

31 • b e l o w

Breakfast

We only use free-range eggs

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

Avocado on toast; sourdough toast, chilli, lime (VE)	7.5
<i>add 2 poached eggs (VG)</i>	2
<i>add dry cured smoked bacon & eggs</i>	3
<i>add grilled halloumi & eggs</i>	4
<i>add kiln smoked salmon & 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 |  [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
P&T Julep Mint ; chinese green tea, citrus peel, jasmine, green tea, liquorice root, peppermint, lemon myrtle	3
P&T Sweet Lullaby ; lemon verbena, lime blossom, lemongrass, nettle leaves, chamomile, orange peel, lemon peel, rose petals, hops	3
P&T Cederberg Chai ; rooibos, ginger, fennel, pepper, liquorice, bell pepper, cloves, allspice, coconut chips	3
P&T Pure Prana ; lemongrass, ginger, liquorice root, citrus peel, peppermint, pepper	3
P&T Mighty Green ; japanese sencha green tea	3
P&T Brave New Earl ; 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

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

Smoothies & Protein Shakes

The Daily Grind ; hemp protein, coconut water, banana, dates, cocoa nibs & a shot of 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