

3
FLAVOURS
Menu



Breakfast

FULL ENGLISH BREAKFAST	£11
Two farm sausages, two slices of bacon, one mushroom, one hash brown, black pudding, tomato, 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, bacon, one hash brown, cheese & focaccia bread, pesto, BBQ sauce	
3 FLAVOURS GARDEN BREAKFAST (v)	£9
Halloumi, roasted peppers, smashed avocado, two poached eggs on toast, mustard mayo	
SMOKED SALMON & SCRAMBLED EGGS ON TOAST	£10
Two eggs, chive & lemon on toast	
AVOCADO ON TOAST & POACHED EGG	£8.50
Two eggs, cherry tomatoes, chives, super seeds on one toast, mustard mayo	
MUSHROOMS ON TOAST	£7.45
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	£9.00
Bacon, two poached eggs & hollandaise sauce on a toasted muffin	
BACON & EGG SANDWICH	£4.90
Bacon, fried eggs, brown bread	
SAUSAGE SANDWICH	£4.20
Brown bread	
BACON SANDWICH	£4.20
Brown bread	
BLT	£6.50
Bacon, lettuce and tomato on brown 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	
PANCAKE WITH BLUEBERRIES & 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

Lunch

Starter

PADRON PEPPERS with miso & sesame seeds	£6.00
EDAMAME Spicy or salted	£5.50
SMOKED AUBERGINE TAHINI	£6.50
MIXED OLIVES Olives, peppers, garlic	£4.50
CALAMARI served with lemon mayo	£9.50
SMOKED SALMON served with horseradish potatoes, capers & lemon	£10.50
PANKO PRAWNS served with dragon mayo	£11
FISH CAKE (4 pieces) salmon & seabass with tartare sauce	£11
CRAB CAKE (3 pieces) served with chives tartare sauce & lemon	£9
VEGETABLE DUMPLINGS (5 pieces) cabbage, carrots, onions, spinach & spring onion	£6.50
CHICKEN DUMPLINGS (5 pieces) cabbage & onion	£7
PRAWNS DUMPLINGS (5 pieces) spring onion & ginger	£8
ROASTED BUTTERNUT SQUASH SOUP	£6
TOMATO SOUP	£6

Salad

CHICKEN GARDEN SALAD Chicken, avocado, cherry tomato & artichoke	£10
HALLOUMI SALAD Halloumi, roast peppers, rocket, boiled egg, honey & mustard dressing	£9.50
QUINOA SALAD Served with beetroot, kale, roasted sweet peppers & parsley	£7.50
PRAWN AND AVOCADO SALAD Prawn & chili mango dressing	£10.50
3 FLAVOURS SUPERFOOD SALAD Boiled egg, butternut squash, lentil, avocado, garden leaf & nigella seeds	£8
BEEF SALAD Beef, rocket, parmesan, truffle, honey mustard dressing	£12.50
GREEK SALAD Small £7.50 Large £9.00 with cherry tomatoe, cucumber, onion, feta cheese, and Electra premium extra virgin olive oil	

Mains

SEAFOOD RISOTTO or LINGUINI	£18
Prawns, mussels, squid & mixed seafood, butternut squash	
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 PASTA WITH TOMATO SAUCE	£8.50
MAC & CHEESE	£9.50
CHILLY GARLIC PRAWN CEYLON STYLE	£16
with rice and crispy shallots	

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>truffle red wine sauce</i>	£5

Grills & Burgers

GRILLED CHICKEN BURGER	£14.50
Caramelized onions, truffle mayo, rocket, spicy mayo & fries	
3 FLAVOURS SIGNATURE BEEF BURGER	£15
Caramelized onions, truffle mayo, rocket, spicy mayo & fries	
MISO GRILLED SALMON	£23.50
Served with Japanese salad & steamed rice	
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

All curry dishes are served with steamed rice and crispy shallots

Soft Drinks

COKE / DIET COKE / FANTA / SPRITE (330ml)	£3.40
STILL WATER / SPARKLING WATER (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 (500ml)	£6.20
CORONA (330ml)	£4.40
COBRA (330ml)	£4.40
PERONI NASTRO AZZURRO (330ml) / Gluten free	£4.95
TIGER (330ml)	£5.60
BUDWEISER (330ml)	£3.95
GUINNESS (500ml)	£4.95
HEINEKEN 0.0 (330ml)	£3.20

Cider

KOPPERBERG (500ml)	£6.50
HERRY WESTERNS (500ml)	£6
NAPTON CIDER (500ml)	£6.50

Desserts

STRAWBERRY PROSECCO CHEESECAKE	£8.50
Strawberry, ginger Biscoff crumbles	
MANGO & PASSION FRUIT MOUSSE	£8.50
Tropical fruit salsa, coconut ice cream	
CHOCOLATE TRUFFLE 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	
TIRAMISU DOME	£8.50

Tea Lover

ORGANIC BREAKFAST TEA	£2.50
ORGANIC GREEN TEA	£2.50
ORGANIC CINNAMON TEA	£2.50
ORGANIC GINGER BLACK TEA	£2.50
GINGER CORIANDER HERBAL TEA	£2.50
DECAF	£2.50
EARL GREY	£2.50
PEPPERMINT	£2.50
CAMOMILE	£2.50
TEA POT FOR TWO (<i>any of the above</i>)	£4.80

Coffee Lover

(STANDARD SINGLE SHOT)

AMERICANO	£2.90
FLAT WHITE / LATTE / CAPPUCCINO	£3.20
DOUBLE ESPRESSO / MACCHIATO	£2.95
SINGLE ESPRESSO	£1.95
HOT CHOCOLATE	£3.50
MOCHA	£3.90
LIQUEUR COFFEE	£7.95
with OAT / COCONUT MILK	45p

Syrups

50p each