

Menu

Eggs on Toast €8 V

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

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)

3fe Granola & Yoghurt €9 V

3fe granola served with blueberry Greek yoghurt, banana, blueberries, blackberries & caramelised pecans. (1b,7,8a,8b)

Prune & Date Porridge €8 V

Oat porridge, poached prunes, date syrup, roasted apple & grape with 3fe granola. (1b,7,8a)

Boston Beans €10

3fe Boston beans stewed with treacle & smoked bacon, served with 2 poached eggs, Roth's sourdough toast & parsley oil. (1a,3,10)

Soup €8 V

Our allergen free soups change daily. Please ask one of the team for todays. Served with Roth's sourdough. (1a)

Fried Chicken Bap €9

Fried chicken thighs, dressed slaw, 3fe hot sauce mayo & pickled cucumber on a brioche bap with side salad. (1a,1b,3,4,7,10,12)

Chorizo Hash €14

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

Breakfast Bap €10

Brioche bap, sausage meat patty, scrambled eggs, cheddar slice, bacon jam, & 3fe tomato mayo relish. (1a,3,7,12)

Roast Cauliflower Dahl €8 V

Roast cauliflower & potato, 3fe red lentil dahl, Greek yoghurt, poached eggs, pickled raisins & toasted spices. (3,7)

Pancakes €8 V

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

Add on:

Seasonal fruit. €3

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

Add ons

Avocado V	€3
Chargrilled Broccoli & Smoked Almonds (8a) V	€4
Poached/Fried Eggs (3) V	€3
Scrambled Eggs (3,7) V	€3
Whole Hogg's Bacon	€3
Whole Hogg's Black Pudding (1a,1b,1c)	€3
Chorizo	€4
Whole Hogg's Sausages (1a,10,12)	€4

Sides

3fe Hummus & Sourdough V (1a,1b,8a,11)	€4
Side Salad V	€3
Pancake (1a, 3, 7, 12) V	€3
Toast with Butter (1a, 7) V	€3
Boston Beans (10)	€3
Fried Chicken & 3fe Hot Sauce (1a,1b, 7)	€4
Seasonal Fruit V	€3
Fries & Mayo V (3)	€4
Small Soup V	€4

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