

Menu



Eggs on Toast €8 V

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 Sausage (1a,10,12) €3

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 €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)

Chorizo & Romesco Hash €13

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

Add on: 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 on: 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,1c,3,7,12)

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

Pear & Apple Butter Porridge €8 V

Oat porridge with Pear, Apple Butter and 3fe Granola (1b,7,8a)

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

Pancakes €8 V

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

Add on: 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, 12)

Sandwich & Fries: €12.50

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

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

Tandoori Roast Chicken Breast, Sumac Yoghurt, Carrot, Almond & Raisin Slaw on White Sourdough (1a,7,8a,10,11,12)

Goats Cheese Mousse, Walnut Gremolata, Citrus Marinated Beetroot on White Sourdough (1a,7,8e) V

Add Ons

3fe hummus with sourdough (1a,1b,8a,11) €4
Avocado €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
Side Salad €3
Fried/Poached/Scrambled Eggs (3) €3
Pancake (1a, 3, 7, 12) €3
Toast (1a, 7) €3
3fe Boston Beans (1a, 10, 12) €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,7,8a,8b,8g,11) €2.50

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Lwr Grand Canal St/Pearse St/Harolds X/Sussex Terrace/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.