

## SANDWICHES

### **Smoked Salmon Bagel - 8**

Black Pepper, Lemon, Cucumber  
& Cream Cheese

### **Grilled Croissant - 9**

Cheddar Cheese, Tomatoes &  
Oregano

### **Omelette - 9**

Cheddar Cheese, Spring Onion,  
Lettuce, Pickled Cucumber,  
Tomatoes & Mayo on Sourdough  
Ciabatta

### **Tuna Salad - 8**

Tuna, Aioli spread, Tomatoes,  
Lettuce, Hardboiled Egg & Pickled  
Cucumber on Sourdough Ciabatta

### **Halloumi - 9**

Cream Cheese, Lettuce, Pesto,  
Tomatoes & Pickled Cucumber  
on Sourdough Ciabatta

### **Avocado - 9**

Smashed Avocado, Chickpea,  
Harrisa, Tomatoes, Spinach on  
Sourdough Ciabatta

### **Toasted Cheese & Tomato - 8**

Cheddar Cheese, Tomatoes,  
Oregano on Sourdough Ciabatta

## MELTS

White Sesame or Whole-Wheat Bagel

### **The Royal - 9.5**

Mozzarella, Tomato Sauce,  
Aubergine, Mushrooms,  
Onions & Olives

### **Tuna Melt - 9.5**

Tuna Mayo & Cheddar  
Cheese

### **Italian - 9.5**

Mozzarella, Tomato Sauce,  
Sundried Tomato & Pesto

### **Greek - 9.5**

Feta, Cheddar Cheese,  
Olive Oil, Olives & Hyssop

## PASTA

### **Tomato, Mushroom & Cream Sauce - 12**

### **Al Forno - 12**

Rosa Sauce, Oregano & Mozzarella

### **Primavera - 11**

Spinach, Broccoli, Garlic, Coconut  
Milk, Chives & Pesto

### **Napoletana - 10**

### **Arrabiata - 11**

### **Mushroom & Cream - 12**

### **Mac 'n' Cheese - 11**

# THE KANTEEN

## SALADS

### **Nicoise - 12**

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

### **Greek - 12**

Cucumber, Cherry Tomatoes, Onions, Feta  
Cheese, Mixed Olives, Lemon, Zaatar Dressing,  
Leaves & Wholemeal Croutons

### **Halloumi & Mushroom - 14**

Cucumber, Tomatoes, Walnuts, Teriyaki & 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

### **Aubergine Schnitzel Salad - 14**

Quinoa, Cherry Tomatoes, Onion, Pomegrante  
Seeds, Mixed Leaves & Tahini

### **Sweet Potato Salad - 14**

Feta, Mushrooms, Cashew, Onions, Tomato &  
Leaves with Croutons, Lemon & Teriyaki

### **Protein Salad - 16**

Grilled Salmon, Edamame, Radish, Spinach,  
Smashed Avocado, Broccolini, Boiled Eggs,  
Cucumber, Mixed Leaves, Asian Vinaigrette

### **Beetroot & Squash - 14**

Feta, Cranberries, Almonds, Sunflower Seeds,  
Quinoa & Leaves

## SIDES

### **Tomato & Rice Soup - 6.5**

### **Soup of the day - 6.5**

### **Sweet Potato Fries - 6**

### **Cajun Fries - 5.5**

### **Halloumi Fries - 9.5**

### **Sweet Chilli Fries - 6**

### **Truffle & Parmesan Fries - 6.5**

### **Onion Rings - 8**

### **Kanteen Gourmet Fries - 5.5**

### **Vegetable Mini Egg Rolls - 9.5**

### **Mac & Cheese Bites - 8**

## DOUBLE THICK MILKSHAKES

Vanilla - 6  
Chocolate - 6  
Strawberry - 6  
Coffee - 6  
Butterscotch - 6  
Butter Pecan - 6

## FRAPPUCINO ICED COFFEE

Original Iced Coffee Frappuccino - 5  
Caramel Frappuccino - 6  
Caramel Syrup & Whipped Cream  
Espresso Frappuccino - 6  
Mocha Frappuccino - 6  
Chocolate Syrup & Whipped Cream

## ICED DRINKS

Iced Tea - 4.5  
Lemon Peach  
Raspberry  
Iced Latte - 4.5  
Iced Chocolate - 4.5  
Limonana - 5.5  
Lemon & Mint  
Mango & Passion Fruit - 5.5

## FRESH NUTRI JUICES

Apple - 5  
Orange - 5  
Carrot - 5  
Orange & Carrot Twist - 5.5  
Orange Supreme - 6  
Orange, Carrot, Banana & Apple

Cold Drinks - 2  
Coca-Cola | Diet Coke | Coke  
Zero Diet Sprite | Fanta | Appletiser  
Mineral Water - 2  
Evian Still Water or Perrier Sparkling Water  
Tapuzina Israeli Fruit Juice - 2  
Strawberry & Banana | Lemon | Grape

## HOT DRINKS

Espresso - 2  
Double Espresso - 2.4  
Double Macchiato - 2.6  
Cappuccino | Latte  
Small 2.95 | Medium 3.35 | Large 3.75  
Mochaccino  
Small 3.45 | Medium 3.85 | Large 4.25

Flavoured Coffee Option - 0.5  
Vanilla | Caramel | Chocolate | Hazelnut | Coconut | Caramelised Peanut | Salted Caramel  
Dairy Alternatives  
Coconut, Oat or Almond - 0.5 | Soya - Free

Flat White - 3.15  
Filter Coffee  
Small 2.7 | Medium 2.9 | Large 3.3  
Hot Chocolate  
Small 3.3 | Medium 3.5 | Large 3.9

English Breakfast - 2

Fresh Mint - 2

## NATURAL FRUIT SMOOTHIES

Summer Breeze - 6  
Strawberry, Peach, Papaya & Orange  
Strawberry Kiss - 6  
Strawberry, Banana & Apple  
Raspberry Heaven - 6  
Raspberry, Blueberry, Mango & Pineapple

Jungle Punch - 6  
Acai, Strawberry, Blueberry, Orange & Mango  
Kanteen Shake - 6  
Strawberry, Banana, Dates & Milk  
Super Green - 6  
Spinach, Avocado, Apple, Lime, Basil & Spirulina