinach, Mushrooms,  
Béchamel Sauce, Cheddar Cheese,  
Fried Egg, Red Slaw

**Kanteen Morning - 14**  
Eggs of your choice, Salad, Cream  
Cheese, Smoked Salmon, Tuna  
Mayo, Olives, Feta

**Smashed Avocado - 14**  
Poached Eggs, Granary Toast,  
Tomatoes, Cucumber, Onions,  
Olives, Feta, Vinaigrette, Almonds  
& Leaves

**Buck Rarebit - 11**  
Toast, Cheddar Cheese, Poached  
Eggs, Red Slaw, Gherkins

**Omelette - 8**  
Served with Israeli salad, toast & cream cheese

**Original Shakshuka - 12**  
Eggs, Tomatoes, Peppers, Onions

**Mediterranean Shakshuka - 13**  
Aubergines, Olives, Feta

**Green Shakshuka - 13**  
Spinach, Kale, Spring Onions,  
Coriander, Parsley,  
Feta, Coconut Milk

**Sunrise Sunset - 12**  
Latkes, Smoked Salmon,  
Poached Eggs, Israeli Salad

**Shirley Valentine - 10**  
Fried Eggs, Chips, Red Slaw

**Add One Filling - 1 each**

Cheddar cheese | Mozzarella | Spinach | Mushrooms | Onion | Tomato | Sweet corn | Potato | Bell peppers | Broccoli | Kale

## BREAKFAST IN BREAD

**The Original - 12**  
Sourdough Loaf filled with Tomatoes,  
Peppers, Spinach, Feta,  
Aubergine, Egg, Cheese

**Smoked Salmon - 13**  
Sourdough Loaf filled with Spinach, Leeks,  
Smoked Salmon, Crème Fraiche Egg, Cheese

**The English - 12**  
Sourdough Loaf filled with Baked beans,  
Halloumi, Mushrooms, Spinach, Tomatoes

## MELTS

White sesame or whole meal bagel served  
with mixed leaf salad

**The Royale - 11**  
Mozzarella, Tomato Sauce, Aubergine,  
Mushrooms, Onions & Olives

**Tuna Melt - 11**  
Tuna Mayo & Cheddar Cheese

**Italian - 11**  
Mozzarella, Tomato Sauce,  
Sundried Tomato & Pesto

**Greek - 11**  
Feta, Cheddar Cheese, Olive Oil,  
Olives & Hyssop

**The Kanteen - 12**  
Cheddar, Mozzarella, Cream & Mushroom

## SANDWICHES

**Smoked Salmon Bagel - 9**  
Pepper, Lemon, Cucumber & Cream Cheese

**Omelette Sandwich - 9**  
Cheddar Cheese, Spring Onions, Lettuce,  
Pickle, Tomatoes, Mayo on sourdough  
Ciabatta

**Tuna Salad Sandwich - 9**  
Aioli Spread, Tomatoes, Lettuce,  
Boiled Egg & Pickle on sourdough Ciabatta

**Halloumi Salad Sandwich - 9**  
Cream Cheese, Lettuce, Pesto, Tomatoes &  
Pickle on sourdough Ciabatta

**Avocado Sandwich - 9**  
Smashed Avocado, Chickpea, Harissa,  
Tomatoes, Spinach on sourdough Ciabatta

## JUMBO JACKETS

Served with red slaw or mixed leaves

**Baked Beans & Cheese - 11**

**Tuna Mayo & Sweetcorn - 11**

**Tuna Salad - 11**  
Tuna Mayo, Sweetcorn,  
Peppers, Onions & Pickle

**The Kanteen Potato Bake - 12**  
Sliced Potato with Mushroom Cream  
& Melted Cheese

## SALADS

**Nicoise - 14**  
Tuna, Tomatoes, Cucumber, Peppers, Green  
Beans, Olives, Honey Mustard Vinaigrette,  
Potatoes, Egg, Anchovies & Leaves

**Greek - 14**  
Cucumber, Tomato, Onions, Feta Cheese,  
Olives, Hyssop, Lemon & Zaatar dressing &  
Leaves

**Halloumi & Mushroom - 15**  
Cucumber, Tomatoes, Walnuts,  
Teriyaki & Leaves

**Beetroot & Squash - 14**  
Feta, Cranberries, Almonds, Sunflower  
Seeds, Quinoa & Leaves

**Kale, Spinach & Feta - 14**  
Quinoa, Avocado, Cranberries,  
Squash, Onions, chickpeas,  
Walnuts, Honey Mustard Dressing & Leaves

**Avocado & Smoked Salmon - 15**  
Quinoa, Broccoli, Sesame seeds, Asian  
Vinaigrette & Leaves

**Falafel Salad - 14**  
Chickpeas, Aubergine, Potatoes, Egg,  
Cucumber, Tomatoes, Onions,  
Parsley, Olive Oil,  
Lemon, Tahini

