

# BREAKFAST

<b>toast</b>	<b>6</b>
with your choice of jam, marmalade, honey, vegemite or peanut butter (turkish, sourdough, rye) gluten free +1	
<b>banana bread 2000kj</b>	<b>6.5</b>
made to our secret recipe, toasted, served with butter	
<b>ham, cheese croissant 1420kj</b>	<b>10</b>
smoked ham and cheese croissant served toasted	
<b>bacon and egg roll 2150kj</b>	<b>10.5</b>
with a free range egg and free range bacon on a milk bun, make it deluxe - add a hash brown, cheese and relish 4	
<b>breakfast wrap 2760kj</b>	<b>15</b>
made with 2 free range scrambled eggs, cheese, bacon, rocket and tomato relish- add a hash brown 2	
<b>eggs on toast 1690kj</b>	<b>13</b>
2 free range eggs (poached, fried or scrambled) on toast	
<b>chilli scrambled 1790kj</b>	<b>17</b>
scrambled free range eggs with crispy chilli oil and crumbled marinated feta on sourdough	
<b>eggs benedict 3340kj</b>	<b>16.5</b>
poached eggs with hollandaise on toast add ham or bacon 5, add salmon 7	
<b>vegetarian breakfast 2660kj</b>	<b>23</b>
with eggs, avocado, mushrooms, grilled tomato, haloumi, spinach and toast	
<b>big breakfast 3863kj</b>	<b>23</b>
with 2 eggs, bacon, grilled tomato, mushrooms, hash brown, avocado and toast	
<b>coconut bowl 2350kj</b>	<b>16</b>
coconut sorbet with cocoa granola, berry coulis, seasonal fruit and toasted coconut	

*Please Order at the counter*

# SANDWICHES & WRAPS

<b>BRAT 2380kj</b>	<b>15</b>	<b>the schnitty 2200kj</b>	<b>14</b>
with free range bacon, rocket, avocado, tomato and mayo on turkish		chicken schnitzel, tomato, rocket and mayonnaise on turkish	
<b>vegetarian wrap 1810kj</b>	<b>15</b>	<b>pesto chicken 2460kj</b>	<b>15</b>
with a corn and zucchini pattie, tomato, beetroot hummus, avocado, lettuce sour cream and sweet chilli sauce		poached chicken, basil mayonnaise, avocado, and rocket served on sourdough	
<b>classic chicken 2010kj</b>	<b>15</b>	<b>turkey and brie 2150kj</b>	<b>16.5</b>
free range chicken, mayo, swiss cheese, tomato and mixed leaves on sourdough		with shaved turkey, brie cheese, cranberry sauce, rocket and avocado	
		<b>green goddess chicken 2440kj</b>	<b>15</b>
		poached chicken, mayo, candied walnuts, cucumber, cos, cabbage, avocado and green goddess dressing	

*Sides*

1 EGG, AVOCADO, GRILLED TOMATO, HASH BROWN 4  
MUSHROOMS, HALOUMI, MARINATED FETA 4.5  
HAM, POACHED FREE RANGE CHICKEN, FREE RANGE BACON 6  
SMOKED SALMON 7  
BOWL OF FRIES 7

# SOMETHING ELSE

<b>corn and zucchini fritters 1010kj</b>	<b>16</b>
our corn and zucchini fritters served with spicy tomato relish, avocado and rocket, add an egg 4 or bacon 6	
<b>smashed avocado with honey, chilli haloumi 2080kj</b>	<b>17.5</b>
with grilled haloumi, smashed avo, hot honey and crispy chilli oil on toasted sourdough	
<b>the OG smashed avocado 2080kj</b>	<b>16.5</b>
smashed avocado with our marinated feta and semi dried tomatoes on toasted sourdough	
<b>smashed avocado with bush dust 2610kj</b>	<b>16.5</b>
with native macadamia & finger lime bush dust, feta and herbs, served on toasted sourdough	

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

15% SURCHARGE PUBLIC HOLIDAYS

# BURGERS

<b>cheese burger 2540kj</b>	<b>15.5</b>
beef pattie with cheese, lettuce and special burger sauce served on a milk bun add a side of fries 4	
<b>peri peri burger 2530kj</b>	<b>15.5</b>
crumbed chicken breast, tomato, swiss cheese, cos and peri peri sauce on a milk bun add a side of fries 4	

# BOWLS

<b>acai 2550kj</b>	<b>21</b>
acai berry blended with banana topped with toasted granola, coconut and fresh fruit	
<b>green breakfast bowl 1420kj</b>	<b>21</b>
with avocado, quinoa, rice, kale, peas, toasted seeds, haloumi, basil pesto and a free range egg	
<b>japanese chicken bowl 1770kj</b>	<b>21</b>
with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing	
<b>green goddess crunch 2230kj</b>	<b>21</b>
with poached chicken, cos, cabbage, avocado, candied walnuts, edamame, toasted seeds, parmesan and green goddess dressing	

= gluten free



## COFFEE.TEA

### coffee

our own sustainable blend sourced from farmers we know and trust

S 4.6  
L 5.6

### hot chocolate

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

S 4.6  
L 5.6

alternate milk/ extra shot/ flavour/ decaf

0.8  
6

### malabar chai 910KJ

chai leaves brewed with milk, served with honey and cinnamon

### tumeric latte 727KJ

S 4.5  
L 5.5

### matcha latte 727KJ

green matcha blended with milk

S 4.5  
L 5.5

### tea drop organic teas

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

5

## MILKSHAKES

### regular shakes

available in all the classic flavours, blended with milk and ice cream - thickshake add 2

S 6  
L 8

### 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

11

#### cocoa banana 2080KJ

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

11

#### green machine 828KJ

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

11

#### coconut berry 1640KJ

berries blended with coconut water, coconut yoghurt and banana

11

### regular smoothies

fruit blended with yoghurt and honey  
banana, mixed berry

9

## ICED DRINKS

### iced coffee/moccha/chocolate 8.5

### iced latte, iced long black

7

### 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

### iced bounty 1520KJ

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

11

### coconut matcha 1440KJ

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

11



## FOR THE LITTLE ONES

### fairy bread 964KJ

5.5

### fresh sandwich

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

6.5

### toasties

toasted sandwich with your choice of ham and cheese or cheese and tomato

7

### babycino

free



threebeanscafes



threebeanscoffee

threebeans.com.au

