

3
FLAVOURS
Menu



Breakfast

FULL ENGLISH BREAKFAST £11

Two farm sausages, two slices of bacon, one mushroom, one hash brown, black pudding, baked beans, with two slices of toast and two fried eggs.

3 FLAVOURS STYLE FRYING PAN £11

Diced chorizo, diced sausages, mushrooms, two fried eggs, spinach, diced smoked bacon, one hash brown, cheese & focaccia bread

3 FLAVOURS GARDEN BREAKFAST (v) £9

Halloumi, roasted peppers, smashed avocado, two poached eggs on toast

SMOKED SALMON & SCRAMBLED EGGS ON TOAST £10

Two eggs, chive & lemon on toast

AVOCADO ON TOAST & POACHED EGG £8.20

Two eggs, cherry tomatoes, chives, super seeds on one toast

MUSHROOMS ON TOAST £7.20

Sliced mushrooms served with creamy white wine sauce & parsley on one toast

EGGS FLORENTINE £8.50

Spinach, two poached eggs & hollandaise sauce on a toasted muffin

EGGS ROYALE £9.50

Smoked salmon, two poached eggs & hollandaise sauce on a toasted muffin

EGGS BENEDICT £8.50

Bacon, two poached eggs & hollandaise sauce on a toasted muffin

BACON & EGG SANDWICH £3.60

SAUSAGE SANDWICH £3.60

BACON SANDWICH £3.25

BLT £3.80

Bacon, lettuce and tomato on wholewheat bread

ADD EXTRA: egg £1, bacon £1.50, sausage £1.50, avocado £1.80, halloumi £1.50

OTHER EXTRAS: £1

Pancakes

BUTTERMILK PANCAKE WITH MIXED BERRIES £7.50

Mixed berries, maple syrup & chocolate sauce

BLUEBERRIES PANCAKE WITH CRISPY BACON £8.50

Blueberries & maple syrup

ORANGE POPPY SEEDS PANCAKE £7

Maple syrup & orange

BANANA PANCAKE WITH CARAMEL SAUCE £7.50

Banana, maple syrup & caramel

CINNAMON VANILLA FRENCH TOAST £7.50

Berries, organic honey on brioche toast

PLAIN CROISSANT £3

CHOCOLATE CROISSANT £3.50

ALL PANCAKES MAY CONTAIN NUTS

Lunch

Starter

PADRON PEPPERS with miso & sesame seeds	£5.50
EDAMAME Spicy or salted	£5.50
TRUFFLE BEETROOT TARTARE	£4
SMOKED AUBERGINE TAHINI	£5.50
MIXED OLIVES	£4.50
CALAMARI served with lemon mayo	£8.50
SMOKED SALMON served with horseradish potatoes, capers & lemon	£9.50
PANKO PRAWNS breadcrumb prawn served with dragon mayo	£11
FISH CAKE salmon & seabass with tartare sauce	£11
CRAB CAKE served with chives tartare sauce & lemon	£9
VEGETABLE DUMPLINGS cabbage, carrots, onions, spinach & spring onions	£6.50
CHICKEN DUMPLINGS cabbage & onions	£7
PRAWNS DUMPLINGS spring onions & ginger	£8
ROASTED BUTTERNUT SQUASH SOUP	£6
TOMATO SOUP	£6

Salad

CHICKEN GARDEN SALAD Chicken, avocado, cherry tomato & artichoke	£8
HALLOUMI SALAD Halloumi, roast peppers, rocket, boiled egg, honey & mustard dressing	£8
QUINOA SALAD Served with beetroot, kale, roasted sweet peppers & parsley	£7
PRAWN AND AVOCADO SALAD Prawn & chili mango dressing	£9.50
3 FLAVOURS SUPERFOOD SALAD Boiled egg, butternut squash, lentil, avocado, garden leaf & nigella seeds	£7
BEEF SALAD Beef, rocket, parmesan, truffle, honey mustard dressing	£9.50
GREEK SALAD Small £7.50 Large £9.00 with cherry tomatoes, cucumbers, onion, feta cheese, and Electra premium extra virgin olive oil	

Mains

SEAFOOD RISOTTO / LINGUINI	£16
Prawns, mussels, squid & mixed seafood, roast butternut	
BUTTERNUT SQUASH RISOTTO	£14
Leeks, butternut squash, parsley, pine nuts & parmesan	
ROASTED SEA BASS FILLET	£22
Beluga lentils, leeks, saffron lobster bisque	
CUMBERLAND SAUSAGES & MASH	£8.50
Sausages, mash & gravy	
PENNE POMODORO	£8.50
MAC & CHEESE	£9.50

