

Breakfast

We use free-range eggs from Riverway's Farm in Twyford

Seeded brown or sourdough toast, butter & spreads (VG)	3.5
Freshly baked pastries (VG)	3
Danish; ask for today's flavour (N)	
Croissant	
Pain au chocolat (N)	
Kouign amman	
Fresh fruit bowl (VG, VE)	5.5
Yoghurt, blueberries, granola, lavender honey (VG)	5
Rolled oat porridge, fresh berries, seeds, lavender honey (VG)	5.5
<i>almond, soy or oat milk available</i>	
Baked eggs, roast peppers, kale	6
<i>Add halloumi or chorizo</i>	3 each
Smashed avocado, chilli, rye toast, two poached or fried eggs (VG)	7
<i>Add greens</i>	2
<i>Add smoked salmon, halloumi or chorizo</i>	3 each

(VG) vegetarian, (VE) vegan, (N) contains nuts | 31below.co.uk |   31belowmarylebone

A discretionary service charge of 12.5% will be added to your bill. Our trunc service charge is to benefit the team that looked after you today. If you suffer from any allergies or intolerances please ask a waiter for more information.

Cold-pressed Juices & Shots

All of our cold-pressed juices, shots and milks are supplied bottled by P R S S London

Grove 3 ; orange, lemon, tangerine, grapefruit, turmeric, cayenne, black pepper	4.75
Greenhouse 3 ; kale, spinach, celery, romaine, cucumber, ginger, lemon	4.75
Berry Recovery ; apple, banana, coconut water, strawberry, blueberry, raspberry, coconut milk, lime	4.75
Orange juice ; freshly squeezed (but not by us)	3.95
Detox shot ; coconut water, lime juice, aloe vera, activated charcoal, milk thistle powder	3.5
Immunity shot ; orange, lemon, ginger, cayenne, garlic, oregano	3.5

Iced

Americano	2.6
Latte	3.3
Matcha Latte	3.5

Grind Coffee

Roasted daily at Grind HQ in Shoreditch

espresso 2.3 / cappuccino 3.3 / latte 3.3 / cortado 2.6 / flat white 3.3 / americano 2.6 / macchiato 2.3 / double espresso 3.2

All available in whole, soy, almond & oat milks + 50p

Teas

Turmeric Latte	3
Matcha Latte	3
Lovely Night ; rooibos, linden, chamomile, verbena	3
Løv is Pure ; green tea, nettle and pineapple	3
Lovely Morning ; green tea, orange, lemon, guarana, grapefruit, marigold flowers	3
Verbena Mint Rooibos ; peppermint, cinnamon, Verbena	3
Run for Løv ; apple, hibiscus, rosehips, pomegranate, blackcurrant, goji berries	3
Løv Earl Grey ; green or black tea flavoured with bergamot	3
Builders tea ; (PG Tips)	2

More Løv available