

## BREAKFAST

"the average adult daily energy intake is 8700kj"

<b>toast</b> with your choice of jam, marmalade, honey, peanut butter or vegemite (granary, turkish, sourdough,rye) <b>gluten free 1.0</b>	<b>5.5</b>	<b>breakfast wrap 2760kj</b> made with 2 free range eggs, cheese, bacon, tomato relish and rocket <b>add hash brown 2</b>	<b>13</b>	<b>eggs benedict 3340kj</b> poached eggs with hollandaise and spinach on toast <b>with bacon 18, with salmon 19</b>	<b>14.5</b>
<b>banana bread 2000kj</b> made to our secret recipe, toasted and served with praline butter	<b>6.5</b>	<b>eggs &amp; bacon on toast 1690kj</b> 2 free range eggs (poached, fried or scrambled) and bacon on toast	<b>15.5</b>	<b>vegetarian breakfast 2660kj</b> with poached eggs, avocado, mushrooms, grilled tomato, haloumi and toast	<b>20</b>
<b>bacon &amp; egg roll 2150k</b> with a free range egg and free range bacon on a brioche bun or turkish bread <b>deluxe add-hash brown, cheese, relish 12.5</b>	<b>10</b>	<b>breakfast burger 2580k</b> with a free range egg and free range bacon, avocado, spinach, mayo, tomato relish on a brioche bun	<b>13.5</b>	<b>big breakfast 3860kj</b> with 2 eggs, bacon, grilled tomato, mushrooms, hash browns and toast	<b>22</b>
<b>chilli scrambled 1790kj</b> scrambled free range eggs with crispy chilli oil and marinated feta on sourdough	<b>14</b>	<b>eggs on toast 1690kj</b> 2 free range eggs on toast (poached, fried or scrambled)	<b>11</b>	<b>biscoff pancakes 3830kj</b> pancakes with warm biscoff cream, honey roasted nuts, ice cream and berries	<b>17</b>

## BOWLS

## SOMETHING ELSE

<b>acai bowl 2550kj</b> 🌿 acai berry blended with banana & coconut water topped with toasted granola, coconut and seasonal fruit	<b>18</b>	<b>corn and zucchini fritters 1010kj</b> 🌿 with spicy tomato relish, avocado and rocket	<b>15</b>
<b>green breakfast bowl 1420kj</b> 🌿 with avocado, quinoa, kale, peas, toasted seeds, haloumi, basil pesto and a free range egg	<b>18</b>	<b>cheese melt 1980kj</b> on sourdough with our spicy tomato relish	<b>12</b>
<b>chicken katsu bowl 2560kj</b> brown rice, cabbage, pickled carrot, ponzu, katsu BBQ sauce and mayo topped with chicken schnitzel and sesame dust	<b>19</b>	<b>pumpkin and feta fritatta 2120kj</b> served with a mesculun feta and toasted seed salad	<b>14</b>
<b>japanese chicken bowl 1770kj</b> 🌿 with brown rice, avocado, kale, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing	<b>19</b>	<b>smashed avocado with bush dust 2610kj</b> with native macadamia & finger lime bush dust, feta, and herbs served on sourdough rye <b>add an egg 3 bacon 5</b>	<b>15</b>
<b>superfood chop salad 2160kj</b> 🌿 with cos, chickpeas, peas, avocado, toasted seeds, marinated feta and viniagrette <b>add chicken 4</b>	<b>14</b>	<b>the OG smashed avo 2080kj</b> smashed avocado with our marinated feta and semi dried tomatoes on sourdough, <b>add an egg 3</b>	<b>15</b>

