



## WELCOME TO 3 FLAVOURS

**At 3 Flavours, our name reflects the harmony of three distinct culinary traditions brought together by two passionate restaurateurs. Vincenzo Restivo, originally from Italy, and Chanaka Fernando, from Sri Lanka, have combined their heritage and expertise to offer a dining experience that celebrates Italian, Sri Lankan, and British cuisine — right here in the heart of the UK.**

**Our menu is thoughtfully curated to showcase authentic recipes, fresh ingredients, and the rich flavours that define each of these cultures. All our dishes are cooked à la minute to ensure the highest quality and freshness, so they may take a little longer to prepare.**

**Thank you for choosing 3 Flavours — we are delighted to have you as our guest.**

**Vincenzo Restivo & Chanaka Fernando**

**SERVING BREAKFAST MENU FROM 9AM-3PM  
SUNDAY ROAST SERVING ALL DAY ON SUNDAYS  
SPEAK TO THE MEMBER OF STAFF FOR THE MENU**



## APPETIZERS

<b>PADRON PEPPERS</b> ✓ With orange miso and sesame	£5.90	<b>MIXED BREAD BASKET</b> ✓	£6.50
<b>EDAMAME (SPICY OR SALTED)</b> ✓	£5.90	<b>TRUFFLE BEETROOT TARTARE</b> With sourdough toast	£6.95

## STARTERS

Recommended to order few to share

<b>SOUP OF THE DAY</b> Served with sourdough toast	£6.95	<b>AUBERGINE BRUSCHETTA</b> ✓	£7.95
<b>HONEY GLAZED GOAT CHEESE</b> ✓	£8.90	Sourdough garlic toasted bread with grilled aubergines, guacamole, cherry tomatoes, basil pesto	
<b>GRILLED HALLOUMI CHEESE</b> ✓	£6.90	<b>CRAB BRUSCHETTA</b>	£9.95
Served with roasted pepper, sundried tomatoes & balsamic glaze		Sourdough garlic toasted bread with fresh crum meat, guacamole, cherry tomatoes, basil pesto	
<b>VEGGIE DUMPLINGS</b> ✓ ( 4 PIECES )	£7.95	<b>BEEF CROQUETTES</b>	£9.95
Cabbage, carrots, onions, spinach, spring onions		short rib beef with sweet chilli & spicy mayo	
<b>BANG BANG MANGO PRAWNS</b>	£8.95	<b>LEEK JALAPENO CROQUETTES</b> ✓	£7.95
Served with spicy mayo		Served with tomato chutney & sour cream	
<b>SPICY PIL PIL PRAWNS</b>	£9.95	<b>SHREDED BEEF STEAK</b>	£9.95
<i>Ispicy napoli sauce, olives, caprus, peppers,</i> <i>sourdough toast</i>		Thin cut rib eye steak grilled served with red onion	
<b>TRUFFLE KING SCALLOPS</b>	£12.55	<b>SALMON FISH CAKE</b>	£9.90
Served with truffle pomme puree & caviar		Served with remoulade sauce, lime & cress	
<b>BRUSCHETTA STRACCIATELLA</b> ✓	£7.95	<b>CRAB CAKE ( 3 PIECES )</b>	£9.90
Sourdough garlic toasted bread, red onion, stracciatella cheese, tomatoes, basil pesto		Served with dragon mayo, lime & cress	
<b>OCTOPUS PRAWN CEVICHE</b>	£12.50	<b>DUCK GYOZAS ( 4 PIECES )</b>	£8.90
Ecuadorian style with red onion, tomatoes, coriander, lime juice, olive juice		<i>Cabbage, carrots, onions, spinach, spring onions</i>	
<b>3 FLAVOURS TACOS Halloumi or Beef</b>	£8.95	<b>CRISPY CALAMARI</b>	£9.95
<i>2 PCS Served with guacamole, salsa, spicy mayo cress</i>		Served with tartare sauce	
<b>BRUSCHETTA SALMONE</b>	£9.95	<b>INSALATA TRICOLORE</b> ✓	£8.50
Sourdough garlic toasted bread with guacamole cherry tomatoes, basil pesto, lime cress		Served with fresh mozzarella, tomatoes & guacamole balsamic glaze, rocket, avocado, basil pesto	
		<b>BLOODY MARY MUSSELS</b>	£8.95
		<i>In spicy bloody mary sauce</i>	

