

BREAKFAST

- toast 6.5**
with your choice of jam, marmalade, honey, vegemite or peanut butter (turkish, sourdough, rye, white) gluten free +2
- banana bread 2000kj 6**
made to our secret recipe, toasted, served with butter
- ham, cheese croissant 1420kj 11**
smoked ham and cheese croissant served toasted
- bacon and egg roll 2150kj 11**
with a free range egg and free range bacon on a milk bun make it deluxe - add a hash brown, cheese, relish +4
- breakfast wrap 2760kj 14.5**
made with 2 free range scrambled eggs, cheese, bacon, mixed leaves and tomato relish- add a hash brown 2
- pistachio cream waffle 15**
hot belgian waffle with fresh strawberries, ice cream, pistachio crumb and pistachio cream
- chilli scrambled 1790kj 16**
scrambled free range eggs with crispy chilli oil and crumbled marinated feta on sourdough
- eggs benedict 3340kj 19**
poached eggs with hollandaise, spinach and your choice of ham or bacon - with smoked salmon +2
- eggs on toast 1690kj 11.5**
2 free range eggs (poached, fried or scrambled) and toast - add something from sides
- omelette 1840kj 18**
with mushrooms, spinach, tomato and cheese with a slice of sourdough toast - add bacon 3
- pancakes 3830kj 18.5**
pancakes with ice cream, honey roasted nuts, berry coulis, maple syrup and seasonal fruit
- vegetarian breakfast 2660kj 21**
with 2 eggs, avocado, mushrooms, grilled tomato, haloumi, spinach and toast
- big breakfast 3863kj 23**
with 2 eggs, bacon, sausage, avocado, mushrooms, hash brown and toast

Please Order at the counter

SANDWICHES & WRAPS & BURGERS

- the schnitty 2200kj 15**
chicken schnitzel, tomato, mixed leaves and mayonnaise on turkish
- vegetarian wrap 1810kj 6**
with a corn and zucchini pattie, tomato, beetroot hummus, avocado, lettuce, sour cream and sweet chilli sauce
- haloumi turkish 1940kj 15**
grilled haloumi, fresh tomato, spinach and pesto on turkish
- chipotle beef sandwich 2440kj 16**
chipotle beef, swiss cheese, jalapeno relish, spinach, aioli, pickled cabbage on sourdough
- blat 2380kj 15**
with free range bacon, avocado, tomato, mayonnaise and lettuce on turkish
- turkey and brie 2150kj 16**
with shaved turkey, brie cheese, cranberry sauce, mixed leaves and avocado on turkish
- salmon on rye 2140kj 17**
smoked salmon, cream cheese, spinach, pickled onion and avocado on rye
- classic chicken 2010kj 15**
free range chicken, mayo, swiss cheese, tomato and mixed leaves on sourdough
- beef burger 2540kj 18**
beef pattie with cheese, pickled onions, greens, tomato, burger sauce, served on a milk bun served with fries
- chicken burger 2530kj 18**
crumbed chicken breast with tomato, avocado, sweet chilli, mayo and mixed leaves on a milk bun served with fries

Sides

- GRILLED TOMATO, HASH BROWN, MUSHROOMS 3.5
- 1 EGG, AVOCADO 4
- HAM, POACHED FREE RANGE CHICKEN, FREE RANGE BACON 5
- SMOKED SALMON 7
- BOWL OF FRIES with aioli or ketchup 7.5
- BOWL OF SWEET POTATO FRIES served with sweet chilli and sour cream 9.5

SOMETHING ELSE

- cheese melt 1980kj 11**
on sourdough with spicy tomato relish - add avocado and chicken 6
- corn and zucchini fritters 1010kj 15**
our corn and zucchini fritters served with spicy tomato relish, avocado and mixed leaves, add bacon 5
- smashed avocado with grilled haloumi 2080kj 18**
with grilled haloumi, pesto and semi dried tomatoes on toasted sourdough
- smashed avocado with bush dust 2610kj 16**
with native macadamia & finger lime bush dust, feta and herbs, served on toasted sourdough add an egg 3.5, add bacon 5
- pumpkin and feta frittata 1980kj 16**
served with a mixed leave, feta and toasted seed salad

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 PUBLIC HOLIDAYS

BOWLS

- acai 2550kj 18**
acai berry blended with banana topped with toasted granola, coconut and fresh fruit
- green breakfast bowl 1420kj 19**
with avocado, quinoa, rice, kale, peas, toasted seeds, haloumi, basil pesto and a free range egg
- japanese chicken bowl 1770kj 19**
with brown rice, avocado, kale, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing
- mexican bowl 2620kj 19**
brown rice, chipotle beef, corn, black bean, tomato, sour cream, avocado, spinach and jalapeno relish
- chicken katsu bowl 2560kj 19**
brown rice, cabbage, pickled carrot, ponzu, katsu BBQ sauce, mayo, chicken schnitzel and sesame dust

= gluten free



COFFEE.TEA

coffee

our own sustainable blend sourced from farmers we know and trust

S 4.7
M 5.4
L 6.1

hot chocolate

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

S 4.7
M 5.4
L 6.1

alternate milk, flavour, extra shot, dirty chai 0.7

malabar chai 910KJ 6.8

chai leaves brewed with milk, served with honey and cinnamon

matcha /tumeric latte

blended with milk

S 5
M 5.7

tea drop organic teas

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

5.5

ICED DRINKS

iced coffee /chocolate 8

iced moccha 8

iced long black/ latte 6.5

berry crush 1020KJ 8.5

berries blended with apple juice and ice

coffee frappe 709KJ 8.5

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

SMOOTHIES

Dairy Free

acai smoothie 1420KJ 9

acai berry blended with banana and coconut water

cocoa banana 2080KJ 9

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

green machine 828KJ 9

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

coconut berry 1640KJ 9

berries blended with coconut water, coconut yoghurt and banana

regular smoothies 8.5

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

MILKSHAKES

regular shakes S 6
L 7.5
available in all the classic flavours, blended with milk and ice cream

cookies and cream 1220KJ 8.8

cookies, ice cream, chocolate syrup and milk

peanut butter 1480KJ 8.8

peanut butter, ice cream and chocolate syrup

FRESHLY SQUEEZED JUICE

ask for available fruits S 7
L 9



FOR THE LITTLE ONES

babycino 2

fairy bread 964kj 5

kids pancakes 1210KJ 10

with maple syrup and ice cream add fruit + 2

toasties from 8

your choice of cheese, ham, tomato

nuggets & chips 2080kj 9.5

chicken nuggets served with fries



threebeanscafes



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threebeans.com.au

