

BREAKFAST

- toast 6.9**
with your choice of jam, honey, vegemite, nutella or peanut butter (turkish, sourdough, wholemeal, white, fruity) gluten free +1
- bacon and egg roll 2150kj 12.9**
with a free range egg and free range bacon on a milk bun
make it deluxe - add hash brown & cheese 15.9
- eggs on toast 1690kj 13.5**
2 free range eggs (poached, fried or scrambled) on toast -**add something from sides**
- breakfast wrap 2760kj 14.9**
made with 2 free range scrambled eggs, cheese, bacon, tomato relish and mixed leaves
- breakfast bruschetta 2640kj 20.9**
with smashed avocado, feta, cherry tomatoes, balsamic glaze and one poached egg on sourdough
- chilli scrambled 1790kj 17.9**
scrambled free range eggs with crispy chilli oil and crumbled marinated feta on sourdough
change to a croissant +1.5
- eggs benedict 3340kj 15.5**
poached eggs with hollandaise and spinach served on sourdough
add ham or bacon 6, salmon 7
change to croissant +1.5
- vegetarian stack 2660kj 22.9**
with 2 poached eggs, baby spinach avocado, sauteed mushrooms and grilled haloumi on sourdough
- poached egg & salmon 2540kj 20.9**
smoked salmon with cream cheese, avocado, mixed lettuce and baby capers topped with a poached egg and served on sourdough
- biscoff panackes 3830kj 22.9**
with honey nut clusters, organic maple syrup, warm biscoff cream, biscoff biscuit, ice cream and seasonal fruit
- big breakfast 3860kj 25.9**
with 2 free range eggs, bacon, roasted cherry tomato, sauteed mushrooms, 2 hash browns, grilled haloumi and toast

SANDWICHES & WRAPS

add a side of fries to your sandwich, wrap or burger 5.5

- croque monsieur 1880kj 13.9**
smoked ham, cheese and aioli on turkish
- classic chicken 2010kj 14.9**
free range chicken, mayo, tasty cheese, tomato and mixed leaves on sourdough
make it a club - add bacon and avocado +5
- chicken waldorf wrap 2020kj 15.9**
free range poached chicken, walnuts, celery, aioli and avocado on a wrap
- vegan falafel wrap 2100kj 14.9**
with falafel, beetroot hummus, pickled red onion, kale, cabbage, tomatoes and tahini
- haloumi turkish 1940kj 15.5**
grilled haloumi, fresh tomato, spinach, avocado and pesto on turkish
- salmon sandwich 2140kj 16.5**
smoked salmon, cream cheese, pickled onion and avocado on turkish
- chicken caesar wrap 2800kj 15.5**
chicken schnitzel, cos lettuce, kale, avocado, crouton crumb and caesar dressing
- japanese chicken 2200kj 15.5**
poached chicken, mayo, ponzu dressing, carrot, pickled ginger and mixed leaves on turkish bread

Sides

1 EGG 3.5
SPINACH, HASH BROWN 4 HALOUMI 5
GRILLED TOMATO, MUSHROOM, AVOCADO, MARINATED FETA 4.5
HAM, POACHED FREE RANGE CHICKEN, FREE RANGE BACON 6
SMOKED SALMON 7

BOWL OF FRIES with aioli or ketchup 9.9

BOWL OF POTATO WEDGES served with sweet chilli and sour cream 13.9

SOMETHING ELSE

- cheese melt 1980kj 10.9**
on sourdough with spicy tomato relish
add tomato and avocado 14.5
add ham and tomato 15.5
add free range chicken and avocado 16.5
- croissant 6.9**
add cheese 9.9, add ham & cheese or tomato & cheese 12.5, add ham, cheese and tomato 14.9
- smashed avocado with grilled haloumi 2610kj 17.5**
with grilled haloumi, cherry tomatoes and pesto served on toasted sourdough
- keto burger stack 2080kj 18.5**
with angus beef patty, mix leaves, avocado, grilled haloumi, tomato, aioli, relish and pickled onion
- pistachio cream waffle 1450kj 16.5**
hot belgian waffle with fresh strawberries, ice cream, pistachio crumb and pistachio cream

