

Menu

Eggs on Toast 8 V

Sourdough with eggs any style, 3fe hot sauce, spicy seed granola & 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

Poached eggs, hummus, sliced avocado, pickled red onions, spicy seed granola, salsa roja on sourdough. (1a, 1b, 3, 8a, 11)

**Add-ons: Bacon 3
Chargrilled Broccoli & Smoked Almonds 4 V** (5, 8a)

Granola & Yoghurt 9 V

3fe Granola, yoghurt, bananas, raspberries topped with a sour cherry jam (1b, 7, 8a)

Porridge 8 V

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

Ancho & Chipotle Beans 11 V

Ancho chilli and chipotle beans with poached eggs, sourdough topped with ajillo. (1a, 3, 10)

Add on: Bacon 3

Dirty Gertie 18

Poached or fried eggs, bacon, sausages, black pudding, tomato with ajillo, ancho & chipotle beans served with sourdough.

Little Gertie 12
(1a, 1b, 1c, 3, 10, 12)

Fried Chicken Bap 11

Fried chicken thigh, sesame asian slaw, 3fe spicy mayo served in a bap with a side salad. (1a, 1b, 3, 6, 7, 11)

Add-ons: Fries & Mayo 4 (3)

Salt Beef Hash 15

Salt beef, savoy cabbage, roast potatoes, onion, wholegrain mustard served with poached eggs. (3, 10)

Add-ons: Chargrilled Broccoli & Smoked Almonds 4 (5, 8a)

Mushroom Hash 12 V

Poached eggs, sautéed mushroom, hammered mushroom, roast potato, chard, onion, butterbeans and a spinach caper yogurt (3, 7)

Egg Mayo Salad 9 V

Egg mayo salad with water cress & red endives, balsamic dressing topped with spicy granola. (1b, 3, 8a, 11, 12)

Add-ons: Toast 3 V (1a, 7)
Bacon 3

Pancakes 8 V

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

**Add-ons: Roasted Rhubarb 3 V
Fried Chicken with Hot Sauce 4**
(1a, 1b, 3, 7)

Sandwiches 9

Ham & Cheese

Ham, mature cheddar, butter, served in sourdough. (1a, 7, 10, 12)

Chicken Club

Chicken, bacon, vine tomato, baby gem & mayo, served in sourdough. (1a, 3, 10, 12)

Cheese Toastie V

3 cheese mix, tomato, onion, relish & butter served in sourdough. (1a, 7, 12)

Add on:

Fries & Mayo + 4 (3)
Side Salad +3

Sides

Hummus & Sourdough 4 V (1a, 1b, 8a, 11)

Side Salad 3 V

Pancake 3 V (1a, 3, 7, 12)

Toast with Butter 3 V (1a, 7)

Ancho Chilli & Chipotle Beans 4 V (10)

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

Seasonal Fruit 3 V

Fries & Mayo 4 (3)

Add ons

Avocado 3 V

Chargrilled Broccoli & Smoked Almonds 4 V (5, 8a)

Poached/Fried Eggs 3 V (3)

Scrambled Eggs 3 V (3,7)

Bacon 3

Black Pudding 3 (1a,1b,1c)

Sausages 4 (1a,10,12)

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