



## APPETIZERS

<b>PADRON PEPPERS (v,ve)</b>	
<i>With orange miso and sesame</i>	£5.50
<b>EDAMAME SPICY OR SALTED (v,ve)</b>	£5.50
<b>TRUFFLE BEETROOT TARTARE (v,ve)</b>	£4.00
<b>SMOKED AUBERGINE TAHINI 🥜 (v,ve)</b>	£5.50
<b>MIXED OLIVES (v,ve)</b>	£4.50
<b>GARLIC BREAD BASKET (v)</b>	£4.00

## STARTERS

<b>GOAT CHEESE &amp; ROASTED BEETROOT SALAD 🥜</b>	£8.50
<i>Served with hazelnuts, honey mustard dressing</i>	
<b>PAN SEARED SCALLOPS</b>	£13.00
<i>Served with cauliflower puree, samphire, garlic &amp; chilly butter</i>	
<b>CALAMARI</b>	£7.50
<i>Served with lemon mayo</i>	
<b>QUINOA SALAD (v,ve)</b>	£7.50
<i>Served with beetroot ,roast sweet peppers ,parsley</i>	
<b>SMOKED SALMON</b>	£8.00
<i>Served with horseradish potatoes, capers &amp; lemon</i>	
<b>PANKO PRAWNS</b>	£11.00
<i>Served with dragon mayo</i>	
<b>CRAB CAKE</b>	£9.00
<i>Served with chives tartare sauce &amp; lemon</i>	
<b>FISH CAKE</b>	£11.00
<i>Served with chives tartare sauce &amp; lemon</i>	
<b>VEGETABLE DUMPLINGS (v,ve)</b>	£6.50
<i>Cabbage, carrots, onions, spinach, spring onions</i>	
<b>CHICKEN DUMPLINGS</b>	£7.00
<i>Chicken, cabbage, onion</i>	
<b>PRAWNS DUMPLINGS</b>	£8.00
<i>Prawn, spring onions, ginger</i>	

Food Allergens: All our foods contain traces of nuts and dairy. If you have an allergy please let us know.

10% discretionary service charge on dine in customer. Many thanks



## MAINS



<b>TWENTY-FOUR HOURS SLOW COOKED SHORT RIBS</b>	<b>£22.00</b>
<i>Served with pomme puree, veal jus and ,rocket</i>	
<b>HERB CRUSTED LAMB RUMP</b>	<b>£25.00</b>
<i>Served with smoked aubergine puree, spinach, rosemary sauce</i>	
<b>ROASTED CHICKEN BREAST</b>	<b>£17.00</b>
<i>Served with creamy spinach, wild mushrooms, thyme jus</i>	
<b>ROASTED SEA BASS FILLET</b>	<b>£22.00</b>
<i>Served with beluga lentils, leeks, saffron lobster bisque</i>	
<b>SEAFOOD LINGUINE</b>	<b>£17.00</b>
<i>Prawns, mussels, mixed seafood &amp; squid with tomato, garlic and white wine sauce and tomato sauce</i>	
<b>RISOTTO</b> 	<b>£14.00</b>
<i>Roasted butternut squash, beans, leeks , parmesan</i>	
<b>SEARED DUCK BREAST</b>	<b>£21.00</b>
<i>Served with herb crusted potato, caramelized carrots, orange thyme jus</i>	
<b>MONKFISH &amp; TIGER PRAWNS CURRY</b>	<b>£22.00</b>
<i>Served with steamed rice, coconut curry, crispy shallots</i>	
<b>AROMATIC CHICKEN GREEN CURRY</b>	<b>£16.50</b>
<i>Served with steamed rice, coriander, crispy shallots</i>	
<b>AROMATIC VEGETABLE GREEN CURRY</b>	<b>£14.00</b>
<i>Served with steamed rice, coriander, crispy shallots</i>	
<b>AUBERGINE &amp; LENTIL CURRY</b>	<b>£14.00</b>
<i>Served with steamed rice, coriander, crispy shallots</i>	

