

## BREAKFAST

"the average adult daily energy intake is 8700kj"

<b>toast - infinity sourdough bread</b> 6 with your choice of jam, marmalade, honey, peanut butter or vegemite (sourdough, turkish, rye, white, raisin) <b>gluten free add 2</b>	<b>bacon &amp; egg roll 2150k</b> 11 with a free range egg and free range bacon on a brioche bun or turkish bread <b>deluxe add-hash brown, cheese, relish</b> 15	<b>big breakfast 3860kj</b> 22 with 2 eggs, bacon, avocado, sausage, mushrooms, hash brown and toast
<b>ham &amp; cheese croissant 1420kj</b> 10.5 made with free range ham and cheese toasted	<b>eggs on toast 1690kj</b> 11.5 2 free range eggs on toast (poached, fried or scrambled) add sides from 2.5	<b>vegetarian breakfast 2660kj</b> 20 with 2 eggs, baby spinach, avocado, mushrooms, grilled tomato, haloumi and toast
<b>toasted muesli 2540kj</b> 14 three beans toasted muesli with yoghurt, seasonal fruit and roasted honey nuts	<b>eggs benedict 3340kj</b> 14.5 poached eggs with hollandaise, spinach on toast <b>with bacon 18, with salmon 19</b>	<b>biscoff pancakes 4855kj</b> 18.5 pancakes with biscoff cream, honey roasted nuts, ice cream, strawberries and a side of warm biscoff cream
<b>breakfast wrap 2760kj</b> 14 made with 2 scrambled free range eggs, cheese, bacon, tomato relish and mixed leaves	<b>omelette 1840kj</b> 16 with mushrooms, spinach, tomato and cheese with a slice of sourdough toast <b>add bacon 3</b>	<b>chilli scrambled 1790kj</b> 15 scrambled free range eggs with crispy chilli oil and marinated feta on sourdough

## BOWLS

## SOMETHING ELSE

<b>acai bowl 2550kj</b> 🌿 acai berry blended with banana & coconut water topped with toasted granola, coconut and seasonal fruit <b>add peanut butter 1.5</b>	17	<b>cheese melt 1980kj</b> 11 on sourdough with our spicy tomato relish <b>add avocado and chicken 6</b>
<b>green breakfast bowl 1420kj</b> 🌿 with avocado, quinoa, kale, peas, toasted seeds, haloumi, coriander, basil pesto and a free range egg	19	<b>smashed avocado with bush dust 2610kj</b> 16 with native macadamia & finger lime bush dust, feta, and herbs served on sourdough rye <b>add an egg 3.5, add bacon 5</b>
<b>japanese chicken bowl 1770kj</b> 🌿 with brown rice, avocado, kale, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing	19	<b>smashed avocado with grilled haloumi 2080kj</b> 18 with grilled haloumi, pesto and semi dried tomatoes on toasted sourdough
<b>chicken katsu bowl 2560kj</b> 19 brown rice, cabbage, pickled carrot, ponzu, katsu BBQ sauce and mayo topped with chicken schnitzel and sesame dust		<b>corn and zucchini fritters 1010kj</b> 🌿 15 with spicy tomato relish, avocado and mixed leaves

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

## SANDWICHES

## WRAPS

## BURGERS

<b>the schnitty 2200kj</b> 14 chicken schnitzel, tomato, mixed leaves, mayonnaise served on turkish	<b>croque monsieur 1880kj</b> 12 smoked free range ham, cheese, aioli toasted on turkish bread	<b>chicken waldorf 2020kj</b> 15 poached chicken with walnuts, celery, mayo and avocado on sourdough
<b>haloumi turkish 1940kj</b> 15 grilled haloumi, fresh tomato, spinach and basil pesto on turkish bread	<b>salmon on rye 2140kj</b> 17 smoked salmon, cream cheese, spinach, pickled onion and avocado on rye	<b>beef burger 2540kj</b> 15 100% beef pattie with cheese, pickled onions, greens, aioli, special burger sauce served on a brioche bun <b>add fries 3</b>
<b>classic chicken s/w 2010kj</b> 15 with free range chicken, mayo, swiss cheese, tomato and salad on sourdough	<b>turkey and brie 2230kj</b> 16 shaved turkey, brie, avocado, cranberry sauce and rocket on turkish bread	<b>chicken burger 2530kj</b> 15 crumbed chicken breast with tomato, avocado, sweet chilli, mayo and mixed leaves, served <b>add fries 3</b>

