

# THE KANTEEN

## BREAKFAST

### 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 & Oranges

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

Raspberry Heaven - 5  
Raspberry, Blueberry,  
Mango & Pineapple

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

Limonana Shake - 5  
Lemon & Mint

Kanteen Shake - 5  
Strawberry, Banana, Dates & Milk

Strawberry Kiss - 5  
Strawberry, Banana & Apple

### PASTRIES & SWEETS

Buttermilk Pancakes - 8  
Blueberries & Banana

Almond Croissants - 3.5

Croissant with Butter & Jam - 3.5

Grilled Croissant - 5.5  
Cheddar Cheese, Tomato & Oregano

American Waffle - 6  
Maple Syrup & Whipped Cream

Scone with Butter & Jam - 3

Chocolate Croissant - 3.5

### TOAST & EGGS

Toast & Preserves - 4

Smoked Salmon &  
Cream Cheese Bagel - 6

Classic Shakshuka - 10  
Eggs, Tomatoes, Peppers & Onion

Croque Madame  
Champignon - 9  
Bulka, Spinach, Mushroom,  
Béchamel Sauce, Cheddar Cheese,  
Red Slaw, Fried Egg

Eggs on Toast - 6

Bageldict Florentine - 9  
Spinach, Hollandaise, Chives

Mediterranean Shakshuka - 12  
Aubergine, Olives, Feta

Mushrooms on Toast - 7

Bageldict Royale - 10  
Smoked Salmon,  
Hollandaise, Chives

Green Shakshuka - 12  
Spinach, Kale,  
Spring Onion, Coriander,  
Coconut Milk, Parsley, Feta

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

Avocado on Toast - 7

Challa French Toast - 8  
Jam & Yoghurt

Baked Omlette - 7  
Extras - 1 each

Breakfast Extras

Cheddar Cheese | Mozzarella | Spinach | Mushrooms | Onions | Tomatoes |  
Sweet Corn | Potato | Bell Peppers | Broccoli | Kale

Eggs 2 | Smoked salmon 4 | Avocado 2 | Tuna 3 | Halloumi 3 | Baked beans 2  
Mushrooms 2 | Grilled Tomatoes 2 | Cream cheese 2 | Feta 2

Butter & Jam 1 | Spinach 3 | Israeli Salad 3

### BREAKFAST SPECIALS

Served with hot drink and fresh juice

The English Morning - 14  
Eggs, Halloumi, Cherry Tomato, Mushrooms,  
Baked Beans, Butter & Jam

The Kanteen Morning - 14  
Eggs, Salad, Cream Cheese, Smoked Salmon,  
Tuna, Olives & Feta

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

### LIGHT & HEALTHY

Daily Energy - 7  
Strawberry, Raspberry, Grapefruit, Mango, Sunflower  
Seeds, Oats & Honey, Banana, Granola, Almonds

Purple Power - 7  
Blueberry, Banana, Strawberry, Apple, Cocoa,  
Quinoa, Oats & Honey, Chia Seeds,  
Coconut, Granola

Super Green Breakfast - 7  
Spinach, Banana, Apple, Lime, Mango, Matcha  
Green tea, Pumpkin Seeds, Oats & Honey,  
Blueberries, Coconut, Kiwi

Porridge - 6  
Almond Milk, Walnuts, Almonds, Coconut

Granola & Strawberries - 6  
Yoghurt & Honey

# THE KANTEEN

## BREAKFAST

### TEA

#### Herbal Tea - 3.50

Chamomile Flowers | Lemon Verbena | Peppermint Leaf | Lemongrass & Ginger  
Blackcurrant & Hibiscus | Green

**Pot of English  
Breakfast Tea - 2.75**

**Lemon Tea - 2.75**

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

**Fresh Mint Tea - 2.75**

**Hot Water with Lemon - 2**

### COFFEE

Small | Large

**Espresso - 2**

**Double Espresso - 2.50**

**Double Macchiato - 2.50**

**Filter Coffee - 2.95 / 3.25**

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

**Caramel Macchiato - 3.5**  
Caramel Syrup & shot of Espresso

**Coconut latte - 3.5**

Coconut Syrup,  
a shot of Espresso & Coconut flakes

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

**Hot Chocolate - 3.50**

Add Whipped Cream |  
Marshmallows - 0.75

**Extras - 0.50**

Marshmallows | Whipped Cream

#### Dairy Alternatives

Coconut | Almond - 0.50  
Soya - Free

#### Flavoured Coffee Option - 0.50

Vanilla | Caramel | Chocolate | Almond | Hazelnut  
Coconut | Caramelised Peanut

### 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**