10% surcharge for public holidays

## SANDWICHES

## WRAPS

## BURGERS

<b>vegetarian wrap 1810kj</b> with corn and zucchini pattie, tomato, beetroot, avocado, lettuce, sour cream & sweet chilli	<b>13.5</b>	<b>salmon on rye 2140kj</b> smoked salmon, cream cheese, spinach, pickled onion and avocado on rye	<b>16</b>	<b>the schnitty 2200kj</b> chicken schnitzel, tomato, rocket and mayonnaise served on turkish	<b>12</b>
<b>croque monsieur 1880kj</b> smoked free range ham, cheese, aioli toasted on croissant	<b>10</b>	<b>BRAT 2380kj</b> with free range bacon, avocado, tomato, mayo and rocket on turkish	<b>14</b>	<b>chicken katsu burger 2530kj</b> crumbed chicken breast with lettuce, mayonnaise and katsu BBQ sauce <b>add a side of chips 4</b>	<b>14</b>
<b>classic chicken s/w 2010kj</b> with free range chicken, mayo, swiss cheese, tomato and mixed leaves on sourdough <b>make it a club - add bacon and egg + 4</b>	<b>14.5</b>	<b>turkey and brie 2230kj</b> shaved turkey, brie, avocado, cranberry sauce and rocket on turkish bread	<b>15</b>	<b>chicken waldorf 2020kj</b> poached chicken with walnuts, celery, mayo and avocado on sourdough	<b>14</b>

## Sides

HASH BROWN x 2, MUSHROOMS  
GRILLED TOMATO, SPINACH 3.5.

HALOUMI, HOLLANDAISE, MARINATED FETA 4.5 AVOCADO 3.5  
HAM, POACHED CHICKEN, FREE RANGE BACON, SMOKED SALMON 6

Please be aware the food we serve may contain egg, soy, tree nuts, peanuts, dairy. If you have any allergies please let the staff know

🌿 = made from gluten free ingredients but not in a gluten free kitchen

# three beans

## COFFEE

### coffee

our own sustainable blend sourced from farmers we know and trust

S 4.5  
L 5.5

### chocolate

our hot chocolates and moccha's are made with 40% cocoa

S 4.5  
L 5.5

extra shot/ bonsoy/ oat/ almond/ flavour 0.7

## CHOCOLATE

### malabar chai 910kj

chai leaves brewed with milk, served with honey and cinnamon

6.5

### turmeric latte 727kj

golden latte made with our spiced tumeric

S 5  
L 6

### matcha latte 727kj

green matcha latte

S 5  
L 6

### tea drop organic teas 2kj

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

5.5

*Dairy Free*

## SMOOTHIES

### acai smoothie 1420kj

acai berry blended with coconut water and banana

8.5

### cocoa banana 2080kj

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

8.5

### green machine 828kj

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

8.5

### coconut berry 1640kj

berries blended with coconut water, coconut yoghurt and banana

8.5

## SHAKES

### milkshakes

available in all the classic flavours, thickshake add 1.0

6.5

### *Premium Shakes*

#### cookies and cream 1220kj

cookies, vanilla ice cream, chocolate and milk

8.5

#### peanut butter 1730kj

peanut butter, vanilla ice cream, chocolate

8.5

#### biscoff shake 1490kj

lotus biscuits blended with biscoff cream, vanilla, milk and icecream

8.5

## SMOOTHIES

### smoothies

blended fruit, yoghurt and honey

7.5

strawberry 1290kj, mixed berry 1240kj, banana 1240kj

### FOR THE LITTLE ONES

fairy bread 964kj 5

sandwich 1150kj, 1150kj, 768kj, 1070kj 6.5  
fresh sandwich with your choice of homemade seasonal jam, honey, vegemite or peanut butter

toasties 860kj, 1050kj, 920kj 8.5  
with your choice of cheese, ham and cheese or cheese and tomato

## ICED DRINKS

### iced drinks 1460kj

iced coffee, iced chocolate, iced mocha

7.5

### frappes

#### berry crush 1020kj

berries blended with apple juice and ice

7.5

#### coffee frappe 709kj

espresso, milk, ice, ice cream and syrup (vanilla, caramel or hazelnut)

7.5

#### mocha frappe 1460kj

espresso, chocolate, milk, ice & ice cream

7.5

#### orange juice 559kj

6.5

#### babycino

1.5

#### summer iced tea 1020kj

iced strawberry guava tea with lemon and berries

7

