

31 • b e l o w

Breakfast


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

Avocado on toast; sourdough toast, chilli, lime (PB)	8.5
<i>add 2 poached eggs</i> (VG)	2.5
<i>add dry cured smoked bacon & eggs</i>	5
<i>add grilled halloumi & eggs</i> (VG)	6
<i>add Severn & Wye smoked salmon & 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 |  [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	4.9
Chai Latte	4.9
Matcha Latte	4.9
Harney and Sons Organic Peppermint; Aromatic and refreshing	3.5
Harney and Sons Red Raspberry; rose hips, hibiscus, orange peel, raspberry leaves and raspberry flavours	3.5
Harney and Sons Decaf Ceylon; Medium brown, with deep red hues.Slight and subtle aromas of honey	3.5
Harney and Sons Green Tea with Citrus; japanes dash of lemongrass and the bright taste of natural citrus	3.5
Harney and Sons Earl Grey Supreme; blend of black teas from India, scented with natural, lemony bergamot	3.5
Harney and Sons Chamomile; herbal tea with light body	3.5
Harney and Sons English Breakfast	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

Tropical Turmeric; pineapple, mango, passion-fruit, turmeric (PB)	6
Lean Green; kale, spinach, celery, romaine, cucumber, ginger, lemon (PB)	6
Triple Berry Smoothie; apple, banana, coconut water, strawberry, blueberry, raspberry, coconut milk, lime (PB)	6
Orange juice; freshly squeezed (but not by us) (PB)	5
Ginger Super Shot; ginger, apple, lemon (PB)	4

Smoothies & Protein Shakes

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