

Brunch

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

Yoghurt, blueberries, granola & lavender honey (VG)	5
Fresh fruit bowl (VE)	5.5
Chorizo hash, two plancha eggs	7
Smashed avocado, chilli, rye toast, two poached or plancha eggs (VG) <i>add smoked salmon, halloumi or chorizo</i>	7.5 3 each
Short stack buckwheat pancakes, maple syrup (VG) <i>with smoked dry cured bacon or blueberries & yoghurt</i>	9
Eggs your way; two eggs scrambled, poached or on the Plancha & sourdough toast <i>add smoked salmon, halloumi or chorizo</i>	5.5 3 each
Full English; double plancha egg, sausage, smoked dry cured bacon, grilled tomato, hash brown, mushroom & toast	10.5
Garden breakfast; double plancha egg, halloumi, grilled tomato, mushroom, slow cooked greens, avocado & toast (VG)	10.5

(VG) vegetarian, (VE) vegan, (N) contains nuts | 31below.co.uk |  [31belowmarylebone](https://www.instagram.com/31belowmarylebone)

If you suffer from any allergies or intolerances please ask a waiter for more information.

A discretionary service charge of 12.5% will be added to your bill. Our tronc service charge is to benefit the team that looked after you today.

Grind Coffee

Roasted daily at Grind HQ in Shoreditch

Available in whole, soy, almond & oat milks + 50p

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

Teas

Turmeric Latte	3
Matcha Latte	3
Løvely 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

Cold-pressed Juices & Shots

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

Grove 3 ; orange, lemon, tangerine, grapefruit, turmeric, cayenne black pepper (VE)	4.75
Greenhouse 3 ; kale, spinach, celery, romaine, cucumber, ginger, lemon (VE)	4.75
Berry Recovery ; apple, banana, coconut water, strawberry, blueberry, raspberry, coconut milk, lime (VE)	4.75
Orange juice ; freshly squeezed (but not by us) (VE)	3.95
Tumeric shot ; pineapple, tumeric, lemon, black pepper (VE)	3.5
Ginger shot ; orange, lemon, ginger, cayenne, garlic, oregano (VE)	3.5

Smoothies & Protein Shakes

Pump & Grind ; hemp protein, coconut water, banana, dates, cocoa nibs & a shot of Grind coffee (VE)	7.5
Lean & Green ; avocado, kale, spinach, celery, romaine, cucumber, ginger & lemon (VE) <i>add chilli to make it a Lean & Green Hot</i>	8
31 Bee-low ; almond milk, banana, bee pollen, raw honey, dates, cinnamon (N) (VG)	7.5