

# Menu

## Eggs on Toast €8 V

Sourdough toast with eggs any style, 3fe hot sauce, spicy seed granola, and a side salad.  
(1a, 1b, 3, 7, 8a, 11)

### Add-ons:

**Avocado €3**

**Whole Hogg's Sausage €4**

(1a, 10, 12)

## Avocado Toast €13 V

Sourdough topped with 3fe hummus, sliced avocado, poached eggs, pickled red onions, spicy seed granola, and salsa rosa.

(1a, 1b, 3, 8a, 11)

### Add-ons:

**Whole Hogg's Bacon €3**

**Chargrilled Broccoli & Smoked**

**Almonds (8a) €4**

## Breakfast Bap €11

Sausage patty, baked egg, cheddar, bacon jam, and tomato mayo relish in a bap (1a, 3, 7, 12)

### Add-on:

**Whole Hogg's Bacon €3**

## Granola & Yoghurt €9 V

3fe Granola with banana, coconut caramel, blueberries, toasted flax seed, banana chips and natural yoghurt

(1b, 7, 8a)

## Porridge €8 V

Warm chai-spiced porridge with apple butter and poached pear, topped with granola and honey.  
(1b, 7, 8a)

## Boston Beans €11

Treacle-stewed Boston beans with smoked bacon, served with poached eggs, sourdough toast, and parsley oil. (1a, 3, 10)

### Add-on:

**Whole Hogg's Sausage €4 (1a,10,12)**

## Fried Chicken Bap €11

Fried chicken thigh, dressed sesame asian slaw, 3fe hot sauce mayo, in a bap, served with a side salad.

(1a, 1b, 3, 6, 7, 11)

### Add-ons:

**Fries & Mayo (3) €4**

**Chargrilled Broccoli & Smoked**

**Almonds (8a) €4**

## Chorizo Hash €14

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

## Mushroom Hash €12 V

Brown mushrooms, roasted potatoes, chard, hammered mushroom hash, and spinach yoghurt served with poached eggs. (3, 7)

## Soup €8 (V)

Tomato soup with sourdough toast and a weekly garnish.  
(1a)

## Christmas Bap €12

Turkey, sausage, spinach and spelt berry loaf with sage, rosemary and onion stuffing, cranberry sauce, mustard mayo in a bap. (1a, 3, 7, 10)

## Pancakes €8 V

Fluffy pancakes served with 3fe syrup and butter.  
(1a, 3, 7, 12)

### Add-ons:

**Roasted apple & grape with yoghurt €3 (7)**

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

## Sandwiches

### Ham & Cheese €9

Honey-roasted glazed ham and mature cheddar on a Waterford blaa roll (1a, 7, 10, 12)

### Chopped Chicken €9

Chopped chicken salad, cos lettuce on a Waterford blaa roll (1a, 3, 9, 10, 12)

### Roast Squash & Feta (V) €9

Roasted butternut squash, feta, hummus, rocket, za'atar, pomegranate molasses on a brown roll (1a, 7, 11)

### Add fries + €4

### Add a small soup + €4

### Add ons

Avocado €3 V

Chargrilled Broccoli &

Smoked Almonds €4 (8a) V

Poached/Fried Eggs €3 (3) V

Scrambled Eggs €3 (3,7) V

Bacon €3

Black Pudding €3 (1a,1b,1c)

Chorizo €4

Sausages €4 (1a,10,12)

### Sides

Hummus & Sourdough €4 V (1a,1b,8a,11)

Side Salad €3 V

Pancake €3 (1a, 3, 7, 12) V

Toast with Butter €3 (1a, 7) V

Boston Beans €3 (10)

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

Seasonal Fruit €3 V

Fries & Mayo €4 V (3)

Small Soup €4 V

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