

Menu



Eggs on Toast €8 V

Sourdough, Eggs any way (Scrambled, Poached or Fried), 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

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 €9 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)

Chorizo & Romesco Hash €14

Roasted Potatoes, Chorizo, Courgette, Spinach with Poached Eggs & Romesco sauce. (3, 8a,12)

Add: Avocado €3, Whole Hogg's Bacon €3

3fe Caesar Salad €10

Baby Gem, Parmesan, Garlic Croutons & Crispy Poached Eggs (1a,3,4,5,7)

Add: Avocado €3, Whole Hogg's Bacon €3

Breakfast Bap €9

Brioche Bap, Whole Hogg's Smashed Black Pudding, Sausage with Fried Eggs & 3fe Brown Sauce. (1a,1b,1c,3,7,10,12)

Add: Avocado €3, Whole Hogg's Bacon €3

Prune & Date Porridge €8 V

Oat porridge, Poached Prunes, Date Syrup, Roasted Apple & Grape with 3fe Granola (1b,7,8a)

Add: Seasonal Fruit €3

Christmas Bap €12

Festive turkey and sausage loaf, mustard mayo, cranberry relish, onion and herb stuffing on a brioche bap (1a,1d,3,7,10,12)

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: Fries (3,9,10)
Chargrilled Broccoli & Smoked Almonds (8a) €4

Pancakes €8 V

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

Add: Seasonal Fruit €2

Fried Chicken with 3fe Hot Sauce (1a,1b,7) €4

Boston Beans €10

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

Add: Whole Hogg's Sausage €4

Soup €8 V

Our allergen free soups change daily. Please ask one of the team for todays. Served with Roths Sourdough (1a)

Sandwich & Fries or Small Soup V : €13

Honey Roast Baked Ham with Smoked Applewood Cheese on White Sourdough (1a,7,10,11)

Peppered Beef Pastrami with Swiss Cheese, Russian Dressing, Pickled Red Onion and Rocket Salad with butter on Granary (1a,3,7,10,11,12)

Mozzarella, Beef Tomato, Basil Pesto & Rocket on White Sourdough (1a,7,8d,10) V

Roast Turkey, Mustard Mayo, Cranberry, Apple and Walnut Slaw on White Sourdough (1a,3,8e,11,12)

Marinated Feta, Harissa Yoghurt, hummus, Carrot, Almond and Raisin Salad on Granary (1a,7,8a,11,12) V

Add Ons

3fe hummus with sourdough (1a,1b,8a,11) €4 V
Avocado €3
Whole Hogg's sausages (1a,10,12) €4
Whole Hogg's bacon €3
Whole Hogg's black pudding (1a,1b,1c) €3
Chorizo €4
Fried Chicken Thighs with 3fe hot sauce (1a,1b,7) €4
Fries and Mayo (3) €4 V
Chargrilled Broccoli and Smoked Almonds (8a) €4 V
Side Salad €3 V
Fried/Poached/Scrambled Eggs (3) €3 V
Pancake (1a,3,7,12) €3 V
Toast (1a,7) €3 V
3fe Boston Beans (10) €3
Small Soup €4
Seasonal Fruit €3

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,5,7,8a,8b,11) €2.50

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Lwr Grand Canal St/Pearse St/Harolds X/
Sussex Terrace/Ranelagh/Mayor Square/
Phibsboro

Allergens: 1.Gluten (a) Wheat (b) Oats (c) Barley (d) Spelt 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 and other supplies.