

BREAKFAST

toast 6
with your choice of jam, marmalade, honey, vegemite or peanut butter (turkish, sourdough, rye)
gluten free +1

banana bread 2000kj 7
made to our secret recipe, toasted, served with butter

toasted muesli 2540kj 16
infinity toasted muesli with fresh fruit & yoghurt

bacon and egg roll 2150kj 13
with a free range egg and free range bacon on a milk bun
make it deluxe - add a hash brown, cheese and relish 3

breakfast wrap 2760kj 15
made with 2 free range scrambled eggs, cheese, bacon and tomato relish

eggs on toast 1690kj 12
2 free range eggs (poached, fried or scrambled) with and toast

chilli scrambled 1790kj 18
scrambled free range eggs with crispy chilli oil and crumbled marinated feta on sourdough

mushroom sourdough 2660kj 23
with sauteed mushrooms, marinated feta, bush dust and a poached egg on sourdough

eggs benedict 3340kj 22
poached eggs with hollandaise, spinach and bacon on toast

Free Range
Eggs, Bacon, Chicken

Please Order at the counter

SANDWICHES & WRAPS

za'atar chicken 2380kj
za'atar spiced chicken with garlic, chilli pickles, tomatoes, cucumber and lettuce on turkish

brat 2380kj
with free range bacon, avocado, tomato, mayonnaise and rocket on turkish

classic chicken 2010kj
free range chicken, mayo, swiss cheese, tomato and mixed leaves on sourdough
make it a club - add bacon and avocado 4

mortadella 2450kj
mortadella, provolone, mayo, jalapeno relish, american mustard and rocket on turkish

haloumi turkish 1940kj
grilled haloumi, fresh tomato, spinach and pesto on turkish

pesto chicken 2460kj
poached chicken, basil mayonnaise, avocado and rocket on sourdough

falafel turkish 2770kj
with garlic, tahini, pickles, tomatoes and cucumber on turkish bread

chicken waldorf 2020kj
free range poached chicken, walnuts, celery, mayo and avocado on sourdough or a wrap

cheese burger 2540kj
beef patty with cheese, lettuce and special burger sauce served on a milk bun
add a side of fries 4

katsu chicken burger 2530kj 14
crumbed chicken breast with shredded cos, mayonnaise and katsu BBQ sauce on a milk bun
add a side of fries 4

BOWLS

acai 2550kj 16.5
acai berry blended with banana topped with toasted granola, coconut and fresh fruit
add warm peanut butter 3

green breakfast bowl 1420kj 18
with avocado, quinoa, kale, peas, toasted seeds, haloumi, basil pesto and a free range egg

vegan bliss bowl 2160kj 20
falafel, beetroot hummus, quinoa, kale, toasted seeds, tomato, tahini, mint, pickled onion & micro herbs

japanese chicken bowl 1770kj 20
with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing

Sides

1 EGG 2 . GRILLED HALOUMI 4
MARINATED FETA, HAM 3.5
MUSHROOMS, AVOCADO 5
POACHED FREE RANGE CHICKEN, FREE RANGE BACON 6

SOMETHING ELSE

corn and zucchini fritters 1010kj

our corn and zucchini fritters served with spicy tomato relish, avocado and rocket, add a poached egg 2 or bacon 5

17

smashed avocado with bush dust 2610kj

with native macadamia & finger lime bush dust, feta and herbs, served on toasted sourdough add an egg 2 or bacon 5

16.5

haloumi stack 2280kj

grilled haloumi, avocado, pesto and semi dried tomatoes on sourdough

20

smashed avocado with honey chilli haloumi 2080kj

with grilled haloumi, smashed avo, hot honey and crispy chilli oil on toasted sourdough

20

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

CREDIT CARD SURCHARGE APPLIES - 10% SURCHARGE SUNDAYS, 15% SURCHARGE PUBLIC HOLIDAYS

= gluten free

COFFEE.TEA

coffee

our own sustainable blend sourced from farmers we know and trust

S 5.2
L 6.2

hot chocolate

our own blend of 40% cocoa

S 5.2
L 6.2

alternate milk / flavour shot / decaf

1

cold brew

8

malabar chai 910KJ

chai leaves brewed with milk, served with honey and cinnamon

7

tumeric latte 727KJ

golden latte with all the spice

5.5

matcha latte 727KJ

green matcha blend with milk

5.5

tea drop organic teas

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

4.5

MILKSHAKES

regular shakes

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

8.5

cookies and cream 1220KJ

cookies, ice cream, chocolate syrup and milk

9

peanut butter 1480KJ

peanut butter, ice cream and chocolate syrup

9

biscoff 1490KJ

lotus biscuit, biscoff cream, ice cream and milk

9

SMOOTHIES

Dairy Free

add protein 2

acai smoothie 1420KJ

acai berry blended with banana and coconut water

10

cocoa banana 2080KJ

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

10

green machine 828KJ

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

10

coconut berry 1640KJ

berries blended with coconut water, coconut yoghurt and banana

10

regular smoothies

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

8.5

ICED DRINKS

iced coffee/moccha/chocolate 7

iced latte, iced chai latte 7

iced long black 7

berry crush 1020KJ 7

berries blended with apple juice and ice

coffee frappe 709KJ 7

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

strawberry iced matcha 10

iced matcha 1440KJ 7.5



threebeanscafes



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threebeans.com.au