## CEYLON CURRIES

<b>MONKFISH &amp; TIGER PRAWNS CURRY</b>	£21.95	<b>LAMB CURRY</b>	£17.50
Served with steamed rice, coconut curry, crispy shallots		Served with steamed rice, crispy shallots chopped rainbow veg	
<b>VEGETABLE GREEN CURRY (V, Ve)</b>	£14.00	<b>CHICKEN GREEN CURRY</b>	£16.50
Served with steamed rice, crispy shallots		Served with steamed rice, coriander, crispy shallots, chopped rainbow veg	
<b>OCTOPUS &amp; SEA BASS CURRY</b>	£22.95		
Served with steamed rice, coriander, crispy shallots			

10% discretionary service charge applied on dine in customers. Many thanks

Food Allergens : All our food contains traces of nuts and dairy. If you have an allergy let us know before ordering.



## Grills

<b>CEYLON LAMB SKEWER</b> Chargrilled best end lamb served with rice, curtido salad	<b>£22.95</b>
<b>ORGANIC CHICKEN SKEWER</b> grilled thigh chicken served with rice, curtido salad	<b>£17.95</b>
<b>SLOW COOKED SHORT RIBS</b> 24 hour cooked Served with creamy mash & red wine jus	<b>£22.95</b>
<b>CHEF'S SPECIAL RACK OF LAMB</b> Dipped in crushed pistachio, creamy mash, tender steam broccoli, rosemary infused jus	<b>£24.95</b>
<b>MIXED GRILL</b> Organic lamb & chicken skewers, beef kofte & lamb chop rice and curtido salad	<b>£25.95</b>
<b>TRUFFLE DUCK BREAST</b> Served with truffle creamy mash, red wine jus & fine beans	<b>£21.00</b>

## Grilled Seafood

<b>FILLETS OF WILD SEA BASS</b> Served with rainbow veg, fine beans, new potato, saffron lobster bisque	<b>£22.00</b>
<b>GRILLED HALIBUT</b> Dill mustard sauce, new potatoes, fine beans	<b>£22.00</b>
<b>GRILLED MONKFISH OCTOPUS</b> Served with beluga lentils, fine beans, new potato, saffron lobster bisque	<b>£23.00</b>
<b>GRILLED LEMON SOLE WHOLE</b> Caper meuniere sauce, side new potato	<b>£25.00</b>
<b>GRILLED ATLANTIC OCTOPUS</b> Served with new potato, cherry tomato salsa	<b>£25.00</b>
<b>PACIFIC BLACK TIGER PRAWNS 7pcs</b> pan seared with the garlic butter, cherry tomatoes, soya sauce, comes with skin on fries	<b>£22.00</b>



## Main Salads

### CHICKEN CAESAR

grilled chicken,iceberg salad,baby gem,  
croutons,caesar dressing

£12.95

### HALLOUMI AVOCADO SALAD ✓ £12.95

cherry tomatoes,pomegranate,rocket,balsamic

### BEEF SALAD

£14.95

grilled sliced steak ,boiled eggs,red sour cabbage,  
sun dried tomatoes,baby gem rocket

### PRAWN & AVOCADO

Prawn&chillie mango dressing

£14.95

### GREEK SALAD

Cherry,olives,feta cheese,cucumber,pepper,  
with house dressing

£11.50

### GRILLED SEA BASS SALAD £15.95

Baby gem rocket,boiled eggs,cherry tomatoes,  
sour cabbage,house dressing



## KING LOBSTERS



Check availability you can have lobster either grilled or truffle thermidor sauce

