

three beans all day menu

toast with your choice of seasonal jam, marmalade, honey, peanut butter or vegemite sourdough, turkish, rye, raisin gluten free add 1.0	5.0
banana bread 2000kj made in the three beans kitchen to our secret recipe, served toasted with our praline butter	5.0
toasted granola 2540kj our granola served with coconut yoghurt, berries and coulis	14.0
croissant 1070kj with three beans berry jam	6.0
ham and cheese croissant 1220kj with free range ham	10.0
bacon & egg roll 2150kj with a free range egg and bacon on brioche	8.5
double bacon & egg roll or wrap 2750kj with 2 free range eggs. free range bacon, avocado cheese and tomato relish on a brioche bun	13.0
eggs on toast 1690kj 2 free range eggs on toast (poached, scrambled or fried)	8.5
cooked breakfast 2760kj 2 free range eggs on toast with bacon, grilled tomato, avocado and rocket	14.0
breakfast wrap 2710kj made with 2 free range eggs, cheese, bacon, tomato relish and rocket	10.5
eggs benedict 3340kj poached eggs with spinach and hollandaise on toast with your choice of bacon or smoked salmon	16.0
vegetarian breakfast 2660kj with eggs, baby spinach, avocado, marinated tofu, tomatoes, haloumi and toast	16.0

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



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

“the average adult daily energy intake is 8700 kjs”

cheese melts 1980kj with avocado, bacon and our spicy tomato relish OR with ham, cheese and tomato	16.9
smashed avocado 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	14.0 13.5
corn and zucchini fritters 1010kj 🌿 with spicy tomato relish, avocado and rocket	14.0
warm gluten free tart 983kj 🌿 with pumpkin, sweet potato, pinenuts and feta with a rocket, cherry tomato, toasted seed and feta salad	11.5
grilled cheese 1880kj classic grilled cheese toastie with jalapeno & gherkin relish	8.0
croque monsieur 1880kj smoked free range ham, cheese, rocket and aioli served on turkish	12.0
BLAT 1880kj bacon, lettuce, avocado, tomato	12.0
chicken waldorf 2020kj poached chicken with walnuts, celery, mayo and avocado	14.0
haloumi turkish 1940kj grilled haloumi, fresh tomato, spinach and pesto on turkish bread	12.0
chicken caesar wrap 2800kj poached chicken, cos lettuce, kale, avocado, bacon and crouton crumb and caesar dressing	14.0
turkey and brie 2230kj shaved turkey, brie, avocado, cranberry sauce and rocket on turkish bread	14.0
salmon on rye 2140kj smoked salmon, cream cheese, spinach, pickled onion and avocado on rye	14.0
superfood wrap 2240kj our famous classic superfood salad combined with poached chicken, basil aioli and rocket	14.0

🌿 = 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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