

## BREAKFAST

*served all day*

### **The Full English**

Sage and marjoram sausages, tofu scramble, pan-fried potatoes, herbed beans, greens, sourdough toast  
8.50

### **Cinnamon French Toast**

The magic of gram flour turns our luscious sourdough into French toast served with maple syrup and icing sugar  
6.00

### **Avo on sourdough toast**

Smashed avocado with lime & chilli flakes  
6.50

### **Tofu Scramble on Toast**

Scrambled tofu 'eggs' on delicious sourdough  
6.50

### **PB & Banana**

Peanut butter & banana on sourdough toast  
6.00

### **Toast**

sourdough, vegan butter  
& jam / marmalade  
4.00

## LUNCH & DINNER

### **Today's Special & salad**

7.50

Check our board for today's homemade main meal, served with a hearty salad  
Main on its own: 5.00

### **Tofish and Chips**

Tofu deep-fried in vegan batter & nori served with homemade chips, minted peas, vegan tartare sauce.  
10.50

### **Not-Meatball Marinara sourdough sandwich & handcut fries**

Hearty not-meatballs in delicious homemade marinara and cheese sauce  
10.50

### **Pulled Jackfruit sourdough sandwich & sweet potato fries**

No pigs were harmed in the making of this gorgeous version of a pulled pork sandwich!  
10.50

### **Not-Chicken Escalope sourdough sandwich & handcut fries**

Homemade not-chicken escalope with fresh tomatoes, basil and vegan mayo  
9.50

## SIDES

Handcut fries  
3.50

Sweet potato fries  
3.50

Add avocado  
2.50

Kitchen hours

Mon-Tues

11 - 7:30

Wed-Fri

11 - 9:30

Weekends

10 - 7:30

## SWEETS

Check our counter for today's homemade cakes

Freakshakes  
8.00

Homemade vegan ice cream blended with almond milk, topped with soya whipped cream & homemade cakes  
*Ask for today's flavours*

Please talk to us if you have an allergy.  
Nuts and gluten are used in our kitchen.

# DRINKS

Square Mile Coffee and We Are Tea loose leaf:  
Please check the board for details

Hot Chocolate 2.70  
Homemade Chai Latte 2.70  
Matcha Latte 3.00  
Homemade Turmeric Latte 3.30

Lemonaid & Charitea fizzy drinks 2.50  
Karma Cola / Lemonade / Ginger Beer 2.50  
Orchard Pig Apple Rambler 2.50  
Dalston Cola 2.50

# BOOZE

## 3 Pistonhead beers for £10

Freedom beer / Meantime / Camden Hells 4  
Wine from 5 per glass  
Prosecco bottle 25

Gin / Vodka & Tonic 4.50 dbl 6.50  
Negroni 7.50 - Aperol Spritz 7.50

HAPPY HOUR 5-7pm 2 FOR £10 COCKTAILS!



the  
canvas:  
café & creative  
venue



## Welcome to The Canvas:

We are a not-for-profit creative space,  
community hub and café.

We are a blank canvas for positive change, supporting  
the thought leaders of tomorrow, enabling new ideas to  
be launched and new stories to be told.

We offer free space to community groups wanting to  
improve the lives of others. Got an idea?  
Email [community@thecanvascafe.org](mailto:community@thecanvascafe.org)

We can do this because you're choosing to use our  
friendly, community café – thank you for supporting us  
with your order!



The Canvas: Café, 42 Hanbury St. E1 5JL Tel: 020 7018 1020

Follow us on Twitter: @TheCanvasCafe

And Instagram: @TheCanvasCafeE1

FRIDAY

the  
canvas



NIGHT OWLS

[www.thecanvascafe.org](http://www.thecanvascafe.org)

We're so much more than a  
café. Check out our website  
for events in our creative  
space and community hub  
[thecanvascafe.org](http://thecanvascafe.org)