

31 • below

Brunch served until 1500

We only use free-range eggs

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

Garden breakfast; double plancha egg, halloumi, grilled tomato, mushroom, greens, avocado, sourdough toast (VG) 754 kcal	12.5
Buckwheat and rye pancakes; berries, granola, seeds, coconut yoghurt VG N 554 kcal	11
dry cured bacon, maple syrup, Netherend Farm butter 711 kcal	11
Avocado on toast; sourdough toast, chilli, lime (VE) 188 kcal	8.25
<i>add 2 poached eggs (VG)</i> 350 kcal	2.5
<i>add dry cured smoked bacon & eggs</i> 536 kcal	3.5
<i>add grilled halloumi & eggs (VG)</i> 608 kcal	4.5
<i>add kiln smoked salmon & eggs</i> 443 kcal	4.75

served from 1130

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	6
Buttermilk fried chicken, sriracha mayonnaise 350 / 632 kcal	8 / 14.5
Devon crab, avocado, baby gem, lemon, parsley 130 / 202 kcal	11 / 18.5
Seared prawns, garlic, lemon, chilli, parsley 325 kcal	9.5
Crispy fried squid, sriracha mayo, lemon 570 kcal	9.5
Devilled eggs 267 kcal	6

Salads

Buddha bowl; tenderstem broccoli, grains, rocket, soft boiled egg, tahini dressing (VG) 627 kcal	12.5
Super greens and seeds ; mixed leaves, broccoli, beetroot, quinoa, toasted seeds, chilli, house dressing (VE) 620 kcal	11
Club Caesar salad; crisp leaves, radish, avocado, croutons, Caesar dressing 212 kcal	11
Add proteins	
<i>Halloumi (VG)</i>	5
<i>Corn fed chicken</i> 450 kcal	6
<i>Sea trout fillet</i>	7

Puddings

Sticky toffee pudding; vanilla ice cream, honeycomb, toffee sauce (VG) 642 kcal	8.5
Warm treacle tart; crème fraîche, candied orange (VG) 446 kcal	8.5

Mains

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

Sides

House salad; toasted seeds, avocado, house vinaigrette (VE) 219 kcal	5.5
Crunchy slaw; 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
Flourless chocolate cake; caramelised white chocolate, coconut yoghurt (VG) 501 kcal	8.5
Jude's ice cream and sorbets 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

Pear & Ginger Margarita El Jimador Blanco tequila, Belle de Brillet pear cognac, ginger, lemon, sea salt	13
Queen Bee's Crown Santiago de Cuba 11 year old rum, salted honey syrup, lime	13
Green Garden Hendricks gin, elderflower, tonic, lemon	13

Prugna frizzante Akashi-Tai Sake, grape and apricot soda, prosecco	13
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Wobbly Bob Absolut vodka, ginger, lemon, blended with crushed ice and churned with pale ale	13
Smoked Oaxacan Apple sage infused mezcal, pineapple, apple, lime, cinnamon syrup, bitters	13
Cookie Old Fashioned Woodford Reserve Bourbon, cookie syrup, orange bitters, cookies	13
Raspberry Mule Absolut vodka, raspberries, honey, ginger beer	13

Classics

Aperol Spritz Aperol, Prosecco, soda	11
Negroni Classico Portobello Road gin, Campari, Martini rubino	11
Tom Collins Old Tom gin, lemon, sugar, soda	11
Daiquiri Havana 3yr rum, lime, sugar	11
Mojito Havana 3yr rum, lime, mint, sugar, soda	11
Sours lemon, sugar and egg white with your choice of liquor: Amaretto - Saliza amaretto Whiskey - Woodford reserve Bourbon Nut - Frangelico, Chairman spiced rum, Angosture bitters	11
Old Fashioned Woodford Reserve bourbon, sugar, Angostura bitters, orange peel	11
Espresso Martini Absolut vodka, espresso, gomme	11
Caipirinha Abelha cachaca, lime, sugar	11

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
Curious Apple Cider, 330ml	5.75
Estrella Galicia 0.0%, 330ml	4.5

Ask to see the wine list. Ask at the bar for any cocktails not listed.

Softs

San Pellegrino Aranciata or Limonata	3.5
Coca Cola, Coke Zero & lemonade	3.5
Still & sparkling water	2.5 / 4
Fever Tree mixers	3

Cold-pressed Juices & Shots

Our cold-pressed juices and shots are supplied & bottled by P R S S London

Sweet Citrus ; orange, lemon, tangerine, grapefruit, turmeric, cayenne, black pepper (VE)	6
Lean Green ; kale, spinach, celery, romaine, cucumber, ginger, lemon (VE)	6
Triple Berry Smoothie ; apple, banana, coconut water, strawberry, blueberry, raspberry, coconut milk, lime (VE)	6
Orange juice ; freshly squeezed (but not by us) (VE)	5
Ginger Super Shot ; ginger, apple, lemon (VE)	4

Iced

Americano	3.5
Latte	4.5
Matcha Latte	4.9

Smoothies & Protein Shakes

Blend Date ; almond milk, dates, tumeric, banana, ginger, lemon (VE)	9
Lean & Green ; avocado, kale, spinach, celery, romaine, cucumber, ginger and lemon (VE)	9
31 Bee-Low ; almond milk, banana, bee pollen, raw honey, dates, cinnamon (N) (VG)	9

Coffee

All available with whole, oat or coconut milks

3 - 115 kcal

espresso 2.5 / cappuccino 3.9 / latte 3.9 / cortado 2.6 / flat white 3.9 / americano 3.5 / macchiato 2.5 / double espresso 3 / hot chocolate 4.2

Teas

Turmeric Latte 148 kcal	4.9
Chai Latte 138 kcal	4.9
Matcha Latte 136 kcal	4.9
Harney and Sons Organic Peppermint 2 kcal	3.5
Harney and Sons Red Raspberry 1 kcal	3.5
Harney and Sons Decaf Ceylon ; 2 kcal	3.5
Harney and Sons Green Tea with Citrus 1 kcal	3.5
Harney and Sons Earl Grey Supreme 18 kcal	3.5
Harney and Sons Chamomile ; 18 kcal	3.5
Harney and Sons English Breakfast 50 kcal	3.5

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