

# three beans

Free Range

Eggs, Bacon, Chicken

## BREAKFAST

"the average adult daily energy intake is 8700kj"

<b>toast</b> with your choice of jam, marmalade, honey, peanut butter or vegemite (sourdough, turkish,soy linseed, raisin) <b>gluten free add 2</b>	<b>6.5</b>	<b>bacon &amp; egg roll 2150k</b> with a free range egg and free range bacon on a brioche bun or Turkish bread <b>make it deluxe – add hash brown, cheese, relish add 3</b>	<b>11.5</b>	<b>eggs benedict 3340kj</b> poached eggs with hollandaise, spinach and bacon on toast with salmon add 6	<b>19.5</b>
<b>banana bread 2000kj</b> made to our secret recipe, toasted and served with praline butter	<b>8</b>	<b>breakfast wrap 2760kj</b> made with 2 free range eggs, cheese, bacon, tomato relish and rocket	<b>13</b>	<b>vegetarian breakfast 2660kj</b> with poached eggs, avocado, mushrooms, baby spinach and haloumi and toast	<b>22</b>
<b>toasted muesli 2540kj</b> three beans toasted muesli with yoghurt, seasonal fruit and roasted honey nuts	<b>12</b>	<b>eggs on toast 1690kj</b> 2 free range eggs on toast (poached, fried or scrambled)	<b>12.5</b>	<b>big breakfast 3860kj</b> with 2 eggs, bacon, grilled tomato, sausage, mushrooms, hash browns and toast	<b>23</b>
<b>ham &amp; cheese croissant 1420kj</b>	<b>10.5</b>	<b>chilli scrambled 1790kj</b> scrambled free range eggs with crispy chilli oil and marinated feta on sourdough	<b>14.5</b>		

## BOWLS

## SOMETHING ELSE

<b>acai bowl 2550kj</b> 🌿 acai berry blended with banana & coconut water topped with toasted granola, coconut and seasonal fruit	<b>17.5</b>	<b>open grill 2380kj</b> with cheese and tomato on sourdough <b>add bacon and avocado 6</b>	<b>12</b>
<b>green breakfast bowl 1420kj</b> 🌿 with avocado, quinoa, kale, peas, toasted seeds, haloumi, coriander, basil pesto and a free range egg	<b>18.5</b>	<b>smashed avocado with bush dust 2610kj</b> with native macadamia & finger lime bush dust, feta, and herbs served on sourdough	<b>15.5</b>
<b>japanese chicken bowl 1770kj</b> 🌿 with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, umami dust and ponzu dressing with chicken or with smoked salmon 6	<b>20</b>	<b>smashed avocado with grilled haloumi 2080kj</b> with grilled haloumi, pesto and semi dried tomatoes on toasted sourdough	<b>19.5</b>
<b>superfood bowl 2000kj</b> 🌿 chickpeas, peas, marinated feta, parsley, avocado, cucumber, toasted seeds and lemon dressing	<b>17.5</b>	<b>corn and zucchini fritters 1010kj</b> 🌿 with spicy tomato relish, avocado and rocket	<b>16.5</b>
<b>chicken katsu bowl 2560kj</b> brown rice, cabbage, pickled carrot, ponzu, katsu BBQ sauce and mayo topped with chicken schnitzel and sesame dust	<b>20</b>		

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

## SANDWICHES , WRAPS & BURGERS

<b>croque monsieur 1880kj</b> smoked free range ham, cheese, aioli toasted on turkish bread	<b>11</b>	<b>the schnitty 2200kj</b> chicken schnitzel, tomato, rocket and mayonnaise served on turkish	<b>13.5</b>	<b>chicken waldorf 2460kj</b> poached chicken with walnuts, celery, mayo and avocado on sourdough or a wrap	<b>16</b>
<b>BRAT 2380kj</b> with free range bacon, avocado, tomato, mayo and rocket on turkish	<b>15.5</b>	<b>salmon wrap 2140kj</b> smoked salmon, cream cheese, spinach, pickled onion and avocado on a wrap	<b>19</b>	<b>turkey and brie 2230kj</b> shaved turkey, brie, avocado, cranberry sauce and rocket on turkish bread	<b>17</b>
<b>classic chicken s/w 2010kj</b> with free range chicken, mayo, swiss cheese, tomato and rocket on sourdough <b>make it a club- add bacon and avo 4</b>	<b>15.5</b>	<b>vegetarian wrap 1810kj</b> with corn and zucchini pattie, tomato, beetroot hummus, avocado, lettuce, sour cream and sweet chilli	<b>16</b>	<b>chicken katsu burger 2530kj</b> crumbed chicken breast with shredded cos, mayonnaise and katsu BBQ sauce <b>add a side of fries 5.5</b>	<b>14</b>

## Sides

1 EGG, GRILLED TOMATO, MUSHROOMS, AVOCADO 3.5  
FRIES WITH KETCHUP OR AIOLI 10, SIDE OF FRIES 5.5

HAM, POACHED CHICKEN, BACON, SMOKED SALMON 6  
SWEET POTATO FRIES W/ SWEET CHILLI & SOUR CREAM 12

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

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## COFFEE

### coffee

our own sustainable blend sourced from farmers we know and trust

S 4.5  
L 5.2  
J 6

### chocolate

our hot chocolates and moccha's are made with 40% cocoa

S 4.5  
L 5.2  
J 6

### extra shot/ bonsoy/ oat/ almond/ flavour/ decaf

0.7

## CHOCOLATE

### malabar chai 910kj

chai leaves brewed with milk, served with honey and cinnamon

6.5

### turmeric latte 727kj

golden latte made with our spiced turmeric

S 5.5  
L 6

### matcha latte 727kj

green matcha latte

S 5.5  
L 6

### tea drop organic teas 2kj

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

5.2

## TEA

*Dairy Free*

## SMOOTHIES

### acai smoothie 1420kj

acai berry blended with coconut water and banana

9.5

### cocoa banana 2080kj

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

9.5

### green machine 828kj

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

9.5

### coconut berry 1640kj

berries blended with coconut water, coconut yoghurt and banana

9.5

## SHAKES

### milkshakes

available in all the classic flavours, thickshake add 1.0

S 6.5  
L 8

### cookies and cream shake 1220kj

cookies, vanilla ice cream, chocolate and milk

9

## FRESH JUICE

### your choice of any combination

apple, orange, carrot, ginger

S 7.5  
L 9

### green juice

apple, celery, cucumber, ginger

S 7.5  
L 9

## SMOOTHIES

### smoothies

blended fruit, yoghurt and honey

8

### strawberry 1290kj, mixed berry 1240kj, banana 1240kj

## ICED DRINKS

### iced drinks 1460kj

iced coffee  
iced chocolate  
iced mocha  
iced long black, Iced latte

7.5

6

### frappes

#### berry crush 1020kj

berries blended with apple juice and ice

7.5

#### coffee frappe 709kj

espresso, milk, ice and syrup (vanilla, caramel or hazelnut)

7.5

## FOR THE LITTLE ONES

### fairy bread 964kj

5.5

### sandwich 1150kj, 1150kj, 768kj, 1070kj

fresh sandwich with your choice of homemade seasonal jam, honey, vegemite or peanut butter

6.5

### toasties 860kj, 1050kj, 920kj

with your choice of cheese, ham and cheese or cheese and tomato

9.5

### kids pancakes 1210kj

with maple syrup, berries and ice cream

14

