

BREAKFAST

toast	7
with your choice of jam, marmalade, honey, vegemite or peanut butter (turkish, sourdough, multigrain) gluten free +2	
banana bread 2000kj	8.5
made to our secret recipe, toasted, served with butter	
ham, cheese croissant 1420kj	12
smoked ham and cheese croissant served toasted	
toasted muesli 2540kj	14
infinity toasted muesli with fresh fruit and 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, relish +3	
breakfast wrap 2760kj	16
made with 2 free range scrambled eggs, cheese, bacon and tomato relish- add a hash brown 2	
chilli scrambled 1790kj	17
scrambled free range eggs with crispy chilli oil and crumbled marinated feta on sourdough	
eggs benedict 3340kj	18
poached eggs with hollandaise, spinach, and toast - with bacon 20, with salmon 22	
eggs on toast 1690kj	15
2 free range eggs (poached, fried or scrambled) and toast - add something from sides	
vegetarian breakfast 2660kj	23
with poached eggs, avocado, mushrooms, haloumi and toast	
big breakfast 3863kj	24
with 2 eggs, bacon, grilled tomato, mushrooms, hash brown, avocado and toast	
biscoff pancakes 3830kj	18
pancakes with biscoff cream, roasted nuts, ice cream and fresh berries	

Please Order at the counter

SANDWICHES & WRAPS & BURGERS

croque monsieur 1880kj	12
smoked ham, cheese and aioli on turkish	
brat 2380kj	17
with free range bacon, avocado, tomato, mayonnaise and rocket on turkish	
vegetarian wrap 1810kj	17
with a corn and zucchini patty, tomato, beetroot hummus, avocado, mixed leaves, sour cream, rocket and sweet chilli sauce	
classic chicken 2010kj	17
free range chicken, mayo, swiss cheese, tomato and mixed leaves on sourdough make it a club - add bacon and avocado 4	
pesto chicken wrap 2460kj	18
poached chicken, basil mayonnaise, avocado, and rocket served on a wrap	
salmon wrap 2140kj	20
smoked salmon, cream cheese, spinach, pickled onion and avocado on a wrap	

Sides

GRILLED TOMATO, 1 EGG, AVOCADO, MUSHROOMS 3.5
HAM, POACHED FREE RANGE CHICKEN, FREE RANGE BACON 6
SMOKED SALMON 6
BOWL OF FRIES with aioli or ketchup 10, SIDE OF FRIES 5.5

SOMETHING ELSE

cheese melt 1980kj	13
on sourdough with tomato relish - add avocado and bacon 6	
corn and zucchini fritters 1010kj	18
our corn and zucchini fritters served with tomato relish, avocado and rocket	
smashed avocado with honey, chilli haloumi 2080kj	19.5
with grilled haloumi, smashed avo, hot honey and crispy chilli oil on toasted sourdough	
smashed avocado with bush dust 2610kj	15.5
with native macadamia & finger lime bush dust, feta and herbs, served on toasted sourdough add an egg 3.5, add bacon 5	

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 - 15% SURCHARGE PUBLIC HOLIDAYS

= gluten free

BOWLS

acai 2550kj	20
acai berry blended with banana topped with toasted granola, coconut and fresh fruit	
green breakfast bowl 1420kj	19.5
with avocado, quinoa, rice, kale, peas, toasted seeds, haloumi, basil pesto and a free range egg	
japanese chicken bowl 1770kj	21
with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing	
superfood chop salad 2550kj	19.5
with cos, chickpeas, peas, avocado, toasted seeds, marinated feta and viniagrette - add chicken 6	
californian 1860kj	19.5
quinoa, brown rice, avocado, kale, tomato, black beans, corn, feta, candied walnuts, jalapeno relish and lemon dressing	



COFFEE.TEA

SMOOTHIES

coffee

our own sustainable blend sourced from farmers we know and trust

S 5
L 5.8
XL 6.5

hot chocolate

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

S 5
L 5.8
XL 6.5

alternate milk / flavour shot / decaf

0.8

malabar chai 910KJ

chai leaves brewed with milk, served with honey and cinnamon

6.8

turmeric latte 727KJ

turmeric blended with milk

S 5.5

L 6

matcha latte 727KJ

green matcha blended with milk

S 5.5

L 6

tea drop organic teas

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

5.4

ICED DRINKS

iced latte/ iced long black

6.5

iced coffee / iced chocolate

8

iced mocca

8.5

berry crush 1020KJ

berries blended with apple juice and ice

8

coffee frappe 709KJ

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

8.5

Dairy Free

acai smoothie 1420KJ

13

acai berry blended with banana and coconut water

cocoa banana 2080KJ

13

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

green machine 828KJ

13

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

coconut berry 1640KJ

13

berries blended with coconut water, coconut yoghurt and banana

regular smoothies

11

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

strawberry matcha 1640KJ

11

our classic strawberry smoothie, poured over green matcha

MILKSHAKES

regular shakes

S 8

available in all the classic flavours, blended with milk and ice cream, make it a thickshake + 2

L 10

cookies and cream 1220KJ

10

cookies, ice cream, chocolate syrup and milk

FRESH JUICE

your choice

11

any combination of apple, orange, carrot or ginger

green juice

11

apple, celery, cucumber and ginger



FOR THE LITTLE ONES

fairy bread 964kj

6.5

kids fresh sandwich

7

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

kids toasties

9.5

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

kids pancakes 1210J

15

with maple syrup, berries and ice cream



threebeanscafes



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