## GRILLS & BURGERS



<b>GRILLED CAULIFLOWER STEAK</b>	<b>£14.00</b>
<i>Served with roasted pepper sauce with basil, olive salsa</i>	
<b>MISO GRILLED SALMON</b>	<b>£25.00</b>
<i>Served with Japanese salad &amp; sesame</i>	
<b>WHOLE GRILLED LOBSTE OR HALF GRILLED LOBSTER</b>	<b>£35.00/ £60.00</b>
<i>Served with garlic butter, parsnip crisps, rocket leaf</i>	
<b>GRILLED CHICKEN BURGER</b>	<b>£14.50</b>
<i>Served with caramelized onions, truffle mayo, rocket, ketchup, relish and fries</i>	
<b>THREE FLAVOURS SIGNATURE BEEF BURGER</b>	<b>£14.00</b>
<i>Served with caramelized onions, truffle mayo, rocket, ketchup relish and fries</i>	

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## STEAKS



*All our steaks are dry aged and served with mixed salad*

<b>RIB-EYE STEAK</b> 200gr	<b>£26.50</b>
<b>SIRLOIN STEAK</b> 220gr	<b>£25.00</b>
<b>RIB-EYE ON THE BONE</b> 500gr	<b>£52.00</b>
<b>FILLET STEAK</b> 200gr	<b>£36.00</b>

## STEAK SAUCES



*Please choose your sauce*

<b>PEPPERCORN SAUCE</b>	<b>£2.00</b>
<b>MUSHROOM SAUCE</b>	<b>£2.00</b>
<b>BEARNAISE SAUCE</b>	<b>£2.00</b>
<b>GARLIC BUTTER</b>	<b>£2.00</b>
<b>GREEN CHIMICHURRI SAUCE</b>	<b>£2.00</b>
<b>TRUFFLE RED WINE SAUCE</b>	<b>£5.00</b>

## SIDES



<b>TENDER STEAM BROCCOLI</b>	<b>£4.00</b>
<b>HONEY GLAZED CARROTS</b>	<b>£4.00</b>
<b>CREAMED SPINACH</b>	<b>£4.00</b>
<b>POMME PUREE</b>	<b>£4.00</b>
<b>ROASTED NEW POTATOES</b>	<b>£4.00</b>
<b>FRIES</b>	<b>£4.00</b>
<b>TRUFFLE POMME PUREE</b>	<b>£7.00</b>
<b>SWEET POTATO CHIPS</b>	<b>£4.50</b>

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## DESSERTS

<b>STRAWBERRY AND PROSECCO CHEESECAKE</b>	£8.50
<i>Strawberry , ginger Bischoff crumbles</i>	
<b>TIRAMISU “DOME” WITH CAPPUCINO CREAM</b>	£8.50
<i>Mascarpone cheese and coffee sponge</i>	
<b>MANGO &amp; PASSION FRUIT MOUSSE</b>	£8.50
<i>Fresh fruit , coconut ice cream cocoa powder</i>	
<b>CHOCOLATE TRUFFLE MOUSSE</b>	£8.50
<i>Strawberry, chocolate sauce</i>	
<b>STICKY TOFFEE PUDDING</b>	£8.50
<i>Caramel sauce, vanilla ice cream</i>	
<b>CHOCOLATE BROWNIE</b>	£8.50
<i>vanilla ice cream</i>	
<b>ICE CREAM SELECTION</b>	£4.50
<i>Chocolate, Vanilla, Coconut</i>	
<b>SORBET SELECTION</b>	£4.50
<i>Chocolate, Raspberry, Coconut, Mango</i>	

## TEA LOVER

<b>BREAKFAST TEA</b>	£2.50
<b>GREEN TEA</b>	£2.50
<b>CEYLON GINGER TEA</b>	£2.50
<b>ORGANIC CINNAMON TEA</b>	£2.50
<b>ORGANIC CURRY LEAVES TEA</b>	£2.50
<b>DECAFFEINATED TEA</b>	£2.50
<b>PEPPERMINT TEA</b>	£2.50
<b>EARL GREY TEA</b>	£2.50
<b>TEA POT FOR TWO</b> <i>(Any of the above)</i>	£4.60

## COFFEE LOVER

<b>AMERICANO</b>	£2.95
<b>FLAT WHITE/ LATTE / CAPPUCINO</b>	£3.20
<b>DOUBLE ESPRESSO / MACCHIATO</b>	£2.95
<b>SINGLE ESPRESSO</b>	£1.95
<b>HOT CHOCOLATE</b>	£3.50
<b>MOCHA</b>	£3.90
<b>LIQUOR COFFEE</b>	£8.25

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