

## Breakfast

*We only use free-range eggs*

<b>Toast;</b> Netherend Farm butter, a selection of jams, honey, marmalade (VG) 285 kcal	3.5
<b>Artisan pastries (VG);</b> spelt croissant 509 kcal or pain au chocolat 351 kcal	4.4
<b>Yoghurt and granola (VG);</b> coconut yoghurt, toasted buckwheat, fresh berries 371 kcal	8
<b>Full English;</b> double Plancha egg, sausage, dry cured smoked bacon, grilled tomato, black pudding, mushroom, sourdough toast 1035 kcal	13
<b>Garden breakfast;</b> double plancha egg, halloumi, grilled tomato, mushroom, greens, avocado, sourdough toast (VG) 754 kcal	12.5

<b>Avocado on toast;</b> sourdough toast, chilli, lime (VE) 188 kcal	8.25
<i>add 2 poached eggs (VG) 350 kcal</i>	2.5
<i>add dry cured smoked bacon &amp; eggs 536 kcal</i>	3.5
<i>add grilled halloumi &amp; eggs (VG) 608 kcal</i>	4.5
<i>add kiln smoked salmon &amp; eggs 443 kcal</i>	4.75

## Coffee

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

3 - 115 kcal

espresso 2.5 / cappuccino 3.5 / latte 3.5 / cortado 2.6 / flat white 3.5 / americano 3 /  
macchiato 2.5 / double espresso 3 / chai latte 4 / hot chocolate 4 3 - 115 kcal

(VG) vegetarian, (VE) vegan, (N) contains nuts | [31below.co.uk](http://31below.co.uk) |  [31belowmarylebone](https://www.facebook.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 148 kcal	4
Matcha Latte 136 kcal	4
<b>Harney and Sons Organic Peppermint;</b> Aromatic and refreshing 2 kcal	3.5
<b>Harney and Sons Red Raspberry;</b> rose hips, hibiscus, orange peel, raspberry leaves and raspberry flavours 1 kcal	3.5
<b>Harney and Sons Green Tea with Citrus;</b> japanes dash of lemongrass and the bright taste of natural citrus 1 kcal	3.5
<b>Harney and Sons Earl Grey Supreme;</b> blend of black teas from India, scented with natural, lemony bergamot from the Mediterranean 18 kcal	3.5
<b>Harney and Sons Chamomile;</b> herbal tea with light body 1 kcal	3.5
<b>Harney and Sons English Breakfast</b> 50 kcal	3.5

*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)	8
<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>	8.5
<b>31 Bee-low;</b> almond milk, banana, bee pollen, raw honey, dates, cinnamon (N) (VG)	8