

three beans

BREAKFAST

"the average adult daily energy intake is 8700kj"

toast - infinity sourdough bread 5.5 with your choice of seasonal jam, marmalade, honey, peanut butter or vegemite sourdough, turkish, rye or raisin gluten free add 2	bacon & egg roll 2150kj 9.5 with a free range egg and bacon on a brioche bun or turkish bread make it deluxe - add hash brown, cheese and relish 3.0	vegetarian breakfast 2660kj 19 with 2 eggs, wilted spinach, avocado, marinated mushrooms, tomatoes, haloumi and toast
banana bread 2000kj 5.5 served with our whipped praline butter	eggs on toast 1690kj 11 2 free range eggs on toast, poached, scrambled or fried	biscoff french toast 18.5 Infinity bread with biscoff cream, honey roasted nuts, ice cream, strawberries and a side of warm biscoff cream
toasted muesli 2540kj 12.5 three beans toasted muesli with yoghurt, berry compote, roasted honey nuts and fresh berries	eggs benedict 3340kj 17 poached eggs with hollandaise, spinach and your choice of bacon, slamon or ham on toast	
breakfast wrap 2760kj 12.5 made with 2 free range eggs, cheese, bacon, tomato relish and rocket		

Free Range
Eggs. Bacon. Chicken

BOWLS

acai 2550kj 🌿 18 acai berry blended with banana & coconut water topped with toasted granola, coconut, seasonal fruit	
green breakfast bowl 1420kj 🌿 18.5 with avocado, quinoa, kale, peas, toasted seeds, haloumi, coriander, basil pesto and a free range egg	
chicken caesar salad 2080kj 16.5 our caesar salad with cos lettuce, kale, avocado, bacon and crouton crumb, caesar dressing and either chicken schnitzel	
japanese chicken bowl 1770kj 🌿 18.5 with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing	

SOMETHING ELSE

smashed avocado w grilled haloumi 2280kj 14.5 grilled haloumi pesto and semi dried tomatos on sourdough	
smashed avocado w bush dust 2610kj 14.5 with native macadamia & finger lime bush dust, feta and herbs served on sourdough rye	
warm gluten free tart 983kj 🌿 11.5 with pumpkin, sweet potato, pinenuts and feta served with a rocket, toasted seed and feta salad	
corn and zucchini fritters 1010kj 🌿 14.5 with spicy tomato relish, avocado and rocket	

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

10% surcharge for public holidays

SANDWICHES . WRAPS . BURGERS

croque monsieur 1880kj 10 smoked free range ham, cheese and aioli toasted on turkish bread	spicy schnitzel 2040kj 11 chicken schnitzel, tomato, rocket, mayonnaise and sriracha	cheese burger 2540kj 16.5 100 % beef pattie w/ cheese, lettuce and special burger sauce served on a brioche bun served with a side of fries
haloumi turkish 1940kj 13 grilled haloumi, fresh tomato, spinach and pesto on turkish bread	chicken caesar wrap 2800kj 14 crumbed chicken, cos lettuce, kale, avocado, bacon and crouton crumb and caesar dressing	chicken katsu burger 2530kj 17.5 crumbed chicken breast with shredded cos, mayonnaise and katsu BBQ sauce served with a side of fries
classic chicken sandwich 2010kj 12 with free range poached chicken, mayo, swiss cheese, tomato and rocket on sourdough make it a club - add bacon and avocado 4		

Please Order at the Counter

Sides

FRIES 981KJ WITH KETCHUP OR AIOLI 7

1 EGG . GRILLED TOMATO . MUSHROOMS . HASH BROWN 3

SWEET POTATO FRIES W/ SWEET CHILLI & SOUR CREAM 9

WILTED SPINACH . AVOCADO . HAM . HALOUMI 4

POACHED CHICKEN . BACON . SMOKED SALMON 5