

The Canvas: Café

Café and Creative Venue

Breakfast for Champions!

The Veggie Works (v)

Scrambled eggs, avocado, greens, sourdough toast
8.50

Avocado smash on sourdough toast (vg)

Lush bites of avocado with zesty lime & chilli flakes – oh yes!
6.50

Simples: Eggs on Toast (v)

Fried or scrambled, on sourdough toast
6.50

Nuts for you (v)

Peanut butter & banana on sourdough toast
6.00

Toasted: sourdough, butter & jam / marmalade

4.00



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Lunch Break

Daily Specials

4.50

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

Meal deal with a fresh salad: 7.00

Spiced chickpea mash & avocado sandwich (vg)

Smooth spiced chickpea mash with avocado
7.00

Add avocado to your lunch: 2.50

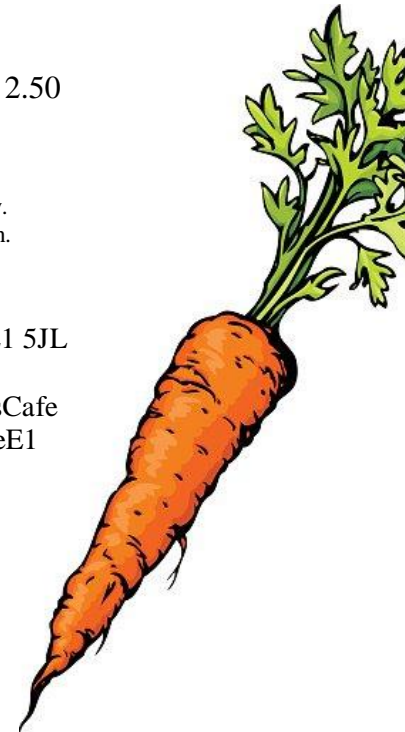
Please talk to us if you have an allergy.
Nuts and gluten are used in our kitchen.

The Canvas: Café, 42 Hanbury St. E1 5JL

Tel: 020 7018 1020

Follow us on Twitter: @TheCanvasCafe

And Instagram: @TheCanvasCafeE1





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You're so Sweet

Check our counter for today's homemade cakes and brownies
From 2.50

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!**

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Welcome to The Canvas:

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

We provide our community with a blank canvas for positive activism.

We offer free space to community groups launching new ideas that will 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!



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