

# 31 • b e l o w

## Breakfast

<b>Paul Rhodes sourdough toast;</b> Netherend Farm butter, with jam, honey or marmalade (VG)	4
<b>Freshly baked Artisan pastries</b> (VG); croissant or pain au chocolat	4.5
<b>Toasted breakfast muffin</b> (VG); toasted grain muffin, whipped ricotta, smashed avocado, poached egg, za'atar	9
<b>Tahini porridge</b> (PB N); steel cut oats, seeds, almond milk, banana	8
<b>Eggs Benedict;</b> Campagrain muffin, hollandaise sauce, chives	11
<i>add dry cured smoked bacon</i>	3
<i>add Severn &amp; Wye smoked salmon</i>	4
<b>Coconut yoghurt</b> (VG); berry compôte, toasted buckwheat, granola	8
<b>Full English;</b> double Plancha egg, sausage, dry cured smoked bacon, grilled tomato, black pudding, mushroom, sourdough toast	14.5
<b>Garden breakfast;</b> double plancha egg, halloumi, grilled tomato, mushroom, greens, avocado, sourdough toast (VG)	13.5

<b>Avocado on toast;</b> sourdough toast, chilli, lime (PB)	8.5
<i>add 2 poached eggs</i> (VG)	2.5
<i>add dry cured smoked bacon &amp; eggs</i>	5
<i>add grilled halloumi &amp; eggs</i> (VG)	6
<i>add Severn &amp; Wye smoked salmon &amp; eggs</i>	7

## Coffee

*All available with whole, oat or coconut milk*

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

(VG) vegetarian, (PB) plant-based, (N) contains nuts | [31below.co.uk](http://31below.co.uk) | [@](#) [f](#) 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	4.9
Chai Latte	4.9
Matcha Latte	4.9
<b>Harney and Sons Organic Peppermint;</b> Aromatic and refreshing	3.5
<b>Harney and Sons Red Raspberry;</b> rose hips, hibiscus, orange peel, raspberry leaves and raspberry flavours	3.5
<b>Harney and Sons Decaf Ceylon;</b> Medium brown, with deep red hues.Slight and subtle aromas of honey	3.5
<b>Harney and Sons Green Tea with Citrus;</b> japanes dash of lemongrass and the bright taste of natural citrus	3.5
<b>Harney and Sons Earl Grey Supreme;</b> blend of black teas from India, scented with natural, lemony bergamot	3.5
<b>Harney and Sons Chamomile;</b> herbal tea with light body	3.5
<b>Harney and Sons English Breakfast</b>	3.5

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

# Cold-pressed Juices & Shots

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

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

# Smoothies & Protein Shakes

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