

# three beans all day menu

“the average adult daily energy intake is 8700 kjs”

<b>toast</b>	<b>5.5</b>
with your choice of seasonal jam, marmalade, honey, peanut butter or vegemite sourdough, turkish, rye, raisin <b>gluten free add 2.0</b>	
<b>banana bread 2000kj</b>	<b>5.5</b>
made in the three beans kitchen to our secret recipe, served toasted with our whipped praline butter	
<b>toasted muesli 2540kj</b>	<b>14.8</b>
three beans toasted muesli with yoghurt, berry compote, roasted honey nuts and fresh berries	
<b>pancakes 3830kj</b>	<b>17.8</b>
with marscapone, honey roasted nuts, maple syrup and berries	
<b>eggs on toast 1690kj</b>	<b>11.0</b>
2 free range eggs on toast (poached, scrambled or fried)	
<b>bacon &amp; egg roll 2150kj</b>	<b>9.8</b>
with a free range egg and bacon on brioche bun	
<b>breakfast wrap 2760kj</b>	<b>12.8</b>
made with 2 free range eggs, cheese, bacon, tomato relish and rocket	
<b>eggs benedict 3340kj</b>	<b>17.8</b>
poached eggs with your choice of bacon, ham or smoked salmon with hollandaise on toast	
<b>vegetarian breakfast 2660kj</b>	<b>17.8</b>
with eggs, baby spinach, avocado, mushrooms, tomatoes, haloumi and toast	
<b>omelette 1840kj</b>	<b>15.8</b>
with feta, mushroom and spinach and toast	
	<b>16.8</b>
with ham, cheese and tomato and toast	

## add to your dish

- 1 egg	<b>3.0</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>4.0</b>
- haloumi	<b>4.5</b>	- free range bacon	<b>4.5</b>
- poached chicken	<b>4.5</b>	- smoked salmon	<b>5.0</b>

side of fries 981kj sm 5.8 lg 7.8

<b>smoothie bowls</b>	
<b>acai 2550kj</b> 🌿	<b>15.0</b>
acai berry blended with banana & coconut water topped with toasted granola, coconut, seasonal fruit	
<b>healthy bowls - add something from extra's</b>	
<b>green breakfast bowl 1420kj</b> 🌿	<b>15.8</b>
with avocado, quinoa, kale, peas, toasted seeds, haloumi, coriander, basil pesto and a free range egg	
<b>superfood 2000kj</b> 🌿	<b>16.8</b>
chickpeas, peas, marinated feta, parsley, avocado cucumber, toasted seeds & lemon dressing	
<b>japanese chicken bowl 1770kj</b> 🌿	<b>17.8</b>
with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing	
<b>soba noodle salad 1570kj</b>	<b>15.8</b>
with soba noodles, avocado, red cabbage, kale, cucumber, pickled carrot, spring onion, sesame dressing and roasted sesame dust	
<b>melts</b>	
cheese melt served on sourdough with our sweet and spicy tomato relish	
<b>add</b> any of the following - tomato, mushroom, avocado. chicken, ham or bacon	
<b>2 choice 14.8, 3 choice 15.8</b>	
<b>KIDS MENU</b>	
<b>fairy bread 964kj</b>	<b>5.5</b>
<b>sandwich 1150kj, 1150kj, 768kj, 1070kj</b>	<b>5.5</b>
with your choice of homemade seasonal jam, honey, vegemite or peanut butter	
<b>toasties 860kj, 1050kj, 920kj</b>	<b>7.5</b>
your choice of cheese, ham and cheese or tomato and cheese	
<b>kids pancakes 1210kj</b>	<b>7.8</b>
with maple syrup and icecream	

<b>smashed avocado 2080kj</b>	<b>13.8</b>
with grilled haloumi, pesto and semi dried tomatos on sourdough	
<b>corn and zucchini fritters 1010kj</b> 🌿	<b>13.8</b>
with spicy tomato relish, avocado and rocket	
<b>club sandwich 2540kj</b>	<b>14.8</b>
with free range chicken, mayo, swiss cheese, tomato, free range bacon, avocado, rocket on sourdough	
<b>chicken katsu burger w/ fries 2730kj</b>	<b>17.8</b>
crumbed chicken breast with shredded cos, mayonnaise and katsu BBQ sauce	
<b>cheese burger w/ fries 2740kj</b>	<b>17.8</b>
100 % beef pattie w/ cheese, lettuce and special burger sauce served on a brioche bun	
<b>salmon on rye 2140kj</b>	<b>14.8</b>
smoked salmon, cream cheese, spinach, pickled onion and avocado on rye	
<b>turkey and brie 2230kj</b>	<b>14.8</b>
shaved turkey, brie, avocado, cranberry sauce and rocket on turkish bread	
<b>spicy schnitzel panini 2040kj</b>	<b>10.8</b>
chicken schnitzel, tomato, rocket, mayonnaise and sriracha sauce	
<b>superfood wrap 2240kj</b>	<b>13.8</b>
our famous classic superfood salad combined with poached chicken, mayo and rocket	
<b>chicken caesar wrap 2800kj</b>	<b>13.0</b>
crumbed chicken, cos lettuce, kale, avocado, bacon and crouton crumb and caesar dressing	
<b>BBQ pulled pork sourdough 3770kj</b>	<b>13.8</b>
BBQ pulled pork, red cabbage, coriander, pickled onion and mayonnaise on sourdough	

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

# three beans

## coffee

our own sustainable blend sourced from farmers we know and trust

S	3.9
L	4.6

## chocolate

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

S	3.9
L	4.6

**extra shot/ bonsoy/ almond/ honey/ syrup** 0.5

**malabar chai 910kj** 5.5

chai leaves brewed with milk, served with honey and cinnamon

**turmeric latte 727kj**

S	4.5
L	5.0

**matcha or taro latte 727kj**

S	4.5
L	5.0

**tea drop organic teas 2kj** 4.3

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

## iced drinks

iced coffee **1450kj** iced chocolate **1460kj** 7.0

iced moccha **1460kj**

iced latte **1100kj** iced black **21kj** 6.5

**frappes** 7.5

**berry crush 1020kj**

berries blended with apple juice and Ice

**coffee frappe 709kj**

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

**dairy free smoothies** 8.5

**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**

S	5.5
L	7.0

available in the classic flavours

**premium shakes** 8.8

**cookies & cream 945kj, 1220kj**

cookies, vanilla ice cream, chocolate

**peanut butter 1480kj, 1730kj**

peanut butter, vanilla ice cream, chocolate

**add to your cold drink** 1.0

bonsoy/ almond/ cocoa nibs/ yoghurts/  
coconut water/ fruits/ syrup