## Sides

1 EGG, GRILLED TOMATO, HASH BROWN, AVOCADO, MUSHROOMS 3.5 SPINACH 2.5 HAM, POACHED CHICKEN, BACON 5. SMOKED SALMON 7 FRIES 981KJ WITH KETCHUP OR AIOLI 7.5 SWEET POTATO FRIES W/ SWEET CHILLI AND SOUR CREAM 9.5

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

# three beans

## COFFEE

## CHOCOLATE

## TEA

<b>coffee</b> our own sustainable blend sourced from farmers we know and trust	S	4.3	<b>malabar chai 910kj</b> chai leaves brewed with milk, served with honey and cinnamon		6.5
	L	5			
	J	5.7			
<b>chocolate</b> our hot chocolates and mocchas are made with 40% cocoa moccha add 0.2	S	4.3	<b>turmeric latte 727kj</b> golden latte with all the spice	S	4.3
	L	5		L	5
	J	5.7	<b>matcha latte 727kj</b> green matcha latte	S	4.3
<b>extra shot/ bonsoy/ decaf/ almond/ flavour/ dirty chai</b>		0.7		L	5
<b>filter coffee / cold brew</b>		5	<b>tea drop organic teas 2kj</b> english breakfast, earl grey, chamomile, spring green, peppermint, lemongrass & ginger		4.8

*Dairy Free*

## SMOOTHIES

## SHAKES

<b>acai smoothie 1420kj</b> acai berry blended with coconut water and banana	9	<b>milkshakes</b> available in the classic flavours thickshake + 1.5	S	5
			L	7
<b>cocoa banana 2080kj</b> banana, peanut butter, cocoa nibs, almond milk, coconut yoghurt and honey	9	<i>Premium Shakes</i>		
<b>green machine 828kj</b> kale, lemon, avocado, coconut water, mint and apple juice	9	<b>cookies &amp; cream 945kj, 1220kj</b> cookies, vanilla ice cream, chocolate		8.8
<b>coconut berry 1640kj</b> berries blended with coconut water, coconut yoghurt, honey and banana	9	<b>peanut butter 1480kj, 1730kj</b> peanut butter, vanilla ice cream, chocolate		8.8

## SMOOTHIES

## ICED DRINKS

<b>smoothies</b> blended fruit, yoghurt and honey	8	<b>iced drinks</b>		
<b>strawberry 1290kj mixed berry 1240kj banana 1240kj</b>		iced coffee <b>1450kj</b>	iced chocolate <b>1460kj</b>	7.5
		iced moccha <b>1460kj</b>		8
		iced long black <b>12kj</b>	iced latte <b>1100kj</b>	6

### FOR THE LITTLE ONES

<b>fairy bread 964kj</b>	5
<b>pancakes 1210kj</b> with maple syrup and ice cream	10
<b>toasties</b> your choice of cheese, ham and tomato	from 8
<b>chicken nuggets and chips 2080kj</b>	9.5
<b>babycino 264kj</b>	2

<b>frappes</b>	
<b>berry crush 1020kj</b> berries blended with apple juice and ice	8.5
<b>coffee frappe 709kj</b> espresso, milk, ice & ice cream and your choice of syrup (vanilla, caramel, hazelnut)	8.5

<b>freshly squeezed juice</b>	S	7
	L	9