

SANDWICHES

White, whole-wheat, granary, rye, bagel or cholla bread

Skinny Jeans Feta (5% fat) tomato, mushroom, bean sprouts, sun dried tomato, pesto & light mayonnaise	£4.95
Egg Salad Freshly made egg salad, fresh tomato and spring onion	£3.95
Oak smoked salmon Smoked Scottish salmon, black pepper, lemon, cucumber & cream cheese	£4.95
Omelette Cheddar cheese omelette, with spring onion, lettuce, pickled cucumber, tomato and mayo	£4.95
Tuna Pole & line dressed tuna, aioli spread, tomato, lettuce, hard boiled egg and pickled cucumber	£3.95
Hummus & Grilled Aubergine Hummus ,grilld aubergine , hardboiled egg, fresh tomato, pickeld cucumber and tahina	£3.95
Halloumi Grilled halloumi cheese, cream cheese, lettuce, tomato & pickle	£4.95
Avocado Avocado salad, Hardboiled Egg, Tomato & Pickle	£4.95
Toasted Cheese & Tomato Toasted sandwich with matured cheddar, fresh tomato & oregano	£3.95

GIANT TOASTED BAGELA

White sesame bagala, whole-wheat bagala

The Royale bagala Giant bagel toasted with mozzarella, tomato sauce, aubergine, mushrooms, onion and olives	£4.95
Tuna melt Giant bagel toasted with tuna mayo and melted mature, cheddar cheese	£3.95
Italian bagala Giant bagel toasted with mozzarella, tomato sauce, sundried tomato and pesto	£4.95
Greek bagala Feta cheese, cheddar cheese, extra virgin olive oil, black olives & hyssop	£4.95

TAKE AWAY MENU

SOMETHING ON THE SIDE

Freshly made soup of the day served with a roll	£4.25
Kanteen Gourmet Fries	£3.95
Sweet Chili Fries	£4.45
Grilled Croissant with cheddar Cheese & tomato	£3.95

SALADS

Niçoise Salad Lettuce, tomato, cucumber, bell peppers, green beans and black olives seasoned with olive oil and lemon topped with tuna mayo ,new potato ,hard boiled egg and anchovies	£5.95
Greek salad mix leaves ,chopped cucumber, tomato and red onion topped with feta cheese black olives olive oil lemon and hyssop	£6.95
Halloumi & Mushrooms Salad halloumi cheese and mushroom sautéed in parsley garlicand teriyaki sauce laid on bed of lettuce, cucumber and cherry tomato toped with walnuts and dressed with our home vinaigrette	£7.95
Deli salad Chopped lettuce, tomato, cucumber and onion seasoned with olive oil and lemon topped with avocado wedges filled with tuna mayo and egg mayo served with warm pita	£6.95
Sweet Potato Salad Sweet Potato Strips, stacked on a tossed salad of Lettuce, Feta, Mushrooms, Cashew Nuts, Red Onion, Tomato and Leaves with crispy Croutons	£7.95
Falafel Salad Hot chick-peas beans, roasted aubergine potato and a hard-boiled egg, laid on a bed of chopped cucumber, tomato, onion & parsley topped with falafels and Dressed with olive oil, lemon juice and tahini	£6.95

COLD DRINKS

Soft Drinks Coca Cola Diet Coke Zero Diet 7up Fanta Sprite Appletiser	£1.75
San Pellegrino Aranciata sparkling blood orange Limonata sparkling lemon	£1.95
Tapuzina Israeli fruit juice Grapefruit Strawberry & Banana Lemon Grape Apple	£1.95
Mineral Water Evian water still Perrier sparkling water	£1.75

NATURAL FRUIT SMOOTHIES

Choose your base from: Cloudy Apple | Orange | Pineapple

Summer Breeze - Strawberry, Peach, Papaya, orange	£4.45
Strawberry Kiss - Strawberry, Banana, apple	£4.45
Raspberry Heaven - Raspberry, Blueberry, Mango, pineapple	£4.45
Pineapple Sunset - Pineapple, Mango, Papaya	£4.45
Jungle Punch - Acai, Strawberry, Blueberry, orange, Mango	£4.45
Power Blast - Pomegranate, Strawberry, Blackcurrant, Apple	£4.45
kanteen Shake - Strawberry , Banana, Dates & Milk	£4.45
Limonana Shake Lemon & Mint	£4.45
Super Green - Spinach, Avocado, Apple, Lime, Basil & Spirulina	£4.45
Ginger Beets - Beetroot, Ginger, Blueberry & Pineapple	£4.45

FRESHLY SQUEEZED NUTRI JUICES

Orange Apple Carrot	£3.50
Orange Carrot Twist Fresh-squeezed orange juice, carrot juice	£3.95
Orange Supreme Fresh-squeezed orange juice, carrot juice, bananas, apple	£3.95
Sunrise Carrot, strawberries, orange, pineapple	£3.95

DOUBLE THICK MILKSHAKES

Vanilla Chocolate Strawberry Butterscotch Banana Black Cherry Bubble Gum Butter Pecan	£4.45
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HOT DRINKS

Short/Long Espresso	£1.60
Short/Long double espresso	£2.00
Double Macchiato	£2.00
English breakfast or Earl Grey	£1.85
Fresh mint tea	£1.95
Lemon tea	£1.95
	Small Medium Large
Cappuccino	£2.35 £2.85 £3.25
Latte	£2.35 £2.85 £3.25
Filter Coffee	£2.20 £2.85 £2.80
Hot Chocolate	£2.75 £3.05 £3.25
Mocha	£2.85 £3.25 £3.75

Extra Flavoured Coffee	£0.50
Vanilla Caramel Chocolate Amaretto Almond Hazelnut Salted Caramel Coconut Irish Cream	
Add whipped cream to all our coffees Mocha	£0.75

FRAPPACHINO ICE COFFEE

Original ice coffee frappachino	£3.75
Espresso Frappachino - Coffee with shot of espresso	£4.25
Caramel Frappachino - Coffee blended with caramel Topped with whipped cream & caramel sauce	£4.25
Mocha Frappachino - Coffee with rich chocolate whipped cream & chocolate flavored drizzle	£4.25