

# three beans all day menu

<b>toast</b>	<b>4.0</b>		
with your choice of seasonal jam, marmalade, honey, peanut butter or vegemite			
sourdough, grain, turkish, rye, raisin <b>gluten free add 2.0</b>			
<b>banana bread 2000kj</b>	<b>4.5</b>		
made in the three beans kitchen to our secret recipe, served toasted with our praline butter			
<b>bacon &amp; egg roll 2150kj</b>	<b>9.0</b>		
with a free range egg and bacon on brioche			
<b>eggs on toast 1690kj</b>	<b>9.0</b>		
2 free range eggs on toast (scrambled or fried)			
<b>breakfast wrap 2760kj</b>	<b>12.0</b>		
made with 2 free range eggs, cheese, bacon, tomato relish and rocket			
<b>vegetarian breakfast 2660kj</b>	<b>19.5</b>		
with eggs, baby spinach, avocado, mushrooms, tomatoes, haloumi and toast			
<b>big breakfast 3860kj</b>	<b>19.5</b>		
with eggs, bacon, grilled tomato, mushrooms, spinach & toast			
<b>extras</b>			
- 1 egg	<b>2.5</b>	- avocado	<b>3.0</b>
- grilled tomato	<b>3.0</b>	- marinated feta	<b>3.0</b>
- mushrooms	<b>3.0</b>	- ham	<b>3.0</b>
- haloumi	<b>4.0</b>	- free range bacon	<b>4.5</b>
- smoked salmon	<b>4.5</b>	- poached chicken	<b>4.5</b>
<b>smoothie bowls</b>	<b>11.5</b>		
<b>peanut butter and banana 2910kj</b>			
blended banana, peanut butter, coconut yoghurt and honey topped with granola, coconut, cocoa nibs & fruit			
<b>acai 2550kj</b>			
acai berry blended with banana & coconut water topped with toasted granola, coconut, seasonal fruit			
<b>healthy bowls - add something from extras</b>			
<b>superfood 2000kj</b>	<b>11.5</b>		
chickpeas, peas, marinated feta, parsley, avocado cucumber, toasted seeds & lemon dressing			
<b>something else</b>			
<b>cheese melt 1980kj</b>	<b>9.0</b>		
served on sourdough with our sweet and spicy tomato relish			
<b>smashed avocado</b>	<b>12.0</b>		
with native macadamia & finger lime bush dust, feta and herbs served on sourdough rye <b>2610kj</b>			
or			
with our marinated feta and semi dried tomatoes on sourdough <b>2080kj</b>			
<b>haloumi sourdough 2080kj</b>	<b>12.5</b>		
with avocado, pesto, semi dried tomatoes and grilled haloumi			
<b>warm gluten free tart 983kj</b>	<b>9.0</b>		
with pumpkin, sweet potato and feta			
served with a rocket, toasted seed and feta salad			
<b>sandwiches and wraps</b>			
<b>croque monsieur 1880kj</b>	<b>9.0</b>		
smoked free range ham, cheese and aioli served on turkish			
<b>salmon wrap 1890kj</b>	<b>13.0</b>		
smoked salmon, dill creme fraiche, pickled onion and rocket			
<b>classic chicken wrap 2010kj</b>	<b>12.0</b>		
with free range poached chicken, mayo, swiss cheese, tomato and rocket			
<b>superfood wrap 2240kj</b>	<b>12.0</b>		
our famous classic superfood salad combined with poached chicken, basil aioli and rocket			
<b>BBQ pulled pork sourdough 3770kj</b>	<b>12.5</b>		
BBQ pulled pork, red cabbage, coriander, pickled onion and mayonnaise on sourdough			
<b>turkey and brie 2230kj</b>	<b>12.5</b>		
shaved turkey, brie, avocado, cranberry sauce and rocket on turkish bread			



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

"the average adult daily energy intake is 8700 kis"

# three beans

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

S **4.5**  
L **5.0**

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

S **4.5**  
L **5.0**

**extra shot/ bonsoy/ almond**

**0.5**

**malabar chai 910kj**

chai leaves brewed with milk, served with honey and cinnamon

**5.0**

**turmeric latte 727kj**

golden latte with all the spice

**4.5**

**matcha latte 727kj**

green matcha latte

**4.5**

**tea drop organic teas 2kj**

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

**4.5**

**iced drinks**

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

iced mocca **1460kj**

iced long black **29kj**

**6.5**

**frappes**

**berry crush 1020kj**

berries blended with apple juice and ice

**7.5**

**coffee frappe 709kj**

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

**dairy free smoothies** **8.0**

**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** **8.0**  
blended fruit, yoghurt and honey

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

**milkshakes** **6.0**  
available in the classic flavours

**premium shakes** **7.5**

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

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

