

three beans all day menu

toast	4.0
with your choice of seasonal jam, marmalade, honey, peanut butter or vegemite sourdough, grain, turkish, rye, raisin gluten free add 2.0	
banana bread 2000kj	4.5
made in the three beans kitchen to our secret recipe, served toasted with our praline butter	
bacon & egg roll 2150kj	9.0
with a free range egg and bacon on brioche	
eggs on toast 1690kj	9.0
2 free range eggs on toast (scrambled or fried)	
breakfast wrap 2760kj	12.0
made with 2 free range eggs, cheese, bacon, tomato relish and rocket	
vegetarian breakfast 2660kj	19.5
with eggs, baby spinach, avocado, mushrooms, tomatoes, haloumi and toast	
big breakfast 3860kj	19.5
with eggs, bacon, grilled tomato, mushrooms, spinach & toast	

extras

- 1 egg	2.5	- avocado	3.0
- grilled tomato	3.0	- marinated feta	3.0
- mushrooms	3.0	- ham	3.0
- haloumi	4.0	- free range bacon	4.5
- smoked salmon	4.5	- poached chicken	4.5

smoothie bowls 11.5

peanut butter and banana 2910kj
blended banana, peanut butter, coconut yoghurt and honey topped with granola, coconut, cocoa nibs & fruit

acai 2550kj
acai berry blended with banana & coconut water topped with toasted granola, coconut, seasonal fruit

healthy bowls - add something from extras


superfood 2000kj  **11.5**
chickpeas, peas, marinated feta, parsley, avocado cucumber, toasted seeds & lemon dressing

something else

cheese melt 1980kj **9.0**
served on sourdough with our sweet and spicy tomato relish

smashed avocado **12.0**
with native macadamia & finger lime bush dust, feta and herbs served on sourdough rye **2610kj**
or
with our marinated feta and semi dried tomatoes on sourdough **2080kj**

haloumi sourdough 2080kj **12.5**
with avocado, pesto, semi dried tomatoes and grilled haloumi

warm gluten free tart 983kj  **9.0**
with pumpkin, sweet potato and feta served with a rocket, toasted seed and feta salad

sandwiches and wraps

croque monsieur 1880kj **9.0**
smoked free range ham, cheese and aioli served on turkish

salmon wrap 1890kj **13.0**
smoked salmon, dill creme fraiche, pickled onion and rocket

classic chicken wrap 2010kj **12.0**
with free range poached chicken, mayo, swiss cheese, tomato and rocket

superfood wrap 2240kj **12.0**
our famous classic superfood salad combined with poached chicken, basil aioli and rocket

BBQ pulled pork sourdough 3770kj **12.5**
BBQ pulled pork, red cabbage, coriander, pickled onion and mayonnaise on sourdough

turkey and brie 2230kj **12.5**
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 kjs”

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 mocchas 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 moccha 1460kj

iced long black 29kj

6.5

6.0

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

