

BREAKFAST

toast	8.2
with your choice of jam, marmalade, honey, vegemite or peanut butter (turkish, sourdough, rye) gluten free +1	
banana bread 2000kj	8.5
made to our secret recipe, toasted, served with butter	
bacon and egg roll 2150kj	12.9
with a free range egg and free range bacon on a milk bun	
ham, cheese croissant 1420kj	13.5
infinity croissant with smoked ham and cheese served toasted	
eggs on toast 1690kj	14.5
2 free range eggs (poached, fried or scrambled) on toast	
breakfast wrap 2760kj	15.9
made with 2 free range scrambled eggs, cheese, bacon and tomato relish	
sesame scrambled 1790kj	16.9
scrambled free range eggs and sesame avocado on sourdough	
eggs benedict 3340kj	22.9
poached eggs with hollandaise and spinach on toast with your choice of ham, bacon or salmon	
vegetarian breakfast 2660kj	24.5
with poached eggs, avocado, mushrooms, grilled tomato, haloumi, spinach and toast	
big breakfast 3860kj	24.5
with 2 eggs, bacon, grilled tomato, chorizo mushrooms, hash brown and toast	
coconut bowl 2450kj	19.9
with coconut sorbet, infinity granola, berry coulis, seasonal fruit and toasted coconut	

Please Order at the counter

SANDWICHES & WRAPS

croque monsieur 1880kj	16.9	the schnitty 2200kj	17.9	chicken caesar wrap 2800kj	17.9
smoked ham, cheese, mixed leaves and aioli on turkish		chicken schnitzel, tomato, mixed leaves and mayonnaise on turkish		poached chicken, cos lettuce, kale, avocado, bacon, croutons and caesar dressing	
haloumi turkish 1940kj	17.9	turkey and brie 2150kj	17.9	goddess chicken wrap 2440kj	17.9
grilled haloumi, fresh tomato, spinach and pesto on turkish		with shaved turkey, brie cheese, cranberry sauce, mixed leaves and avocado		with poached chicken, cos, cabbage, avocado, candied walnuts, edamame, toasted seeds, parmesan and green goddess dressing on a wrap	
chicken waldorf 2020kj	17.9	salmon on rye 2140kj	17.9		
free range poached chicken, walnuts, celery, mixed leaves, mayo and avocado on sourdough		smoked salmon, cream cheese, spinach, pickled onion and avocado on rye			

Sides

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

SOMETHING ELSE

bacon, avocado and cheese melt 1980kj	23.5
on sourdough with spicy tomato relish, avocado and free range bacon	
smashed avocado with grilled haloumi 2080kj	19.5
with grilled haloumi, pesto and semi dried tomatoes on toasted sourdough	
the OG smashed avocado 2080kj	19.5
smashed avocado with our marinated feta and semi dried tomatoes on toasted rye sourdough	
pumpkin and feta frittata 1980kj	17.5
served with a mesculun, feta and toasted seed salad, served without salad 11	

BOWLS

acai 2550kj	19.9
acai berry blended with banana topped with toasted granola, coconut and fresh fruit	
green breakfast bowl 1420kj	24.5
with avocado, quinoa, rice, kale, peas, toasted seeds, haloumi, basil pesto and a free range egg	
japanese chicken bowl 1770kj	24.5
with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing swap chicken for smoked salmon 26.9	
green goddess crunch 2230kj	19.9
with cos, cabbage, avocado, candied walnuts, edamame, toasted seeds, parmesan and green goddess dressing	
chicken caesar 2080kj	24.5
our caesar salad with cos lettuce, kale, avocado, bacon, croutons, caesar dressing and chicken schnitzel swap chicken for salmon 26.9	

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
L 5.9

hot chocolate

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

S 5
L 5.9

alternate milk/ extra shot/ flavour

0.8

malabar chai 910KJ

chai leaves brewed with milk, served with honey and cinnamon

6.9

tumeric latte 727KJ

golden latte with all the spice

S 5.9
L 6.9

matcha latte 727KJ

green matcha blended with milk

S 5.9
L 6.9

tea drop organic teas

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

5

ICED DRINKS

iced coffee/ moccha/ chocolate

8.5

iced long black

7.9

iced choc chai

9

berry crush 1020KJ

berries blended with apple juice and ice

9

coffee frappe 709KJ

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

9

SMOOTHIES

Dairy Free

acai smoothie 1420KJ

acai berry blended with banana and coconut water

9.9

cocoa banana 2080KJ

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

9.9

green machine 828KJ

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

9.9

coconut berry 1640KJ

berries blended with coconut water, coconut yoghurt and banana

9.9

regular smoothies

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

8.9

strawberry matcha 1640KJ

strawberry puree, ice, milk with green matcha poured over

9.9

ICED DRINKS

iced bounty 1520KJ

coconut sorbet, chocolate, ice, coconut water and toasted coconut

11.9

coconut matcha 1440KJ

coconut sorbet, matcha, ice, coconut water and toasted coconut

11.9

iced matcha latte 1240KJ

green matcha, ice, milk

9.9



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

9.5

affogato 1020KJ

7.5

FOR THE LITTLE ONES

fairy bread 964kj

6.5

kids fresh sandwich

with your choice of jam, vegemite, peanut butter or honey

7.5

kids toasties

your choice of cheese, ham and cheese or cheese and tomato

12



threebeanscafes



threebeanscoffee

threebeans.com.au