**Sweet Potato Salad - 15**  
Feta, Mushrooms, Cashew, Onions,  
Tomatoes & Leaves with Croutons, Lemon  
& Teriyaki

**Add Grilled Salmon - 6**

## ITALIANO

Penne / Spaghetti / Fettuccine

**Napolitana - 11**  
Tomato & Basil

**Arrabiata - 11**  
Tomato Chilli, Garlic & Parsley

**Funghi - 12**  
Mushroom & Cream Sauce

**The Kanteen - 13**  
Tomato, Mushroom & Cream

**Penne Al Forno - 13**  
Baked Tomato, Cream, Mozzarella &  
Oregano

**Primavera - 13**  
Spinach, Broccoli, Garlic, Coconut Milk,  
Chives & Pesto

**Ravioli Fresco - 15**  
Filled with Cheese & Spinach, Garlic, Basil,  
Tomato Sauce, Rocket & Parmesan

**Crispy Green Thai Stir Fry - 15**  
Asparagus, Broccoli, Green Beans,  
Cabbage, Bean Sprouts, Pak Choi,  
Garlic, Soy & Rice

**Pad Thai - 15**  
Noodles, Onion, Peppers, Cabbage,  
Broccoli, Carrots, Scallions,  
Bean Sprouts & Peanuts

**Kanteen Noodles - 18**  
Onion, Peppers, Cabbage, Carrots,  
Green Beans, Scallions & Bean Sprouts,  
Salmon Cubes & Sesame Seeds

**Salmon Teriyaki - 18**  
Teriyaki, Garlic & Honey, Rice, Sesame

**Lemon Salmon - 19**  
Lemon, Herbs, Stir Fried Vegetables

**Sesame Salmon - 19**  
Citrus Sweet Chilli, Sesame, Rice,  
Almonds

**Honey & Soy Glazed Salmon  
with Pak Choi - 19**

**Grilled Sea Bass - 19**  
Asian Greens, Soya Sauce, Chilli, Garlic,  
Rice, Vinegar, Mirin, Ginger

**Mediterranean Crusted Cod  
with Cajun Potato Wedges - 18**

**Fish Finger Burger - 15**  
with Tartare Sauce, Pickle, Lettuce & Chips

**Fish & Chips - 16**  
Breaded Fillet of Haddock,  
Chips & Mushy Peas

**Fish Goujons with Chips & Red Slaw - 16**

**Fish Tacos - 15**  
Pico de Gallo with Cajun Potato Chips

**Mac 'N' Cheese - 12**  
Baked Macaroni with Cheddar Cheese

## PIZZA

Stone baked at 350 degrees  
Choose your base Italian or Thin & Crispy

**Margherita - 10**  
Mozzarella & Tomato Sauce

**Skinny Bianca - 12**  
Mushrooms, Rocket, Truffle Oil,  
Béchamel, Fried Egg & Parmesan

**Funghi - 12**  
Mushrooms, Truffle Oil,  
Tomato & Mozzarella

**Florentina - 12**  
Spinach, Fried Egg, Olives, Garlic,  
Tomato & Mozzarella

**Add Pizza Topping - 0.75 each**  
Tomato | Olives | Sweet Corn | Onion  
Peppers | Spinach | Mushrooms  
Aubergine | Capers | Jalapeno

