

# Menu

## Eggs on Toast €8 V

Roth's sourdough, eggs any way, 3fe hot sauce, spicy seed granola & side salad. (1a,1b,3,7,8a,11)

### Add: Avocado €3

Whole Hogg's Sausage (1a,10,12) €4

## Avocado Toast €13 V

Roth's sourdough, 3fe hummus, sliced avocado, poached eggs, pickled red onions, spicy seed granola & salsa rosa. (1a,1b,3,8a,11)

### Add: Whole Hogg's Bacon €3

Chargrilled Broccoli & Smoked Almonds (8a) €4

## 3fe Granola & Yoghurt €9 V

oats, almonds, coconut, pumpkin & sunflower seeds with hints of ginger & cardamon served with a white peach greek yoghurt, blackberry, plum, peaches & honey (1b,7,8a)

## 3fe Porridge €8 V

Chocolate suntella, coconut porridge with toasted flaked coconut & flapjack crumb. (1b, 7, 8a, 8b, 11)

## Boston Beans €10

3fe Boston beans stewed with treacle & smoked bacon, served with 2 poached eggs, Roth's sourdough toast & parsley oil. (1a,3,10)

### Add: Whole Hogg's Sausage

(1a,10,12) €4

## Tomato & Roasted Fennel

### Salad €10 V

Roths sourdough, tomato, capers, spring onion and roasted fennel salad. (1a)

## Fried Chicken Bap €9

Fried chicken thighs, dressed slaw, 3fe hot sauce mayo & pickled cucumber on a brioche bap with side salad. (1a,1b,3,4,7,10,12)

### Add: Fries & Mayo (3) €4

Chargrilled Broccoli & Smoked Almonds (8a) €4

## Chorizo Hash €14

Roasted potatoes, chorizo, courgette, spinach with poached eggs & romesco sauce. (3, 8a,12)

## Breakfast Bap €10

Brioche bap, sausage meat patty, scrambled eggs, cheddar slice, bacon jam & 3fe tomato mayo relish. (1a,3,7,12)

## Roast Cauliflower Dahl €8 V

Roast cauliflower & potato, 3fe red lentil dahl, Greek yoghurt, poached eggs, pickled raisins & toasted spices. (3,7)

## Pancakes €8 V

Pancakes, 3fe syrup & honey butter. (1a,3,7,12)

### Add: Seasonal fruit €3

Fried chicken thighs with 3fe hot sauce €4 (1a,1b,7)

## Chicken & Cheese €9

Chicken, Herby Mayo, Mozzarella, Grilled Peppers on a White Roll (1a, 6, 7, 10, 12)

## Cubano €9

Roast Pork, Ham, Mustard Mayo, Gherkins, Pickled Red Onion and Swiss cheese on a White Roll (1a, 6, 7, 10, 12)

## Goats Cheese & Vegetables €9

Goats Cheese Mousse, Roasted Mediterranean Vegetables and Pesto on a Brown Baguette (3, 6, 7, 8a, 12)

Add ons	
Avocado V	€3
Chargrilled Broccoli & Smoked Almonds (8a) V	€4
Poached/Fried Eggs (3) V	€3
Scrambled Eggs (3,7) V	€3
Whole Hogg's Bacon	€3
Whole Hogg's Black Pudding (1a,1b,1c)	€3
Chorizo	€4
Whole Hogg's Sausages (1a,10,12)	€4
Chocolate Suntella	€3
Sides	
3fe Hummus & Sourdough V (1a,1b,8a,11)	€4
Side Salad V	€3
Pancake (1a, 3, 7, 12) V	€3
Toast with Butter (1a, 7) V	€3
Boston Beans (10)	€3
Fried Chicken & 3fe Hot Sauce (1a,1b, 7)	€4
Seasonal Fruit V	€3
Fries & Mayo V (3)	€4

Allergens: 1.Gluten (a)Wheat (b)Oats (c)Barley 2.Crustaceans 3.Eggs 4.Fish 5.Peanuts 6.Soybeans 7.Milk 8.Nuts (a)Almond (b)Pecan (c) Pistachio (d) Pine (e) Walnut (f) Cashew 9.Celery 10.Mustard 11.Sesame Seeds 12.Sulphur 13.Lupin 14.Molluscs. \* Produced in a kitchen that handles gluten, dairy, tree nuts, wheat, sesame, eggs, soya