

Menu

Eggs on Toast V 8

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 V 13

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

**Add-ons:
Whole Hogg's Bacon 3
Chargrilled Broccoli & Smoked Almonds 4** (5, 8a)

Granola & Yoghurt V 9

3fe Granola & yoghurt with banana, coconut caramel, blueberries, toasted flax seed & banana chips.
(1b, 7, 8a)

Porridge V 8

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

Dirty Gertie 18

Poached or fried eggs, black pudding, bacon, sausages, tomato, Boston beans & 3fe tomato relish served with sourdough.

Little Gertie 12
(1a, 1b, 1c, 3, 4, 7, 10, 12)

Boston Beans 12

Treacle-stewed Boston beans, smoked bacon, 3fe relish with poached eggs, sourdough toast.
(1a, 1c, 3, 4, 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 with a side salad.
(1a, 1b, 3, 6, 7, 11)

Add-ons: Fries & Mayo 4 (3)

Salt Beef Hash 15

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

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

Mushroom Hash 12 V

Brown mushrooms, roasted potatoes, chard, hammered mushrooms & spinach yoghurt with poached eggs. (3, 7)

Soup 8 V

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

Pancakes 8 V

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

**Add-ons:
Roasted apple, grape & yoghurt 3**
(7)
Fried chicken with hot sauce 4
(1a, 1b, 3, 7)

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 (1c, 4, 10)
Fried Chicken & Hot Sauce 4 (1a, 1b, 3, 7)
Seasonal Fruit 3 V (7)
Fries & Mayo 4 V (3)
Small Soup 4 V

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)

The Veggie V

Goats cheese mousse, basil pesto, grilled provencal veg & rocket served in granary bread.
(1a, 7, 8d, 10)

**Add fries + 4
Add a small soup + 4**

Add ons

Avocado 3 V
Chargrilled Broccoli & Smoked Almonds 4 (5, 8a) V
Poached/Fried Eggs 3 (3) V
Scrambled Eggs 3 (3, 7) V
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