

# 31 • below

## Brunch served from 1130-1500, weekends & Bank Holidays

We only use free-range eggs

<b>Toast;</b> Netherend Farm butter, a selection of jams, honey, marmalade (VG) 285 kcal	3.5	<b>Garden breakfast;</b> double plancha egg, halloumi, grilled tomato, mushroom, greens, avocado, sourdough toast (VG) 754 kcal	12.5
<b>Artisan pastries (VG);</b> croissant 509 kcal or pain au chocolat 351 kcal	4.4	<b>Avocado on toast;</b>	
<b>Yoghurt and granola (VG);</b> coconut yoghurt, toasted buckwheat, fresh berries 371 kcal	8	sourdough toast, chilli, lime (VE) 188 kcal	8.25
<b>Full English;</b> double Plancha egg, sausage, dry cured smoked bacon, grilled tomato, black pudding, mushroom, sourdough toast 1035 kcal	13	add 2 poached eggs (VG) 350 kcal	2.5
		add dry cured smoked bacon & eggs 536 kcal	3.5
		add grilled halloumi & eggs (VG) 608 kcal	4.5
		add kiln smoked salmon & eggs 443 kcal	4.75

## Shareables & Small Plates

Large green olives (VE) 166 kcal	4
Patatas bravas, aioli (VG) 304 kcal	5
Padrón peppers, smoked sea salt (VE) 61 kcal	5
Buttermilk fried chicken, sriracha mayonnaise 350 / 632 kcal	8 / 14.5
Devon crab, avocado, baby gem, lemon, parsley 130 / 202 kcal	9.5 / 16.5
Seared prawns, garlic, lemon, chilli, parsley 325 kcal	9.5
Crispy fried squid, spicy ponzu dip, lemon 570 kcal	8
Devilled eggs 267 kcal	6

## Salads

<b>Buddha bowl;</b> tenderstem broccoli, grains, rocket, soft boiled egg, tahini dressing (VG) 627 kcal	12.5
<b>Super greens and seeds ;</b> mixed leaves, broccoli, beetroot, quinoa, toasted seeds, chilli, house dressing (VE) 620 kcal	11
<b>Club Caesar salad;</b> crisp leaves, radish, avocado, croutons, Caesar dressing 212 kcal	11
Add proteins	5 each
Halloumi (VG)	
Corn fed chicken 450 kcal	
Sea trout fillet	

## Puddings

<b>Sticky toffee pudding;</b> vanilla ice cream, honeycomb, toffee sauce (VG) 642 kcal	8
<b>Warm treacle tart;</b> crème fraîche, candied orange (VG) 446 kcal	8

## Mains

<b>Corn fed half chicken served with either</b>	
rocket, Parmesan, skinny fries 1302 kcal	16
Piri piri sauce, crunchy slaw skinny fries 1247 kcal	17
British flash steak, skinny fries 539 kcal	17.5
add chimichurri 112 kcal 2 / truffle cream 117 kcal 3	
Sea reared trout on the plancha, herbed freekeh, red onion, parsley, lemon and watercress salad 477 kcal	18
<b>31 Below burger;</b> British beef patty cooked pink, toasted seeded bun, mature cheddar, tomato, lettuce, burger sauce, skinny fries 666 kcal	15
add dry cured smoked bacon 213 kcal 2	
<b>31 Below vegan burger;</b> plant based patty, toasted seeded bun, vegan mozzarella, lettuce, tomato, skinny fries (VE) 887 kcal	14.5

## Sides

<b>House salad;</b> toasted seeds, avocado, house vinaigrette (VE) 219 kcal	5.5
<b>Crunchy slaw;</b> shaved red and white cabbage, yoghurt, lemon, fresh mint (VG) 45 kcal	4
Tenderstem broccoli, garlic, chilli (VE) 87 kcal	5
Skinny fries (VG) 242 kcal	4.5
Truffle & Pecorino fries (VG) 323 kcal	6

