



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

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Available all day.

Please inform a staff member of any allergies or intolerances. Menu items may contain or come into contact with **Nuts, Sesame, Eggs, Fish, Sulphites**. For more information, please speak with a manager.

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## Mains

**SOUP OF THE DAY** Served with lightly toasted gluten free bread.  
£3.95

**SEA BASS** Sea bass, sweet potato rosti, sweet leaf, dressed with lemon and herbs. (n)  
£10.50

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

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

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

**LENTIL AND BEAN** Puy lentils & seasonal beans cooked in herbs, courgette ribbons, herb and seed garnish. (ve)  
£9.20

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

## Sides

£3.00

Baked sweet potato wedges(ve) | Short grain brown rice(ve) | Hummus(ve) | Mediterranean vegetables(ve) | Sweet leaf salad(ve)

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## Graze Boards

Lightly toasted bread with a selection of toppings.

**BUILD YOUR OWN** £2.00 each/6 for £10.00

Avocado, lemon, chilli (ve)  
Hummus & seeds (ve)(s)  
Carrot & cashew paté (ve)(n)  
Heritage tomato & basil salsa (ve)  
Cashew butter, banana, cinnamon (ve)(n)  
Blueberry chia compote (ve)  
Cacao & hazelnut spread, strawberries (ve)(n)

## Sweets

Ask your server for today's selection of freshly prepared desserts.

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

**HOT BROWNIE WITH ICE CREAM** Served hot with your choice of dairy free ice cream. (n)  
£6.50

**FREE FROM FLAPJACK** Gluten free oats, mixed with dried fruit, honey and coconut oil. (n)  
£3.95

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## #32squared

IG: @32squaredrestaurants  
FB: @32squaredrestaurants  
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Email: info@32restaurants.com  
19, Royal Exchange Arcade, Manchester, M2 7EA

## Make a Booking

To book your table email us at info@32restaurants.com  
Private hire / event space available.



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## Breakfast & Brunch

### FULL ENGLISH

Poached eggs, bacon, locally sourced sausages, baked beans, slow roasted mushroom & tomato, toast.  
£10.50

### STEAK AND EGGS

Poached eggs, flat iron steak, mixed seed and micro herb garnish + one choice of extra.  
£10.50

### EGGS ROYALE

Poached eggs, smoked salmon, dairy free hollandaise, served on toast, mixed seed and micro herb garnish.(n)  
£8.95

### EGGS BENEDICT

Poached eggs, dairy free hollandaise, served on toast, mixed seed and micro herb garnish. (v)(n)  
£7.50

### SUPERFOOD BRUNCH

Spinach sautéed in coconut oil, slow roasted mushroom & tomato, served on sweet potato slice, mixed seed and micro herb garnish.(ve)(n)  
£7.50

### EGGS ON TOAST

Poached eggs, gluten free toast, mixed seed and micro herb garnish. (v)  
£6.50

### AVOCADO ON TOAST

Fresh avocado, gluten free toast, mixed seed and micro herb garnish.(ve)  
£6.50

### BACON SANDWICH

Perfectly cooked bacon, served with a soft egg on top and a homemade tomato sauce.  
£6.50

### WARM OATS WITH NUT BUTTER

Freshly prepared sprouted oats, nut milk, topped with seasonal fruit and nut butter. (ve)(n)  
£6.50

### OVERNIGHT OATS

Nut milk and gluten free oats, blueberry chia compote, pistachio garnish. (ve)(n)  
£3.50

### APPLE & CINNAMON MUESLI

Gluten free oats, toasted nuts, nut milk, grated apple, cinnamon, maple garnish. (ve)(n)  
£3.50

### Extras All £1.50

Poached egg (v)  
Toast (ve)  
Sweet potato slice (ve)  
Slow roasted mushroom & tomato (ve)  
Bacon  
Avocado (ve)  
Smoked salmon  
Nuts & seeds (ve)  
Baked beans (ve)

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## #3squaredbrunch

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