Steaks

ALL OUR STEAKS ARE DRY AGED AND SERVED WITH MIXED SALAD

RIB-EYE STEAK 200g	£26.50
SIRLOIN STEAK 220g	£25
RIB-EYE ON THE BONE 500g	£55
FILLET STEAK 200g	£35
<i>Choice of peppercorn sauce, mushroom sauce, béarnaise sauce, garlic butter, chimichurri</i>	£2 each
<i>Upgrade to truffle red wine sauce</i>	£3

Grills & Burgers

GRILLED CHICKEN BURGER	£14.50
Caramelized onions, truffle mayo, rocket, ketchup, relish & fries	
3 FLAVOURS SIGNATURE BEEF BURGER	£14
Caramelized onions, truffle mayo, rocket, ketchup relish & fries	
MISO GRILLED SALMON	£21
Served with Japanese salad & sesame	
GRILLED CAULIFLOWER STEAK	£14
Roasted pepper sauce with basil & olive salsa	

Currys

MONKFISH & TIGER PRAWNS	£21
AROMATIC CHICKEN GREEN CURRY	£16.50
AROMATIC VEGETABLE GREEN CURRY	£12
AUBERGINE & LENTIL	£12
PRAWN	£18
CEYLON LAMB	£17.50
BLACK CHICKEN	£15
CHILLY GARLIC PRAWN CEYLON STYLE	£16
All curry dishes are served with steamed rice and crispy shallots	

Soft Drinks

COKE / DIET COKE / FANTA / SPRITE (330ml)	£3.40
STILL WATER / SPARKLING (330ml)	£1.75
STILL WATER / SPARKLING WATER (750ml)	£3.50
VICTORIAN LEMONADE (275ml)	£3.80
ROSE LEMONADE (275ml)	£3.80
TONIC WATER (200ml)	£2.50
SLIM TONIC WATER (200ml)	£2.50
ELDERFLOWER TONIC (200ml)	£2.50
APPLE / ORANGE / CRANBERRY PINEAPPLE JUICE (200ml)	£2.50
GINGER ALE (200ml)	£2.50
ALOE VERA ORIGINAL (500ml)	£3.50
COCONUT WATER (200ml)	£3.50
APPLETISER (275ml)	£3.50
TOMATO JUICE (200ml)	£2.50
GINGER BEER (200ml)	£3.50
SPARKLING ELDERFLOWER (275ml)	£3.80

Beers

DOOMBAR (330ml)	£6
CORONA (330ml)	£4.40
COBRA (330ml) / alcohol free	£4.40
PERONI NASTRO AZZURRO (330ml) / Gluten free	£4.95
TIGER (330ml)	£3.95
BUDWEISER (330ml)	£3.95
GUINNESS (330ml)	£4.95
HEINEKEN 0.0 (330ml)	£3.20

Cider

KOPPERBERG (500ml)	£6.50
ASPALL (500ml)	£6
HERRY WESTERNS (500ml)	£6

Desserts

CHOCOLATE COOKIE CHEESECAKE	£8.50
Raspberries, ginger Biscoff crumbles	
MANGO & PASSION FRUIT MOUSSE	£8.50
Tropical fruit salsa, coconut ice cream	
CHOCOLATE MOUSSE	£8.50
Strawberry, chocolate sauce	
STICKY TOFFEE PUDDING	£8.50
Caramel sauce, vanilla ice cream	
ICE CREAM SELECTION	£4.50
Chocolate, Vanilla, Coconut	
SORBET SELECTION	£4.50
Raspberry, Coconut, Mango	

Tea Lover

ORGANIC BREAKFAST TEA	£2.50
ORGANIC GREEN TEA	£2.50
CEYLON THEBU TEA	£2.50
CEYLON HERBAL TEA	£2.50
ORGANIC CINNAMON TEA	£2.50
ORGANIC CURRY LEAVES TEA	£2.50
MORINGA ORGANIC TEA	£2.50
ORGANIC GINGER BLACK TEA	£2.50
GINGER CORIANDER HERBAL TEA	£2.50
DECAF • EARL GREY • PEPPERMINT	£2.50 each
TEA POT FOR TWO (<i>any of the above</i>)	£4.60

Coffee Lover

CAPPUCCINO/ AMERICANO	£2.95
FLAT WHITE / LATTE	£2.95
DOUBLE ESPRESSO	£2.95
SINGLE ESPRESSO / MACCHIATO	£1.95
HOT CHOCOLATE	£3.50
MOCHA	£3.95
IRISH COFFEE	£7.95

Syrups

50p each