

Ben's Canteen

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IN YOUR NEIGHBOURHOOD

Serving Brunch, Dinner & Drinks 7 days a week.

BRUNCH DRINKS

Ben's Breakfast Fizz	...5.0
Orange juice, marmalade syrup and cava.	
Bubbly Brunch	...5.0
Glass of cava.	
Bellini	...5.0
Banging Bloody Mary	...9.0
Made with our unique house spice mix. Have it mild, medium or bloody scary.	
Bloody Pointless	...4.5
Virgin Mary.	
Smoothies / Juices	...5.0
See drinks menu for selections.	
Ice Cold Berocca	...2.8
Peanut Butter & Banana Shake	...5.0
Aussie Iced Coffee	...4.0

SALADS

Hot Smoked Salmon (gf)	...10.0
With fennel, rocket, pomegranate, pickled cucumber and a poppy seed buttermilk dressing.	
Spring Shoot Super Food Salad (v,n)	...10.5
Salad of black quinoa, sprouting beans, adzuki, mung beans, chickpeas, green and brown lentils and asparagus.	
Add Chicken	...3.0
Add Smoked Salmon	...3.5

BURGERS

SERVED WITH YOUR CHOICE OF FRIES
OR SWEET POTATO CHIPS.

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

SIDES

Homemade Hash Browns (gf,v)	...4.0
French Fries with Garlic & Parsley (gf)	...3.5
Smoked Salmon	...3.5
Rocket & Watercress with Blue Cheese (gf, n)	...4.0
Spicy Chorizo	...3.0
Smashed Avo (v)	...3.0
Sweet Potato Chips (gf)	...4.0
Dry Cured Bacon	...2.5
Grilled Tomatoes	...1.5

BRUNCH

Smashed Avo (v)	...7.5
With poached egg and vine tomatoes on sourdough toast.	
Add Spicy Chorizo	...3.0
Add Feta	...2.0
Shakshuka with Pitta Dippers	...6.0
Middle Eastern style brunch: rich tomato, onion and pepper stew with a poached egg and pitta soldiers.	
Add Spicy Chorizo	...3.0
Banana Pancakes	...7.0
With salted caramel sauce, yoghurt and maple syrup.	
Add Dry Cured Bacon	...2.5
Breakfast Burrito	...8.0
Spicy chorizo, scrambled egg, sour cream, coriander and melted cheese.	
Sweet Corn Fritters	...5.5
With smashed avo, feta and chilli jam.	
Add Spicy Chorizo	...3.0
Add Dry Cured Bacon	...2.5
Homemade Granola Pots (v,n)	...4.5

ALL DAY BREAKFAST

AND EGGS.

Eggs Benedict with BC Hollandaise	...8.5
Eggs Royale with BC Hollandaise	...9.0
Eggs Florentine with BC Hollandaise (v)	...8.0
Eggs Pig Out	...9.0
Ben's favourite egg dish: pulled pork with poached eggs and BC Hollandaise. Add a dash of hot sauce and pair with a Bloody Mary for perfection.	
Scrambled Eggs with Feta, Mint & Garden Peas	...8.0
Served on sourdough toast.	
Poached Eggs On Sourdough Toast (v)	...5.5
The Big Ben	...12.0
Sausage, bacon, beans, hash browns, black pudding, mushroom, tomato, toast and 2 eggs done your way.	
Full Veggie (v)	...10.0
Tomato, spinach, mushroom, beans, hash browns, toast and 2 eggs done your way.	

FREE
BLOODY MARY

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.