



3SQUARED

RESTAURANTS

MENU

The Next Generation of Cafes

We do not use gluten, dairy, wheat, peanuts, soy or refined sugar in any of our dishes.

Breakfast & Brunch

Our breakfast and brunch can be eaten in or taken away.
Ask your server if you'd like to grab and go. Available all day.

"FREE FROM" FULL ENGLISH

£10.50

Poached eggs, bacon, organic locally sourced sausages, classic beans, slow roasted mushroom & tomato, toast.

CLASSIC BACON SANDWICH

£6.50

Perfectly cooked bacon, served with a soft egg on top and a homemade tomato sauce.

STEAK AND EGGS

£10.50

Poached eggs, flat iron steak, one choice of extra.

EGGS ON TOAST

£6.50

Poached eggs served on toast (variations available), pumpkin seed garnish. (V)

EGGS ROYALE

£8.50

Poached eggs, smoked salmon, dairy free hollandaise, served on toast.

WARM SPROUTED OATS

£6.50

Freshly prepared sprouted oats, nut milk, topped with seasonal fruit and nut butter garnish. (V)

EGGS BENEDICT

£7.50

Poached eggs, dairy free hollandaise, served on toast, seed & herb garnish. (V)

OVERNIGHT SPROUTED OATS

£3.50

Almond milk and sprouted, gluten free oats, blueberry chia compote, pistachio garnish. (V)

SUPERFOOD BRUNCH

£7.50

Spinach sautéed in coconut oil, slow roasted mushroom & tomato, served on sweet potato "slice", seed garnish. (V)

APPLE & CINNAMON MUESLI

£3.50

Sprouted, gluten free oats, toasted nuts, cashew milk, grated apple, cinnamon, maple garnish. (V)

EXTRAS

£1.50 *(each)*

Egg (V)

Toast (V)

Sweet Potato Slice (V)

Slow Roasted Mushroom & Tomato (V)

Bacon

Avocado (V)

Smoked Salmon

Nuts & Seeds (V)

Clean Beans (V)

All dishes are Gluten Free, Dairy Free and Refined Sugar Free.

Lunch

We call our lunches "Nourish Bowls" because they have been created to improve energy and cognition. Every dish is served with flowers and micro herbs in our organic bowls.

SEA BASS £10.50
Sea Bass, sweet potato rosti, sweet leaf, dressed with lemon and herbs.

CHICKEN BREAST £10.50
Seasoned Chicken breast, short grain brown rice, sweet leaf, dressed with micro herbs and seeds.

FLAT IRON STEAK £14.00
Flat iron Steak, black rice, sweet leaf, dressed with avocado oil, herbs and seeds.

LENTIL AND BEAN £9.20
Puy lentils & seasonal beans cooked in herbs, roasted Mediterranean vegetables, corquette ribbons, herb and seed garnish. (Vé)

SALMON £11.00
Salmon fillet with crispy skin served on an apple, cucumber and dill salad, garnished with seeds and flowers.

CHICKPEA AND BUTTERNUT £9.20
Chickpea, butternut and black rice, dressed in maple and chilli and herbs. (Vé)

Graze Boards

Lightly toasted bread with a selection of toppings, perfect for a working snack or to share as a starter.

Ask your server for our toast variations.

BUILD YOUR OWN £2.00 each/6 for £10.00
Avocado, lemon, chilli (Vé)
Hummus & seeds (Vé)
Carrot & cashew paté (Vé)
Heritage tomato & basil salsa (Vé)
Cashew butter, banana, cinnamon (Vé)
Blueberry chia compote (Vé)
Cacao & Hazelnut Spread, strawberries (Vé)

Sides

Cinnamon baked Sweet Potato Wedges (Vé) £3.00
Short grain brown rice (Vé) £3.00
Seasonal hummus (Vé) £3.50
Mediterranean vegetables (Vé) £3.00
Sweet leaf salad, dressed with garnish (Vé) £3.00

Desserts

See our specials board for today's selection of freshly prepared free from desserts.

ICE CREAM £4.50
Dairy free ice cream topped with crushed nuts (ask for today's flavours). (Vé)

HOT BROWNIE WITH ICE CREAM £6.50
Gluten and dairy free brownie, served hot with your choice of dairy free ice cream. (Vé)

Drinks

CLASSIC

Espresso	£2.20
Cortado	£2.40
Americano	£2.60
Flat White	£2.90
Cappuccino	£3.00
Latte	£3.10

SPECIALITY

Hot Chocolate	£3.10
Mocha	£3.30
Turmeric Latte	£3.30

HOT TONICS

Fresh Mint	£1.75
Ginger, Lemon, Honey	£1.75

SMOOTHIES

£3.95

Detox: Coconut water, avocado, spinach, apple
Immunity: Cashew milk, ginger, turmeric, lemon, carrot, honey
Serotonin: Strawberry, banana, oat milk, protein powder
Power: Cashew butter, banana, cinnamon, date, cashew milk

COLD

Still bottled water	£1.50
Sparkling water	£1.50
Coconut water	£2.50

Selection of juices

ask your server for today's selection

Complimentary fresh lime,
lemon and cucumber infused water

3SQUARED RESTAURANTS

UNIT 19
ROYAL EXCHANGE ARCADE
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