

three beans

“the average adult daily energy intake is 8700 kjs”

toast - infinity sourdough bread 5.0
with your choice of seasonal jam, marmalade, honey, peanut butter or vegemite
sourdough, grain, sciaccata, miche or raisin
gluten free add 1.0

banana bread 2000kj 5.0
made in the three beans kitchen to our secret recipe, served toasted with our praline butter

eggs on toast 1490kj 10.0
2 free range eggs your way on toast
(poached, scrambled or fried)

breakfast wrap 2760kj 13.0
made with scrambled free range eggs, cheese, bacon, tomato relish and rocket

french toast 2570kj 16.0
with berry coulis, fresh berries, maple syrup and bacon

breakfast burger 2580kj 14.0
with free range bacon, free range egg, avocado, hash brown and hollandaise served on a brioche bun

eggs benedict 3340kj 17.0
poached eggs and hollandaise on toast with your choice of either spinach, ham, salmon or bacon

sourdough with extra 2080kj 14.0
with our marinated feta and grilled tomatoes and avocado on sourdough

vegetarian breakfast 2660kj 19.0
with eggs, avocado, mushrooms, grilled tomatoes, haloumi on toast

big breakfast 3860kj 24.0
with eggs, bacon, grilled tomato, mushrooms, avocado and hash brown & toast

smoothie bowl 14.5
acai 2550kj 
acai berry blended with banana & coconut water topped with paleo granola, coconut and summer fruit

healthy bowls
add some protein to your bowl
grilled chicken 5.0
free range bacon 5.0
smoked salmon 5.0

green breakfast bowl 1420kj  14.5
with avocado, quinoa, kale, peas, toasted seeds, haloumi, basil pesto and a poached egg

superfood 2000kj  14.0
chickpeas, peas, marinated feta, rocket, avocado cucumber, toasted seeds & lemon dressing

spicy chicken umami salad 2870kj  17.0
with spicy umami chicken tenderloin, quinoa, tomato, avocado, cucumber, red cabbage mixed leaves and viniagrette dressing

corn and zucchini fritters 1010kj  13.5
with spicy tomato relish, avocado and rocket
add bacon or smaoked salmon 5.0

add to your dish

- grilled tomato	3.0	- avocado	4.0
- mushrooms	4.0	- grilled chicken	5.0
- haloumi	4.0	- ham	4.0
- hollandaise	4.0	- free range bacon	5.0
- marinated feta	4.0	- smoked salmon	5.0
- baked beans	4.0	- spinach	4.0
- hash brown x 2	4.0		

beer battered fries 981kj 8.0
served with aioli, sweet chilli and sour cream or ketchup

burgers and club served with fries 19.0
club sandwich 2460kj
free range bacon, poached chicken, tomato, avocado, swiss cheese, fried egg, mesclun & aioli

chicken burger 2190kj
with grilled chicken tenderloins, avocado, aioli, cheese and rocket

beef burger 2540kj
free range beef w/ bacon, cheese, tomato, salad greens, aioli and smokey BBQ sauce add egg 2.0

sandwiches add a side of fries 4.0

grilled cheese 1880kj 8.0
classic grilled cheese toastie with jalapeno & gherkin relish

croque monsieur croissant 1880kj 9.0
smoked free range ham, cheese and aioli served on a croissant

vegetarian wrap 1810kj 12.0
with corn and zucchini pattie, tomato, beetroot, avocado, lettuce, sour cream & sweet chilli

salmon bruschetta 2140kj 13.0
open sandwich of smoked salmon, rocket, feta, spanish onion, and capers on wood fired bread

classic chicken sandwich 2010kj 12.0
with free range poached chicken, mayo, swiss cheese, tomato and mesclun

spicy umami chicken wrap 2440kj 15.0
spicy umami chicken tenderloin with avocado, lettuce, tomato, cheese and sriracha mayo

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

three beans

coffee
our own sustainable blend sourced from farmers we know and trust

S	3.7
L	4.7

chocolate
our hot chocolates and mocchas are made with 40% cocoa or our new white chocolate

S	3.7
L	4.7

extra shot/ bonsoy/ almond/ oat 0.5

babycino 199kj 1.0

malabar chai 910kj 5.0
chai leaves brewed with milk, served with honey and cinnamon

turmeric latte 727kj/ 1030kj S 4.0
golden latte with all the spice L 5.0

tea drop organic teas 2kj 4.0
english breakfast, earl grey, chamomile, spring green, peppermint, lemongrass & ginger

iced drinks 7.0

iced coffee 1450kj
espresso and milk poured over ice cream

iced chocolate 1460kj
chocolate and milk poured over ice cream

iced moccha 1460kj
coffee, chocolate and milk poured over ice cream

frappes 7.5

berry crush 1020kj
berries blended with orange juice and ice

coffee frappe 1330kj
espresso, milk, gelato, ice and your choice of syrup (vanilla, caramel, hazelnut)

moccha frappe 1460kj
espresso, chocolate, ice, milk, gelato

dairy free smoothies 8.5

acai smoothie 1420kj
acai berry blended with coconut water and banana

cocoa banana 2080kj
banana, peanut butter, cocoa nibs, almond milk, coconut yoghurt and honey

green machine 828kj
kale, lemon, avocado, coconut water, mint and apple juice

coconut berry 1640kj
berries blended with coconut water, coconut yoghurt and banana

smoothies 6.5
blended fruit, icecream and honey

banana 1240kj **mixed berry 1240kj**

milkshakes 6.5
available in the classic flavours

premium shakes 8.5

cookies & cream 945kj, 1220kj
cookies, vanilla ice cream, chocolate

peanut butter 1480kj, 1730kj
peanut butter, vanilla ice cream, chocolate

fresh orange juice 559kj 6.5

mineral water 500ml 5.5

affogato 935kj 6.0
double espresso shot served poured over a scoop of ice cream
add a shot of baileys, kahlua or amaretto for 5.0



something sweet

selection of cakes and cookies

please see our cakes and cookies at the counter, all made in the three beans kitchen using free range eggs - lots of gluten free options

beer

cascade light	6.5
peroni	7.0
heineken	7.0
corona	8.0
coopers pale ale	8.0

house white glass 7.0

house red glass 7.0



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