

**Wellness; the quality or state of being healthy in body and mind,
especially as the result of deliberate effort.**



3SQUARED

CAFE

OUR ENTIRE MENU IS GLUTEN, WHEAT, DAIRY, SOY & REFINED SUGAR FREE.

**V | SUITABLE FOR VEGETARIANS
VE | SUITABLE FOR VEGANS
S | CONTAINS SESAME
N | CONTAINS NUTS**

DRINKS

Prepared with your choice of oat, almond, cashew or coconut milk.

SPECIALITY COFFEE

Espresso	£2.20
Macchiato	£2.40
Americano	£2.60
Flat White	£2.90
Cappuccino	£3.00
Latte	£3.10
Mocha	£3.50

SIGNATURE HOT

Matcha Latte	£3.50
Turmeric Latte	£3.50
Beetroot Latte	£3.50
Hot Chocolate	£3.50

ICED COFFEE

Iced Latte	£3.10
Iced Americano	£2.60
Maple Shot	+50p

TEA

English Breakfast	£2.40
Earl Grey	
Green Tea	
Peppermint Tea	
Summer Berry Tea	
Nettle Tea	

HOT TONICS

Fresh Mint	£1.95
Honey and Lemon	

SIGNATURE SMOOTHIES

£4.00

Green Glow	
<i>Avocado, spinach, apple, coconut milk</i>	VE
Morning Routine	
<i>Double Espresso, banana, cacao, oat milk</i>	VE
Coco-berry	
<i>Fresh berries, banana, coconut milk</i>	VE
Strawberry Lemonade	
<i>Strawberry, lemon juice, banana, oat milk</i>	VE

FRUIT COOLERS

£4.00

Blueberry & Mint	VE
Strawberry & Lime	VE

SOFT DRINKS

Still water	£1.50
Sparkling water	£1.50
Fresh Orange Juice	£3.50
Fresh Apple Juice	£3.50
Cranberry Juice	£3.50
Kombucha	£3.50
<i>Ask your server for available flavours</i>	

GRAB AND GO

BREAKFAST

Chia Coconut Pot, Berry Compote	£3.95	VE
Granola Yoghurt Pot	£3.95	VE N
Seeds & Oat Breakfast Bar	£3.50	VE N

SNACKS

Spiced Hummus Pot	£3.50	VE S
Almond Butter & Carrot Pot	£3.50	VE N

LUNCH

Pesto Summer Salad	£5.95	VE N
Smoked Salmon, Avo & Black Rice	£5.95	S
Spiced Hummus Salad	£5.95	VE N

DESSERTS

Vegan Brownie	£3.95	VE N
Cookie	£2.95	VE N
<i>Ask your server for available flavours</i>		

BREAKFAST & BRUNCH | SERVED ALL DAY

Pulled Steak & Eggs £11.00

Slow cooked beef brisket, poached eggs, served on toasted gluten free bread with salsa verde

Full English Breakfast £10.50

Poached eggs, avocado, crispy bacon, gluten free sausages, tomato, toasted gluten free bread

Eggs Benedict £8.95

Poached eggs, dairy free hollandaise, crispy bacon, served on toasted gluten free bread

Eggs Royale £9.50

Poached eggs, smoked salmon, dairy free hollandaise, served on toasted gluten free bread

Healthy Start £9.00

Poached eggs, avocado, spiced hummus, tomato, gluten free toast, micro greens **V | S**
+ smoked salmon £1.50

Avocado On Toast £6.95

Avocado on toast served with tomato & basil salsa **V**
+ poached eggs £1.50

Dairy Free Porridge £6.50

Made with nut milk, sprinkled with seeds & berries **VE | N**

Bacon Sandwich £5.50

Crispy bacon, toasted gluten free roll, home-made tomato sauce
+ an egg for 75p

Breakfast Pancakes £6.95

Banana protein pancakes, yoghurt, granola, berries **VE | N**

Coconut Yoghurt Bowl £5.95

Refreshing & light coconut yoghurt, served with a sprinkle of maple granola, fresh berries and fruit compote **VE | N**

Extras £1.50

+ 2 poached eggs
+ Smoked Salmon
+ Half avocado
+ Gluten free toast
+ Bacon or Sausages
+ Spiced hummus

LUNCH | SERVED FROM 12PM

MAINS

Slow Cooked Beef Brisket £14.95

Sautéed potatoes, pomegranate seeds & chimmi-churri
** High protein, rich in B vitamins, perfect post workout*

Teriyaki Chicken £11.95

Black rice, avocado, sesame, micro greens **S**
** High protein, perfect post workout*

Hot Smoked Salmon Fillet £11.95

Fresh courgette, cucumber & pink cabbage salad with pumpkin seeds & micro mint **N**
** Rich in Omega 3, low carbohydrate*

PLANT BASED

Sweet Potato, Lentil & Ginger Salad £9.95

Pistachio pesto, micro greens **VE | N**
** High fibre, anti-inflammatory, combats sweet cravings*

Spiced Super Salad £9.95

Chickpeas, sweet potato, pickled courgette, pomegranate seeds, pine nuts, lemon & maple dressing **VE | N**
** High in anti-oxidants & plant protein, high fibre*

Avocado & Black Rice Bowl £8.95

Black rice, avocado, pickled cabbage, courgette, micro greens, pumpkin seeds, tahini dressing **VE | S**
** Cleansing on the digestive system, low GI, blood sugar balancing*

SOMETHING LIGHT - ON TOAST

Spiced Hummus on Toast £5.95 **V | S**

Fresh Tomato Bruschetta, Balsamic £5.95 **V**

Smoked Salmon & Avocado on Toast £7.95

EXTRAS

Add to any dish £1.50

+ Avocado
+ Smoked Salmon
+ Spiced hummus

SOMETHING SWEET

Dark Chocolate Pistachio Tart £5.95

Rich & indulgent, served with coconut whip **VE | N**

Protein Pancakes £6.50

Vanilla protein & banana pancakes topped with fresh berries & maple syrup **VE**

Warm Brownie & Coconut Whip £5.95

Served with chopped pistachios **VE | N**

Carrot Cinnamon Bake £5.95

Served with a drizzle of date syrup **N**

UNIT 19, ROYAL EXCHANGE ARCADE, M2 7EA

**INFO@32RESTAURANTS.COM
WWW.32RESTAURANTS.COM
@3SQUAREDCAFE**

**MON - FRI, 8AM - 6PM
WEEKENDS, 9AM - 5PM**