### WHOLE GRILLED LOBSTER 500 GR

£40.90

Seasoned with herb garlic butter served with skin on fries

### HALF GRILLED LOBSTER LOBSTER

£22.95

400G, pan seared shell-off lobster meat with garlic butter, cherry tomatoes fine beans,  
wild mushrooms, tender broccoli in 3 flavour sauce served in lobster shell with skin on fries on the side

### SURF AND TURF

£44.90

21-day dry aged 270gr Scotch rib eye steak, half grilled lobster & skin on fries

## STEAKS&BIG CUTS

All our scotch steaks are 28 days dry aged  
Served on it's own with sea salt&black pepper  
Choose your favourite side to complete steak

**RIB-EYE STEAK** 260 g £24.95

**SIRLOIN STEAK** 260 g £22.95

**FILLET STEAK** 250 g £27.95

**RIB-EYE ON THE BONE** £30.95

400g

**SCOTCH CHATEAUBRIAND** £49.95

(600 G To share for 2)

**TOMAHAWK** (Cowboy steak) £54.95

(To share for 2) 1 KG

## STEAKS SAUCES

£1.95

MUSHROOM

TRUFFLE MAYO

BEARNAISE

PEPPERCORN

DRAGON MAYO

ARGENTINE CHIMICHURRI

TRUFFLE RED WINE

LEMON TARAGON MAYO

## SIDES

add your favourite sides

CREAMY MASH POTATOES £4.00

ROASTED NEW POTATOES £4.00

TENDERSTEM BROCCOLI £4.00

TOMATO RED ONION SALAD £4.00

CREAMED SPINACH £4.00

SIDE RICE £3.50

FRIES £3.95

SWEET POTATO FRIES £5.95

TRUFFLE FRIES £5.95

TRUFFLE POMME PUREE £5.95

MIXED SALAD £3.95

FINE BEANS £3.95

CREAMY GARLIC MUSHROOM £3.95

TRUFFLE MAC&CHEESE £6.95



## PREMIUM BURGERS

Please note all our burgers 200g served in a Brioche Bun, dill pickles, caramelized onions, baby gem leaves & skin on fries

### ANGUS BURGER

With Lemon Tarragon Mayo smoked cheddar cheese

£15.95

### 3 FLAVOURS CHICKEN BURGER

Served with smoked cheddar caramelized onion mango chutney&dragon mayo.

£14.95

### TRUFFLE PREMIUM BEEF BURGER

Black Truffle Mayo, roast portabella mushroom & smoked cheddar

£16.95

### HALF KING LOBSTER & BURGER

Half a king lobster with prime beef cheesy burger Served with fries

£29.95

### CRAB BURGER

Premium beef burger with smoked cheddar cheese topped with fresh crab meat & truffle mayo

£17.95

### TRUFFLE HALLOUMI & AVOCADO BURGER ✓

Grilled halloumi, portobella mushroom, smashed avocado, truffle mayo

£14.95

## PASTA&RISOTTO

### 3 FLAVOURS TAGLIATELLE

Crispy bacon, onions, cherry tomatoes, capers olives in napoli basil sauce, jalapenos

£14.95

### LOBSTER RAVIOLI

Fresh pasta filled with fresh lobster meat served in creamy tomato sauce, grilled corgettes

£17.95

### OCTOPUS&PRAWN LINGUINE

Atlantic octopus with prawns in a white wine creamy tomato sauce, fine beans

£20.95

### TAGLIATELLE SALMONE

Smoked salmon, tomatoes, wine, garlic, fine beans, spinach, in creamy napoli sauce, grilled corgettes

£16.95

### WILD CRAB LINGUINE

Wild crab meat creamy napoli sauce fresh basilica, herbs, cherry tomatoes fine beans

£16.00

### BEEF BRISKET TAGLIATELLE

Mushroom, scamorza cheese, veal jus, napoli sauce

£16.50

### KING SCALLOPS LINGUINE

Seared king scallops with garlic butter, parmesan cheese, fine beans, spinach, creamy white sauce

