

Ben's Canteen

USE OUR FREE WIFI



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IN YOUR NEIGHBOURHOOD

Serving Brunch, Dinner & Drinks 7 days a week.

APERITIFS

Bellini	...5.0
Bramble	...5.0
BC Negroni	...5.0

CHECK
OUR DRINKS MENU FOR MORE
TASTY WAYS TO START
YOUR MEAL.

SNACKS

Marinated Olives (gf,v)	...2.5
Root Vegetable Crisps	...2.5
Bar Nuts (gf,v,n)	...2.5
Kabanos Snacking Salami	...2.5
Deep Fried Pickles (Frickles) with Parmesan	...4.0

SHARERS

FOR 2 / 3 PEOPLE.

Neighbourhood Nachos with Pulled Pork	...7.0
BC Board Smokey Caesar salad, spiced duck nuggets, frickles and nachos with house guac.	...12.0
DIY Guacamole with Tortilla Chips (v)	...6.0

STARTERS

Ben's Epic Scotch Egg	...6.0
Crispy Whitebait or Calamari with Aioli	...6.0
Isle of Wight Tomato & Sourdough Salad (v) Heritage tomatoes marinated with parsley, basil, Kalamata olives and capers, mixed with sourdough bread and feta.	...7.5
Cajun Prawn & Baby Gem Lettuce Sliders (gf) Marinated king prawns with smashed avo, sour cream, pomegranate and chimichurri sauce.	...8.0
Spiced Duck Nuggets Slow cooked duck with Asian spices and a BBQ, honey, lemon, sesame and soy sauce dip.	...6.5
Fig, Mozzarella & Parma Ham Salad (n) With basil oil, fresh basil and toasted walnuts.	...9.5

BURGERS

SERVED WITH YOUR CHOICE OF FRIES
OR SWEET POTATO CHIPS.

The BC Burger One of London's best - our unique unami laden beef patty, topped with salt beef, smoked cheese and house burger sauce. #doublebeef	...12.5
An Awesome Veggie Burger (v) Sweet potato, spring onion and harissa burger with mayo and pickled red onions.	...10.0
Posh Fried Chicken Buttermilk spiced chicken in a bun with bacon & slaw.	...12.5

SIDES

Fries with Eyes Fries mixed with whitebait.	...4.5
Red Slaw & Sour Cream (gf)	...3.0
French Fries with Garlic & Parsley Salt (gf)	...3.5
Sweet Potato Chips (gf)	...4.0
Rocket & Watercress with Blue Cheese (gf,n)	...4.0
Baby New Potatoes (gf)	...3.0

BC MAINS

38-Day Aged Shorthorn Steak & Side Served with Café de Paris butter and a side of your choice.	...16.5
Onglet Rib-Eye	...22.0
Roast Fillet of Hake Served with slow cooked chorizo & chickpea stew with aioli and chimichurri.	...13.5
Pappardelle with Cougettes & Lemon (v,n) Green and yellow courgette ribbons with pappardelle pasta, basil pesto, lemon, sage and parmesan.	...9.5
Grilled Harissa Chicken (n) Corn fed chicken breast marinated in yoghurt and rose petal harissa, served with a North African giant couscous salad, crème fraiche and basil oil.	...15.5
Hot Smoked Salmon (gf) With fennel, rocket, pomegranate, pickled cucumber and a poppy seed buttermilk dressing.	...10.0
Spring Shoot Super Food Salad (v,n) Salad of black quinoa, sprouting beans, adzuki, mung beans, chickpeas, green and brown lentils and asparagus.	...10.5
Add Chicken	...3.0
Add Smoked Salmon	...3.5
Grilled Tuna with Peas, Beans & Olives Grilled salsa verde marinated tuna loin with a spring pea, oregano and bean salad. Served rare, please advise if you'd like it cooked more.	...16.5

FREE
ESPRESSO
MARTINI

WE RECKON WE DO ONE OF THE
BEST ESPRESSO MARTINIS IN LONDON AND WE'RE
GIVING YOU THE CHANCE TO TRY ONE FOR FREE.

ASK YOUR SERVER FOR INSTRUCTIONS ON HOW TO CLAIM
CANNOT BE USED IN CONJUNCTION WITH ANOTHER OFFER
FOR MORE OFFERS AND NEWS FOLLOW US @BENSCANTEEN



BENSCANTEEN

All of our food may contain traces of allergens, to see our allergy information, please ask a member of staff.

To check out our food and drink before you order go to Instagram and search #benscanteenmenu

If you've got some thoughts for us then please email ben@benscanteen.com

Please note that an optional 12.5% service charge will be added to your bill.