

# Menu



## Eggs on Toast €8 V

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

Add on: Avocado €3

Whole Hogg's black pudding (1c,12) €3

## 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 on: Whole Hogg's bacon €3

Chargrilled broccoli & smoked almonds (8a) €4

## 3fe Granola & Yoghurt €8 V

3fe granola of oats, almonds, coconut, pumpkin and sunflower seeds with hints of ginger and cardamon served with blueberry greek yoghurt, banana, blueberries, blackberry & caramelised pecans (1b, 7, 8a, 8b)

## Roast Cauliflower & Red Lentil Dahl Hash €8 V

Roast cauliflower & potato, 3fe Dahl, Greek Yoghurt, Poached Eggs, pickled raisins and toasted spices. (3,7)

Add on: Guacamole €4,

Chargrilled Broccoli & smoked almonds (8a) €4

## Fried Chicken Thigh Bap €9

Fried Chicken Thighs, Dressed Slaw, 3fe Hot Sauce Mayo and pickled cucumber on a Brioche Bap with side salad. (1a, 1b, 3, 4, 7, 10, 12)

Add On: Fries & mayo €4 (3,9,10)

3fe boston beans (1a, 10, 12) €3

## Pear & Apple Butter Porridge €8 V

Oat porridge with pear, apple butter and 3fe Granola(1b, 7, 8a)

## Breakfast Bap €11

Brioche bap, Whole Hogg's sausages with fried egg, bacon jam & 3fe tomato mayo relish. Served with Hash Browns (1a, 1c, 3, 7, 12)

Add on: Guacamole €4

3fe boston beans (1a, 10, 12) €3

## 3fe Caesar Salad €10

Baby gem, parmesan, garlic croutons & two crispy poached eggs (1a,3,4,5,7)

Add on: Whole Hogg's bacon €3

Fried Chicken Thighs (1a, 1b, 7) €4

## Pancakes €8 V

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

Add on: Seasonal fruit €2

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

Whole Hogg's sausage (1a,10,12) €3

## Boston Beans €10

3fe Boston Beans stewed with treacle and smoked bacon, served with 2 poached eggs, roth's sourdough toast and parsley oil. (1a, 3, 10, 12)

Add on: Whole Hogg's sausages (1a,10,12) €3

Chargrilled broccoli & smoked almonds (8a) €4

## Sandwich & Fries / Salad €12.50

McLoughlin cooked ham with Dubliner cheddar cheese on white sourdough (1a,7)

Egg mayo and watercress on multigrain sourdough (1a,3,7,10) V

## Aubergine parmigiana €10.50

Crispy breaded aubergine, mozzarella, marinara sauce, basil & parmesan in a crusty roll. (1a, 3, 7)

Add On: Fries & mayo (3,9,10) €4

## Add Ons

3fe hummus with sourdough (1a,1b,8a,11) €4

Avocado €3 V

Guacamole €4 V

3fe Boston Beans (1a, 10, 12) €3

3fe Hash Browns €3

Whole Hogg's sausages (1a,10,12) €3

Whole Hogg's bacon €3

Whole Hogg's black pudding (1c,12) €3

Chorizo €3

Fried Chicken Thighs with 3fe hot sauce (1a, 1b, 7) €4

Fries and Mayo V (3, 9, 10) €4

Chargrilled Broccoli and Smoked Almonds (8a) €4 V

Side Salad €3 V

Fried/Poached/Scrambled Egg (3) €3 V

Pancake (1a, 3, 7, 12) €3 V

Roth's sourdough toast (1a, 7) €3 V

3fe Dahl €3 V

## Counter Bites

Plain Croissant (1a,3,7,\*) €3

Pain au Chocolat (1a,3,7,\*) €3.50

Almond Croissant (1a,3,7,8a) €4

Danish (1a,3,7,8a,8c,\*) €4.50

Cinnamon Roll (1a,3,7,8c,\*) €3.50

Morning Bun (1a,3,7,\*) €3.50

Scone with Butter and Jam (1a,3,7) €3.50

Flapjack (1b,7,8a,8b,11) €3

Brownie (1a,3,6,7,\*) €3

Chocolate & Walnut Cookie (1a,3,7,8e) €3

Shortbread (1a,7) €2

Protein Bite (1a,1c,7,8a,8f) €2.50

Vegan Bounti Bite (6) €2.50

Peanut & Oat Bite (1a,1c,7,8a,8b,8c,11) €2.50

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Ranelagh/Mayor Square

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 (g) Peanut 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 and other supplies.