

The Canvas: Café

Breakfast for Champions!

The Vegan Full English (vg)

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

Avocado smash on sourdough toast (vg)

Lush bites of avocado with zesty lime and chilli flakes
6.50

Simples: Eggs on Toast (v) or (vg)

Free-range eggs fried or scrambled, or tofu scramble on sourdough toast
6.50

Nuts for you (vg)

Peanut butter and banana on sourdough toast
6.00

Toasted: sourdough, butter (vg available)
and jam / marmalade
4.00

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Lunch Break

Daily Specials served with salad garnish
5.00

Check our counter for today's homemade main meal – choose from fresh quiche, frittata, vegan lasagne... where has our creativity taken us today?

Special plus a generous hearty salad: 7.00

Tofish and Chips (vg)

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

Spiced chickpea mash & avocado sandwich (vg)

Smooth spiced chickpea mash with avocado
7.00

Add avocado to your lunch: 2.50

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

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You're so Sweet

Check our counter for today's homemade cakes, cookies and brownies

Freaky Freakshakes (vg)

8.00

Homemade vegan ice cream blended with almond milk, topped with soya whipped cream & homemade, raw, vegan & sugar- (but not fun-) free cakes!

Check the board for today's flavours

Drinks: Hot, Cold and Boozey

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

Lemonaid & Charitea fizzy drinks 2.50
Thor apple drinks 2.50

Homemade smoothies (vg) 4.00

Green: spinach, coconut water, banana, apple juice
Blue: blueberries, soya milk, banana, basil

Beer / Wine / Spirits / Cocktails

Please check our board. Happy Hour 5-7pm!



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

We can do this because you're choosing to use our wonderful café - thank you for supporting us with your order!



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

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