£17.95

### CHICKEN ALFREDO TAGLIATELE

Grilled chicken creamy mushroom spinach parmesan sauce

£15.95

### TRUFFLE MUSHROOM TAGLIATELLE ✓

Creamy truffle parmesan cheesy sauce

£14.95

### SEAFOOD LINGUINE

Pacific Tiger King Prawn, Shetland mussels mixed seafood, Cooked in garlic olive oil, white wine & creamy tomato sauce

£18.95

### SQUASH & SPINACH GNOCCHI ✓

Italian potato pasta in a pumpkin puree& wild spinach parmesan sauce

£15.95

### SEAFOOD RISOTTO

Pacific Tiger King Prawn, Shetland mussels mixed seafood, Cooked in garlic olive oil, white wine & creamy tomato sauce

£18.95

### GNOCCHI 4 CHEESE ✓

4 types of italian cheese in a creamy white sauce

£15.95

### CAULIFLOWER GNOCCHI ✓

Roasted cauliflower puree, aubergines cubes, wild spinach, cheesy parmesan sauce

£15.95

### PUMKIN RISOTTO ✓

Served with roasted pumpkin squash beans parmesan

£14.95

### HALF LOBSTER&CRAB LINGUINE

Classic mac baked in oven served in pan

£29.95

## DESSERTS

<b>STRAWBERRY AND PROSECCO CHEESECAKE</b> Strawberry, Biscoff Biscuit Crumbs	£8.50
<b>APPLE ALMOND CRUMBLE</b> with ice cream or custard	£8.50
<b>MANGO &amp; PASSION FRUIT MOUSSE</b> Fresh fruit, coconut ice cream,	£8.50
<b>CHOCOLATE TRUFFLE MOUSSE</b> Strawberry, chocolate sauce	£8.50
<b>STICKY TOFFEE PUDDING</b> Caramel sauce, vanilla ice cream	£8.50
<b>HOMEMADE TIRAMISU</b> Savoiardi soaked in amaretto & coffee with mascarpone cheese	£8.50
<b>CHOCOLATE BROWNIE</b> <i>Gluten free</i> Vanilla ice cream	£8.50
<b>ICE CREAM SELECTION (1 SCOOP/3 SCOOPS)</b> Chocolate, Vanilla, Coconut	£2.50 £6.90
<b>SOBET SELECTION (1 SCOOP/3 SCOOPS)</b> Raspberry, Coconut, Mango	£2.95 £8.50
<b>AFFOGATO</b> Chocolate, Vanilla, Coconut	£5.50

## DESSERT WINES

<b>CHATEAU HAUT MOULLEYERE 500 ML</b> <i>Unctuous and honeyed with smooth acidity on the finish</i>	£8.00 (100ml) £35.00
<b>QUANDY ELYSIUM BLACK MUSCAT 375 ML</b> <i>Dark and mysterious, a wonderful dessert wine</i>	£10.50 (100ml) £45.00
<b>KROHN LATE BOTTLET VINTAGE PORT 750ML</b> <i>Aromas of fresh fruit and red berries are accompanied by firm elegant tannins</i>	£5.00 (50ml) £60.00

## COFFEE LOVER



<b>CAPPUCCINO</b>	<b>£3.50</b>	<b>MOCHA</b>	<b>£4.50</b>
<b>AMERICANO</b>	<b>£3.50</b>	<b>SINGLE ESPRESSO</b>	<b>£2.45</b>
<b>FLAT WHITE</b>	<b>£3.95</b>	<b>DOUBLE ESPRESSO</b>	<b>£3.45</b>
<b>LATTE</b>	<b>£3.95</b>	<b>MACCHIATTO</b>	<b>£2.45</b>
<b>HOT CHOCOLATE</b>	<b>£4.50</b>		

**TEA** POT for 1p/for 2pp £3.50/£4.90

**Earl Grey**  
**Chamomile**  
**English Breakfast**

**Green tea with jasmine**  
**Peppermint tea/Fruit Tea**  
**Fresh mint tea**  
for more choice ask your server

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