

# BREAKFAST

<b>toast</b>	6
with your choice of jam, marmalade, honey, vegemite or peanut butter (turkish, sourdough, rye) gluten free +1	
<b>banana bread</b>	6
made to our secret recipe, toasted, served with butter	
<b>ham and cheese croissant</b>	8.5
<b>bacon and egg roll</b>	14
with a free range egg and free range bacon, cheese, hash brown and BBQ sauce	
<b>breakfast wrap</b>	11.5
made with 2 free range scrambled eggs, cheese, bacon and tomato relish	
<b>eggs on toast</b>	13
2 free range eggs (poached, fried or scrambled) and toast	
<b>chilli scrambled</b>	16.5
scrambled free range eggs with crispy chilli oil and crumbled marinated feta on sourdough	
<b>eggs benny</b>	16
poached eggs with hollandaise and wilted spinach on an english muffin or sourdough - add bacon +5	
<b>biscoff french toast</b>	18
french toast with biscoff cream, honey, roasted nuts, ice cream and berries	
<b>mushroom sourdough</b>	18
with sauteed mushrooms, marinated feta, bush dust and a poached egg on sourdough	
<b>big breakfast</b>	22
with 2 eggs, bacon, grilled tomato, mushrooms, hash brown and toast - add avo 2	

# SANDWICHES & WRAPS

<b>the schnitty</b>	13	<b>haloumi turkish</b>	14.5
chicken schnitzel, tomato, rocket and mayonnaise on turkish		grilled haloumi, fresh tomato, spinach and pesto on turkish	
<b>vegetarian wrap</b>	16	<b>BLT</b>	14.5
with a corn and zucchini pattie, tomato, beetroot hummus, avocado, lettuce sour cream and sweet chilli sauce		with free range bacon, lettuce, tomato, mayonnaise on turkish	
<b>classic chicken</b>	14.5	<b>caesar wrap</b>	16
free range chicken, mayo, swiss cheese, tomato and mixed leaves on sourdough		poached chicken, lettuce, free range bacon, parmesan and caesar dressing on a wrap	
<b>chipotle beef burrito</b>	16		
chipotle beef, cheese, corn, black bean, spinach, avocado, sour cream and jalapeno relish on a wrap			

## Sides

1 EGG, GRILLED TOMATO, HASH BROWN 3  
HALOUMI, AVOCADO, MARINATED FETA 4  
HAM, POACHED FREE RANGE CHICKEN, FREE RANGE BACON 5  
SIDE OF FRIES 4

# SOMETHING ELSE

<b>corn and zucchini fritters</b>	15
our corn and zucchini fritters served with spicy tomato relish, avocado and rocket, add an egg 3 or bacon 5	
<b>smashed avocado with bush dust</b>	16
with native macadamia & finger lime bush dust, feta and herbs, served on toasted sourdough	
<b>smashed avocado with grilled haloumi</b>	18
with grilled haloumi, pesto and semi dried tomatoes on toasted sourdough	

# BURGERS

<b>cheese burger</b>	18.5
beef pattie with cheese, lettuce and special burger sauce served on a milk bun served with fries 4.5	
<b>katsu chicken burger</b>	18.5
crumbed chicken breast with shredded cos, mayonnaise and katsu BBQ sauce on a milk bun served with fries 4.5	

# BOWLS

<b>acai</b>	17
acai berry blended with banana topped with toasted granola, coconut and fresh fruit	
<b>japanese chicken bowl</b>	19
with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing	
<b>mexican bowl</b>	18
brown rice, chipotle beef, corn, black bean, tomato, sour cream, avocado, spinach and jalapeno relish	
<b>fries</b>	7.5
served with aioli or ketchup	

*Please Order at the counter*

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 4.6  
M 5.1  
L 5.7

## hot chocolate

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

S 4.6  
M 5.1  
L 5.7

## alternate milk / flavour shot / decaf

0.8

## chai brew

chai leaves brewed with milk, served with honey and cinnamon

5.5

## matcha latte

green matcha blend with milk

5.5

## tea drop organic teas

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

5

# ICED DRINKS

## iced latte

6.5

## iced coffee / iced chocolate

6.5

## iced moccha

6.5

## iced choc chai

served with ice cream

7.5

## frappe

blended ice, ice cream and your favourite flavour with whipped cream

9

## summer iced tea

strawberry/ guava tea with lemon, berries and ice

7.5

# SMOOTHIES

## Dairy Free

### acai smoothie

acai berry blended with banana and coconut water

10

### cocoa banana

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

10

### green machine

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

10

### regular smoothies

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

9

# MILKSHAKES

### regular shakes

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

7.5

# FROM THE BAR

### tap beer

young henry's lager and ale

9

### ginger beer

10

### house wines

white or rose

G 8  
B 40



threebeanscafes



threebeanscoffee

threebeans.com.au

