

# Canvas & Cream™

## LIGHT BITES

Weekdays 9.30-17.00 – Weekends 10-18.00

### BACON BENEDICT 8.5

gl,m,eg,su,se (available wheat free)

Toasted sourdough topped with crispy bacon, two poached eggs and creamy hollandaise sauce.

### EGGS ROYALE 9.2

gl,m,eg,su,se,f (available wheat free)

Toasted sourdough topped with smoked salmon, two poached eggs and creamy hollandaise.

## BRUNCH

\* = Full Breakfast served till 1pm weekends and bank holidays

### CLASSIC FULL ENGLISH\* 11

eg,gl,s,m,ce,msd,su

(available wheat free except sausages)

The big one! Eggs, bacon, sausage, house beans, bubble, grilled tomatoes, mushrooms and sourdough toast.

### VEGAN FULL ENGLISH\* (v) 9.5

s,m,gl,eg (available wheat free and vegan)

Red onion and rosemary sausages, bubble, grilled tomato, mushrooms, house beans and sourdough toast  
*Add eggs 1.50*

### FRENCH TOAST (v) 8.5

+ce,msd,su (available wheat free except sausages)

Classic brioche egg bread served with maple syrup and your choice of bacon, sausages or veggie sausages.

### BUBBLE & SQUEEK (v) 8

eg,m,msd,su (available vegan & WF except sausages)

Curley kale and sweet potato bubble topped with two poached eggs and sweet chilli mayo. *Add bacon, sausages or veggie sausages for £2*

### HADDOCK KEDGEREE (wf) 9

m,su,eg,f

Indian-inspired brunch dish made with saffron rice, peas and smoked haddock served with a poached egg.

### CRUSHED AVOCADO (v) 8.5

eg,s (available vegan & WF)

Seasoned, smashed fresh avocado on sough dough toast with a poached egg and pea shoot garnish.

### HALLOUMI BREAKFAST (v) 10.5

eg,m,gl,(sm) (available wheat free)

Fried halloumi, poached eggs, house beans, smashed avocado, grilled tomato and sourdough toast.

### AMERICAN PANCAKES 9.7

gl,eg,m

Three deliciously thick American-style pancakes served with maple syrup and:

- > bacon / sausage / veggie sausage  
+su/+msd,su/+s
- > berries and crème fraiché
- > vanilla ice cream and fudge sauce

(v) – vegetarian (ve) – vegan eg – egg, s – soya, m – milk, gl – gluten, f – fish, ms – mollusc, pn – peanut, tn – tree nut, lp – lupin, msd – mustard, sm – sesame, ce – celery, su – sulphur dioxide, wf – wheat free, cr – crustaceans, ( ) = may contain. This key is only a guide. Please make staff aware of any allergies you may have. Wheat free bread is charged at 30p extra.

# Canvas & Cream™

OUR NEW LUNCH MENU IS PREPARED DAILY AND WE BELIEVE BEST SERVED CHILLED

## CHOOSE YOUR MAIN...

---

### MALAYSIAN CHICKEN

Marinated ginger & spices coriander  
eg,msd (wheat free)

With 2 sides 11.50

### ROASTED SESAME TOFU

(vn) s, se, gl

Rich soya glazed & roasted with sesame seeds

With 2 sides 10.75

### CHIMICHURRI BAVETTE

STEAK su(wheat free)

Flash roasted, thinly sliced served pink

With 2 sides 12.50

### SUPER SALAD

What takes you fancy?

Any 3 sides 10.50

### TERIYAKI SALMON

f, s, se, gl

Roasted with that Unami tang & Sesame seeds

With 2 sides 12.60

## ...NOW ADD YOUR SIDES

---

### CRACKLING CAULIFLOWER (vn)

Marinated & roasted in turmeric with red onions, fennel & herbs.

(wheat free) msd

### ROSEMARY ROAST POTATO (vn)

What else is there to say? (Except parsley) (wheat free)

### ORZO PASTA (v)

Tossed with spinach, feta, sundried tomato & basil gl,m,su

### MOROCCAN AUBERGINE (vn)

Sweet peppers, tomato, parsley, chickpeas & spices (wheat free)

### STEAMED BROCCOLI

Turned in sundried tomatoes & Grana Padano (wheat free) m, eg

### KIDNEY BEAN & AVOCADO (vn)

Fresh light mix of red onion, coriander, parsley, spices & tomato.

(wheat free)

### COURGETTE & HALLOUMI(v)

Dressed with asparagus, basil, cherry tomatoes & rocket. (wheat free)

m

### BROWN RICE (vn)

Edamame beans, carrot, sesame seeds, red onion, coriander & soy sauce se, gl, s

(v) – vegetarian (vn) – vegan eg – egg, s – soya, m – milk, gl – gluten, f – fish, pn – peanut, tn – tree nut, msd – mustard, se – sesame, ce – celery, wf – wheat free, ( ) = may contain.

This key is only a guide. Please make staff aware of any allergies you may have.

## ...THE EXTRAS

---

TERIYAKI SALMON 6 ROASTED SESAME TOFU 4.5 MALAYSIAN CHICKEN 5

CHIMICHURRI BAVETTE STEAK 6 SINGLE SALAD 4.50

18 London Road, Forest Hill, London SE23 3HF

Tel: 0208 699 9589 info@canvasandcream.com www.canvasandcream.com