**Add Premium Topping - 1.25 each**  
Tuna | Anchovies | Feta | Fried Egg  
Smoked Salmon | Halloumi

## SIDES

**Kanteen Gourmet Fries - 4**

**Sweet Potato Fries - 5**

**Cajun Fries - 4.50**

**Sweet Chilli Fries - 4.50**

**Truffle & Parmesan Fries - 5**

**Israeli Salad - 5**

**Latkes - 5**

**Broccoli - 5**

**Mac & Cheese Bites - 5**

**Onion Rings - 5**

**Sweet Potato Crisps - 5**

# THE KANTEEN

## WINE

**Barkan Cabernet Sauvignon**  
- 12 half bottle

*Red*

**Segal's Fusion Red**  
- 26 bottle

**Barkan Classic Chardonnay**  
- 12 half bottle

*White*

**Baron Herzog Chenin Blanc**  
- 26 bottle

## BEER

**Gold Star - 4**

**Peroni - 4**

## SOFT DRINKS

**Cold Drinks - 3**  
Coca-Cola | Diet Coke | Coke Zero  
Diet Sprite | Fanta | Appletiser

**Still Water - Evian Mineral Water**  
Small - 2.50 | Large - 4

**Tapuzina Israeli Fruit Juice 3**  
Grapefruit | Strawberry & Banana  
Lemon | Grape | Apple

**Sparkling Water - Perrier - 2.50 | 4**

## FRESH NUTRI JUICES

**Apple | Orange | Carrot - 3.50**

**Orange & Carrot Twist - 4**

**Orange Supreme - 4.50**  
Orange, Carrot, Banana & Apple

**Sunrise - 4.50**  
Carrot, Strawberries, Orange & Pineapple

## NATURAL FRUIT SMOOTHIES

**Summer Breeze - 5**  
Strawberry, Peach, Papaya & Orange

**Strawberry Kiss - 5**  
Strawberry, Banana & Apple

**Raspberry Heaven - 5**  
Raspberry, Blueberry, Mango & Pineapple

**Jungle Punch - 5**  
Acai, Strawberry, Blueberry, Mango, Orange & Mango

**Kanteen Shake - 5**  
Strawberry, Banana, Dates & Milk

**Limonana - 5**  
Lemon & Mint

**Super Green - 5**  
Spinach, Avocado, Apple, Lime, Basil & Spirulina

## COFFEE

**Espresso - 2**

**Double Espresso - 2.50**

**Double Macchiato - 2.50**

**Mochaccino - 3.5**  
Chocolate Syrup & shot of Espresso

**Dairy Alternatives**  
Coconut | Almond - 0.50  
Soya - Free

**Small | Large**

**Flavoured Coffee Option - 0.50**  
Vanilla | Caramel | Chocolate | Almond | Hazelnut  
Coconut | Caramelised Peanut |

**Latte - 3.25 / 3.75**

**Cappuccino - 3.25 / 3.75**

**Flat White - 3.25 / 3.75**

**Meringue-cino - 3.5**  
Caramelized Peanut Syrup,  
shot of Espresso, Meringue pieces

**Filter Coffee - 2.95 / 3.25**

**Hot Chocolate - 3.50**  
Add whipped cream | marshmallows - 0.50

**Coconut latte - 3.5**  
Coconut Syrup, shot of Espresso  
& Coconut flakes

**Extras - 0.50**  
Marshmallows | Whipped Cream

## TEA

**Pot of English Breakfast Tea - 2.75**

**Herbal Tea - 3.50**  
Chamomile flowers | Lemon Verbena | Peppermint Leaf | Lemongrass & Ginger | Blackcurrant & Hibiscus | Green

**Black Tea - 3.5**  
Decaffeinated Ceylon or Earl Grey

**Fresh Mint Tea - 2.75**

**Lemon Tea - 2.75**

**Hot Water with Lemon - 2**

## BELGIAN WAFFLE

**Classic - 7**  
Icing Sugar, Vanilla Ice Cream, Whipped Cream & Chocolate Syrup

**Chocolate - 7**  
Belgian Chocolate Sauce, Chocolate Ice Cream, Whipped Cream & Chocolate Syrup

**Maple - 7**  
Maple Syrup, Vanilla Ice Cream & Whipped Cream

**Strawberry - 9**  
Fresh Strawberries, Strawberry Ice Cream, Whipped Cream & Strawberry Syrup

**Chocolate Monkey - 9**  
Fresh Banana, Belgium Chocolate Sauce, Vanilla Ice Cream, Whipped Cream, Nuts & Chocolate Syrup

## DESERTS

**Apple Pie - 7**  
Served with Ice Cream

**Chocolate Soufflé - 7**  
Served with ice cream

**Vanilla Cheese Cake - 7**

**Lemon Tart - 7**

**Eton Mess - 7**  
Meringues, fresh Strawberries, Whipped Cream & Strawberry Syrup

**Chocolate Chip Skillet Cookie - 7**  
Served with Ice Cream

**Set Cream Tea - 25**  
Scones, Cakes, Finger Sandwiches, Jam & Cream  
Served between 2:30pm & 5:30pm

## FREAK SHAKES

**Chocolate Indulge - 7**  
Oreo, Toasted Marshmallow, Chocolate sprinkles, Chocolate Ice Cream, Whipped Cream & Chocolate Syrup

**Strawberry - 7**  
Meringue, fresh strawberries, Jelly Beans, Strawberry Ice Cream, Whipped Cream, Strawberry Syrup & Toasted Marshmallows

**Vanilla Shake - 7**  
Chocolate Lentils, crunchy Marshmallows, Candy belts, Mini Cup Cake, Vanilla Ice Cream & Whipped Cream

## DOUBLE THICK MILKSHAKES

**Vanilla | Chocolate | Strawberry | Banana | Butterscotch | Butter Pecan - 4.5**

## FRAPPUCINO ICE COFFEE

**Original Iced Coffee Frappuccino - 4.5**

**Caramel Frappuccino - 5**  
Caramel Syrup & Whipped Cream

**Mocha Frappuccino - 5**  
Chocolate Syrup & Whipped Cream

**Espresso Frappuccino - 4.5**