BURGERS

- cheese burger 2540kj 15.9**
beef patty with cheese, cos lettuce, mayo and special burger sauce served on a milk bun
- katsu chicken burger 2530kj 15.9**
crumbed chicken breast with shredded cos, mayonnaise and katsu BBQ sauce on a milk bun

BOWLS

- acai 2550kj 19.9**
acai berry blended with banana topped with toasted granola, coconut and fresh fruit
- green breakfast bowl 1420kj 22.9**
with avocado, quinoa, rice, kale, peas, toasted seeds, haloumi, basil pesto and a free range egg
- japanese bowl 1770kj 24.9**
with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, umami dust and ponzu dressing. choice of chicken or smoked salmon
- bliss bowl 2230kj 22.9**
with falafel, tomato, kale, quinoa, beetroot hummus, toasted seeds, cabbage, pickled onion and tahini & lemon dressing
- chicken katsu bowl 2560kj 22.9**
brown rice, cabbage, pickled carrot, ponzu, katsu BBQ sauce, mayo, chicken schnitzel and sesame dust

Please Order at the counter

= gluten free

CREDIT CARD SURCHARGE APPLIES

Please be aware that the food we serve may contain, egg, soy, tree nuts, peanuts, dairy. if you have any allergies, please let the staff know

COFFEE.TEA

coffee

our own sustainable blend sourced from farmers we know and trust

S 4.8
M 5.6
L 6.5

hot chocolate

our hot chocolates and mocchas are made with our own blend of 40 % cocoa

S 5
M 5.9
L 6.9

alternate milk/ extra shot/ flavour

0.8

chai latte

chai powder with milk and topped with cinnamon

S 5
M 5.9
L 6.9

speciality lattes

pistachio latte blended with pistachio cream

S 5.8

turmeric golden latte with all the spice

M 6.8

matcha green matcha latte

L 7.8

taro taro latte

L 7.8

malabar chai 910KJ

chai leaves brewed with milk, served with honey and cinnamon

6.5

tea drop organic teas

english breakfast, earl grey, chamomile, spring green, peppermint, lemongrass & ginger

5.5

MILKSHAKES

regular shakes

available in all the classic flavours, blended with milk and ice cream

5.8
8.5

make it thick add 2

cookies and cream 1220KJ

cookies, ice cream, chocolate syrup and milk

9.5

peanut butter 1480KJ

peanut butter, ice cream and chocolate syrup

9.5

biscoff 1490KJ

lotus biscuit, biscoff cream, ice cream and milk

9.5

SMOOTHIES

Dairy Free

acai smoothie 1420KJ

acai berry blended with banana and coconut water

10.2

cocoa banana 2080KJ

banana, peanut butter, cocoa nibs, almond milk, coconut yoghurt and honey

10.2

green machine 828KJ

kale, lemon, avocado, coconut water, mint and apple juice

10.2

coconut berry 1640KJ

berries blended with coconut water, coconut yoghurt and banana

10.2

regular smoothies

fruit blended with yoghurt and honey
strawberry, banana, mixed berry

8.9

ICED DRINKS

iced coffee/moccha/chocolate 8.5

iced latte/ iced chai latte 7.5

iced long black 6.9

iced matcha/ taro 8.5

iced stawberry matcha 9.5

iced pistachio matcha 9.9

coffee or chocolatefrappe 9

espresso or chocolate, milk, ice and ice cream with your choice of syrup (vanilla, caramel or hazelnut)

matcha or taro frappe 9

matcha or taro, milk, ice and ice cream

change to alternate milk add 1.5

affagato 6.9

double espresso shot poured over ice cream



FOR THE LITTLE ONES

babycino 2.5

fairy bread 964KJ 3.9

kids milkshake 5.8

chocolate, strawberry, vanilla, caramel, banana

kids chicken schnitzel & fries 13.9

kids brekky 13.9

with scrambled eggs, hash brown and toast

kids toasties 9.9

with cheese, ham & cheese or tomato & cheese

kids pancakes 13.9

with icecream, strawberry, banana and maple syrup

FRESH JUICE 8.9



threebeanscafes



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