

BREAKFAST

toast 6.5

with your choice of jam, marmalade, honey, vegemite or peanut butter (turkish, sourdough, rye)
gluten free +1

banana bread 2000kj 7

made to our secret recipe, toasted, served with butter

bacon and egg roll 2150kj 13

with a free range egg and free range bacon on a milk bun
make it deluxe - add a hash brown, cheese and relish 3

breakfast wrap 2760kj 16.5

made with 2 free range scrambled eggs, cheese, bacon and tomato relish

breakfast burrito 2880kj 19

with eggs, chorizo, hash brown, avocado, tomato, rocket, cheese, sriracha and chipotle mayo

eggs on toast 1690kj 15

2 free range eggs (poached, fried or scrambled) and toast

chilli scrambled 1790kj 17.5

scrambled free range eggs with crispy chilli oil and crumbled marinated feta on sourdough

eggs benedict 3340kj 16.5

poached eggs with hollandaise
add bacon or ham 5

nutella pancakes 3830kj 18.5

with strawberries, maple syrup, ice cream and cocoa crumb

vegetarian breakfast 2660kj 20.5

with poached eggs, avocado, mushrooms, grilled tomato, haloumi and toast

hot chilli haloumi 2080kj 19

with grilled haloumi, smashed avo, hot honey and crispy chilli oil on toasted sourdough
add a poached egg 4

Please Order at the counter

SANDWICHES & WRAPS BURGERS

croque monsieur 1880kj 11.5

smoked ham, cheese and aioli on turkish

brat 2380kj 16

with free range bacon, avocado, tomato, mayonnaise and rocket on turkish

turkey and brie 2150kj 17

with shaved turkey, brie cheese, cranberry sauce, rocket and avocado

the schnitty wrap 2200kj 16

chicken schnitzel, tomato, rocket and mayonnaise on a wrap

classic chicken 2010kj 16.5

free range chicken, mayo, swiss cheese, tomato and mixed leaves on sourdough
make it a club - add bacon and avocado 4

vegetarian wrap 1810kj 16

with a corn and zucchini patty, tomato, beetroot, avocado, lettuce sour cream and sweet chilli sauce

cheese burger 2540kj 16

beef patty with cheese, lettuce and special burger sauce served on a milk bun
add a side of fries 4

katsu chicken burger 2530kj 16

crumbed chicken breast with shredded cos, mayonnaise and katsu BBQ sauce on a milk bun
add a side of fries 4

BOWLS

acai 2550kj 20

acai berry blended with banana topped with toasted granola, coconut and fresh fruit

green breakfast bowl 1420kj 20

with avocado, quinoa, kale, peas, toasted seeds, haloumi, basil pesto and a free range egg

japanese chicken bowl 1770kj 20

with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing

Sides

1 EGG, HASH BROWN 4
HALOUMI, MUSHROOMS, AVOCADO, MARINATED FETA 3.5
HAM, POACHED FREE RANGE CHICKEN, FREE RANGE BACON 6

SIDE OF FRIES 5

SOMETHING ELSE

cheese melt 1980kj 15

on sourdough with spicy tomato relish

corn and zucchini fritters 1010kj 16

our corn and zucchini fritters served with spicy tomato relish, avocado and rocket, add a poached egg 4

smashed avocado with bush dust 2610kj 17

with native macadamia & finger lime bush dust, feta and herbs, served on toasted sourdough

smashed avocado with grilled haloumi 2080kj 17

with grilled haloumi, pesto and semi dried tomatoes on toasted sourdough

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

CREDIT CARD SURCHARGE APPLIES - 10 % SURCHARGE SUNDAYS, 15% SURCHARGE PUBLIC HOLIDAYS

= gluten free



COFFEE.TEA

coffee

our own sustainable blend sourced from farmers we know and trust

S 4.7
L 5.7

hot chocolate

our hot chocolates and mocchas are made with our own blend of 40 % cocoa

S 4.7
L 5.7

alternate milk / flavour shot / decaf

0.8

malabar chai 910KJ

chai leaves brewed with milk, served with honey and cinnamon

6

matcha latte 727KJ

green matcha blend with milk

6

turmeric latte 727KJ

turmeric blend with milk

6

tea drop organic teas

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

5.2

SMOOTHIES

Dairy Free

acai smoothie 1420KJ

acai berry blended with banana and coconut water

11

cocoa banana 2080KJ

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

11

green machine 828KJ

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

11

coconut berry 1640KJ

berries blended with coconut water, coconut yoghurt and banana

11

regular smoothies

fruit blended with yoghurt and honey
strawberry, banana, mixed berry

9



ICED DRINKS

iced coffee / ice chocolate

8

iced moccha / latte

7

iced long black

6

berry crush 1020KJ

berries blended with apple juice and ice

8

coffee frappe 709KJ

espresso, milk, ice and ice cream with your choice of syrup (vanilla, caramel or hazelnut)

8

MILKSHAKES

regular shakes

available in all the classic flavours, blended with milk and ice cream, make it a thickshake 8.5

S 5
L 7

cookies and cream 1220KJ

cookies, ice cream, chocolate syrup and milk

10

FOR THE LITTLE ONES

babycino

1

toasties

toasted sandwich with any combination of ham, cheese and tomato on your choice of bread

9

scrambled eggs & bacon

served with 1 slice of toast

10.5



threebeanscafes



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