<b>Flourless chocolate cake;</b> caramelised white chocolate, coconut yoghurt (VG) 501 kcal	8.5
<b>Jude's ice cream and sorbets</b> 78 - 118 kcal 3 scoops; please ask your server for today's flavours vegan options available	6

(VG) vegetarian, (VE) vegan, (N) nuts | 31below.co.uk |  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. We have a separate menu detailing the dishes which do not have gluten in the ingredients. Due to the presence of nuts and gluten in some products there is a small possibility that nut and gluten traces may be found in any menu item. Not all ingredients are shown in the dish descriptions. Olives may contain stones and fish may contain bones. We accept all major credit cards. Our prices include Value Added Tax at the current rate.

## Signature Cocktails

**Smoking Monkey** 13  
Monkey Shoulder whiskey, cherry bourbon, bitters

**Bee Hive** 11  
Portobello gin, Martini ambrato, honey syrup, lemon

**Green Garden** 11  
Hendricks gin, elderflower, tonic, lemon

**Prugna frizzante** 11  
Akashi-Tai Sake, grape and apricot soda, prosecco

**Nut Sour** 11  
Frangelico, Chairman's Reserve Spiced, egg white, lemon, bitters

**Smoked Oaxacan Apple** 11  
sage infused mezcal, pineapple, apple, lime, cinnamon syrup, bitters

**Love In The Night** 11  
El Jimador Tequila infused with thyme, blackberry puree, lime, agave syrup

**Raspberry Mule** 11  
Russian Standard vodka, raspberries, honey, ginger beer

**Clover Tea Club** 11  
Beekeeper 24 gin, Earl Grey tea, raspberry syrup, lemon juice

## Negroni

**Negroni Classico** 10.5  
Portobello gin, Martini bitter, Martini rubino

**Negroni Bianco** 10.5  
Portobello gin, Italicus, Martini ambrato

**Negroni Rosato** 10.5  
Portobello gin, Martini ambrato, Cocchi Americano Rosa

## Softs

**31 Below tonic & spritz** 5.5  
made using homemade cordials  
wild berry spritz 52 kcal  
grapefruit & orange 82 kcal

**Seedlip & Elderflower Tonic** 7  
seedlip spice, elderflower quinine, lemon, soda

**Peach Iced Tea** 56 kcal 4

**San Pellegrino Aranciata or Limonata** 3.5

**Coca Cola, Diet Coke & lemonade** 3.5

**Still & sparkling water** 2.5 / 4

**Fever Tree mixers** 3

## Beer & Cider

**Estrella Galicia** 3.5 half / 6.5 pint

**Freedom Pale ale** 3 half / 6.5 pint

**Guest craft beer (please ask)** 5.75

**Savanna Dry, 330ml** 5.75

**Estrella Galicia 0.0%, 330ml** 4.5

## 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) 8

**Lean & Green**; avocado, kale, spinach, celery, romaine, cucumber, ginger & lemon (VE) 8.5

*add chilli to make it a Lean & Green Hot*

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

## 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

## Iced

Americano 3  
Latte 4.5  
Matcha Latte 4

## Teas

**Turmeric Latte** 148 kcal 4  
**Matcha Latte** 136 kcal 4

**Harney and Sons Organic Peppermint**; Aromatic and refreshing 2 kcal 3.5

**Harney and Sons Red Raspberry**; rose hips, hibiscus, orange peel, raspberry leaves and raspberry flavours 1 kcal 3.5

**Harney and Sons Green Tea with Citrus**; japanes dash of lemongrass and the bright taste of natural citrus 1 kcal 3.5

**Harney and Sons Earl Grey Supreme**; blend of black teas from India, scented with natural, lemony bergamot from the Mediterranean 18 kcal 3.5

**Harney and Sons Chamomile**; herbal tea with light body 1 kcal 3.5

**Harney and Sons English Breakfast** 50 kcal 3.5

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