

GLUTEN FREE

STARTER

MIXED OLIVES £4.50

TRUFFLE BEETROOT TARTAR £4.00

SALTED EDAMAME £5.50

SMOKED AUBERGINE TAHINI £5.50

GOAT CHEESE AND ROASTED
BEETROOT SALAD £8.00

SMOKED SALMON £8.50

Served with horseradish, potatoes, cappers & lemon

PAN SEARED SCALLOPS £13.00

*Served with cauliflower puree, samphire,
garlic & chilli butter*

FROM THE GRILL...

THREE FLAVOURS SIGNATURE BEEF £14.00

*Served with caramelized onions, truffle mayo, rocket, ketchup relish, roast
potatoes*

GRILLED CHICKEN £13.50

*Served with caramelized onions, truffle mayo, rocket, ketchup relish, roast
potatoes*

GRILLED SALMON £16.00

Served with Japanese salad and sesame

GRILLED CAULIFLOWER STEAK £14.00

Roasted pepper sauce with basil & olive salsa

MAIN

24 HOURS SLOW COOKED SHORT RIBS £21.00

*Beef ribs served with pomme puree, rocket, chilli
teriyaki sauce*

HERB CRUSTED LAMB RUMP £24.00

*Served with smoked aubergine puree, spinach,
rosemary sauce*

ROASTED CHICKEN BREAST £17.00

*Served with creamy spinach, wild mushrooms,
thyme jus*

ROASTED SEABASS FILLET £20.00

*Served with beluga lentils, leeks, saffron lobster
bisque*

SEAFOOD LINGUINE £15.00

*Prawn, mussels, mixed seafood, squid with
tomato, garlic and white wine sauce*

RISOTTO £14.00

Roasted butternut squash, beans, pine nuts, parmesan

CURRY

MONKFISH & PRAWN £20.00

£17.00

PRAWN

AROMATIC CHICKEN GREEN £15.50

AROMATIC VEGETABLE GREEN £12.00

AUBERGINE & LENTIL £12.00

CEYLON LAMB £14.00

all curry dishes are served with steamed rice

SALAD

CHICKEN GARDEN £8.00

Chicken, avocado, cherry tomato & artichoke

HALLOUMI £7.00

*Halloumi, roast peppers, rocket, boiled eggs,
honey & mustard dressing*

QUINOA

*Served with beetroot, roast peppers, parsley,
apple & pomegranate*

PRAWN AND AVOCADO £8.50

Prawn, avocado, chilly mango dressing

3 FLAVOURS SUPPERFOOD £7.00

*Served with beetroot, roast peppers, parsley &
pomegranate*

TRUFFLE BEEF £9.50

Beef, rocket, parmesan, truffle, honey mustard dressing

Small £ Large £

GREEK SALAD 7.50 9.00

*with cherry tomatoes, cucumber, onion, feta cheese
and Electra premium extra virgin olive oil*

SIDE

TENDER STEEM BROCCOLI £5.50

HONEY GLAZED CARROTS £4.00

CREAMED SPINACH £5.50

POMME PUREE £4.00

ROASTED NEW POTATOES £4.00

STEAMED RICE £4.00

STEAKS

ALL OUR STEAKS ARE DRY AGED AND SERVED WITH MIXED SALAD

RIB-EYE STEAK 200 g	£26.50
SIRLOIN STEAK 220 g	£25.00
FILLET STEAK 220 g	£32.00

SAUCE

PEPPERCORN SAUCE	£2.00
MUSHROOM SAUCE	£2.00
BEARNAISE SAUCE	£2.00
GARLIC BUTTER	£2.00
GREEN CHIMICHURRI	£2.00
TRUFFLE RED WINE SAUCE	£2.00

BREAKFAST

FULL ENGLISH

£10.00

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

3 FLAVOURS GARDEN BREAKFAST

£8.00

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

SMOKED SALMON & SCRAMBLED EGGS ON TOAST

£8.00

Two eggs, chives & lemon on toast

AVOCADO ON TOAST & POACHED EGGS

£7.20

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

MUSHROOMS ON TOAST

£6.90

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

EGGS FLORENTINE

£8.00

Spinach, two poached eggs & hollandaise sauce on toasted buns

EGGS ROYALE

£8.50

Smoked salmon, two poached eggs & hollandaise sauce on toasted buns

EGGS BENEDICT

£8.00

Bacon, two poached eggs & hollandaise sauce on toasted buns

DESSERT

Almond and raspberry tart with raspberry sorbet £10.00

Ice cream selection £10.00

Sorbet selection £10.00

