

three beans all day menu

toast	5.0
with your choice of seasonal jam, marmalade, honey, peanut butter or vegemite sourdough, turkish, rye, 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	
toasted granola 2540kj	14.0
our granola served with coconut yoghurt, berries and coulis	
croissant 1070kj	6.0
with three beans berry jam	
ham and cheese croissant 1220kj	10.0
with free range ham	
bacon & egg roll 2150kj	8.5
with a free range egg and bacon on brioche	
double bacon & egg roll or wrap 2750kj	13.0
with 2 free range eggs. free range bacon, avocado cheese and tomato relish on a brioche bun	
eggs on toast 1690kj	8.5
2 free range eggs on toast (poached, scrambled or fried)	
cooked breakfast 2760kj	14.0
2 free range eggs on toast with bacon, grilled tomato, avocado and rocket	
breakfast wrap 2710kj	10.5
made with 2 free range eggs, cheese, bacon, tomato relish and rocket	
eggs benedict 3340kj	16.0
poached eggs with spinach and hollandaise on toast with your choice of bacon or smoked salmon	
vegetarian breakfast 2660kj	16.0
with eggs, baby spinach, avocado, marinated tofu, tomatoes, haloumi and toast	

healthy bowls	
acai 2550kj 🌿	14.5
acai berry blended with banana & coconut water topped with toasted granola, coconut, seasonal fruit	
green breakfast bowl 1420kj 🌿	18.0
with avocado, quinoa, kale, peas, toasted seeds, haloumi, basil pesto and a free range egg	
superfood 2000kj 🌿	18.0
chickpeas, peas, marinated feta, parsley, avocado, tomato, rocket, cucumber, toasted seeds & lemon dressing	
soba noodle salad 1570kj	18.0
with soba noodles, avocado, red cabbage, kale, cucumber, pickled carrot, spring onion, sesame dressing and roasted sesame dust	
japanese chicken bowl 1770kj 🌿	18.0
with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing	
caesar salad 2080kj	18.0
our caesar salad with cos lettuce, kale, avocado, bacon and crouton crumble, caesar dressing and your choice of poached chicken or smoked salmon	



burgers/ club	
chicken katsu burger 2530kj	14.0
crumbed chicken breast with shredded cos, mayonnaise and katsu BBQ sauce	
cheese burger 2540kj	14.0
100 % beef pattie w/ cheese, lettuce and special burger sauce served on a brioche bun	
club sandwich 2540kj	15.5
with free range poached chicken, mayo, swiss cheese, tomato, free range bacon, avocado and rocket on sourdough, served with crisps	

“the average adult daily energy intake is 8700 kjs”

cheese melts 1980kj	16.9
with avocado, bacon and our spicy tomato relish OR with ham, cheese and tomato	
smashed avocado	14.0
with native macadamia & finger lime bush dust, feta and herbs served on sourdough rye 2610kj or with semi dried tomatoes, rocket and parmesan, feta and balsamic on sourdough 2080kj	
corn and zucchini fritters 1010kj 🌿	14.0
with spicy tomato relish, avocado and rocket	
warm gluten free tart 983kj 🌿	11.5
with pumpkin, sweet potato, pinenuts and feta with a rocket, cherry tomato, toasted seed and feta salad	
grilled cheese 1880kj	8.0
classic grilled cheese toastie with jalapeno & gherkin relish	
croque monsieur 1880kj	12.0
smoked free range ham, cheese, rocket and aioli served on turkish	
BLAT 1880kj	12.0
bacon, lettuce, avocado, tomato	
chicken waldorf 2020kj	14.0
poached chicken with walnuts, celery, mayo and avocado	
haloumi turkish 1940kj	12.0
grilled haloumi, fresh tomato, spinach and pesto on turkish bread	
chicken caesar wrap 2800kj	14.0
poached chicken, cos lettuce, kale, avocado, bacon and crouton crumb and caesar dressing	
turkey and brie 2230kj	14.0
shaved turkey, brie, avocado, cranberry sauce and rocket on turkish bread	
salmon on rye 2140kj	14.0
smoked salmon, cream cheese, spinach, pickled onion and avocado on rye	
superfood wrap 2240kj	14.0
our famous classic superfood salad combined with poached chicken, basil aioli and rocket	

🌿 = 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	3.9
L	4.6

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

S	3.9
L	4.6

extra shot/ bonsoy/ decaf/ almond/ flavour/ dirty chai

	0.5
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malabar chai 910kj
chai leaves brewed with milk, served with honey and cinnamon

	5.0
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turmeric latte 727kj
golden latte with all the spice

S	4.5
L	5.0

matcha latte 727kj
green matcha latte

S	4.5
L	5.0

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

	3.9
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iced drinks

	6.5
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iced coffee **1450kj** iced chocolate **1460kj**

iced moccha **1460kj**

iced long black **12kj**

	5.0
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frappes

	6.9
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berry crush 1020kj
berries blended with apple juice and ice

coffee frappe 709kj
espresso, milk, ice and your choice of syrup (vanilla, caramel, hazelnut)

dairy free smoothies

	8.5
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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

	6.9
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blended fruit, yoghurt and honey

**strawberry 1290kj mixed berry 1240kj
banana 1240kj**

milkshakes

	6.5
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available in the classic flavours
thickshake + 1.0

premium shakes

	8.0
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cookies & cream 945kj, 1220kj
cookies, vanilla ice cream, chocolate

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

parkers cold drinks

	4.5
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babycino 199kj

	1.5
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