

# 31 • b e l o w

## Breakfast

*We only use free-range eggs*

<b>Toast;</b> Netherend Farm butter, a selection of jams, honey, marmalade (VG)	3.5
<b>Selection of pastries;</b> spelt croissant or pain au chocolat (VG)	3.5
<b>Full English;</b> double Plancha egg, sausage, dry cured smoked bacon, grilled tomato, Spanish black pudding, mushroom, sourdough toast	12
<b>Garden breakfast;</b> double plancha egg, halloumi, grilled tomato, mushroom, slow cooked greens, avocado, sourdough toast (VG)	12

<b>Avocado on toast;</b> sourdough toast, chilli, lime (VE)	7.5
<i>add 2 poached eggs (VG)</i>	2
<i>add dry cured smoked bacon &amp; eggs</i>	3
<i>add grilled halloumi &amp; eggs</i>	4
<i>add kiln smoked salmon &amp; eggs</i>	4.5

## Coffee

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

espresso 2.5 / cappuccino 3.5 / latte 3.5 / cortado 2.6 / flat white 3.5 / americano 3 /  
macchiato 2.5 / double espresso 3

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


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

# Teas

Turmeric Latte	4
Matcha Latte	4
<b>P&amp;T Julep Mint</b> ; chinese green tea, citrus peel, jasmine, green tea, liquorice root, peppermint, lemon myrtle	3
<b>P&amp;T Sweet Lullaby</b> ; lemon verbena, lime blossom, lemongrass, nettle leaves, chamomile, orange peel, lemon peel, rose petals, hops	3
<b>P&amp;T Cederberg Chai</b> ; rooibos, ginger, fennel, pepper, liquorice, bell pepper, cloves, allspice, coconut chips	3
<b>P&amp;T Pure Prana</b> ; lemongrass, ginger, liquorice root, citrus peel, peppermint, pepper	3
<b>P&amp;T Mighty Green</b> ; japanese sencha green tea	3
<b>P&amp;T Brave New Earl</b> ; black & green tea, juniper berries, tea flowers, bergamot, jasmine	3
Builders tea; (PG Tips)	2

*All packaging and tea bags are made from 100% biodegradable materials.*

# Cold-pressed Juices & Shots

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

<b>Sweet Citrus</b> ; orange, lemon, tangerine, grapefruit, turmeric, cayenne black pepper (VE)	5
<b>Lean Green</b> ; kale, spinach, celery, romaine, cucumber, ginger, lemon (VE)	5
<b>Super Berry Smoothie</b> ; apple, banana, coconut water, strawberry, blueberry, raspberry, coconut milk, lime (VE)	5
<b>Super Glow Smoothie</b> ; apple, banana, orange, avocado, lemon, ginger, turmeric, black & cayenne pepper (VE)	5
<b>Orange juice</b> ; freshly squeezed (but not by us) (VE)	4
<b>Ginger Super Shot</b> ; orange, lemon, ginger, cayenne, garlic, oregano (VE)	3.5

# Smoothies & Protein Shakes

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