

# three beans

Free Range  
Eggs, Bacon, Chicken

## BREAKFAST

<b>toast V</b> with your choice of seasonal jam, marmalade, honey, peanut butter or vegemite <b>gluten free add 1.5</b>	<b>5.5</b>	<b>breakfast wrap</b> scrambled eggs, swiss cheese, smokey bacon, hash brown, spinach and tomato relish <b>add avocado 2</b>	<b>15.5</b>	<b>eggs benedict</b> two poached eggs with wilted spinach on sourdough with hollandaise sauce <b>add salmon, bacon, brisket 6</b>	<b>15</b>
<b>avo on toast V</b> with toasted seeds and our marinated feta	<b>9.5</b>	<b>sourdough with extra V</b> avocado, marinated feta, sundried tomatoes, poached egg topped with pesto and hazelnut dukkah <b>add haloumi 4, add bacon 5</b>	<b>14.5</b>	<b>chilli scramble</b> scrambled eggs on sourdough with marinated feta, deep fried shallots and topped with our house made chilli oil	<b>15.5</b>
<b>eggs on toast V</b> 2 free range eggs on toast (poached, scrambled or fried) - add sides	<b>11.5</b>	<b>green breakfast bowl V, GF</b> base of ancient grains with kale, carrot, red cabbage topped with poached egg, grilled haloumi, avocado and pesto lemon dressing <b>add bacon 6</b>	<b>17.5</b>	<b>mushroom sourdough</b> with sauteed mushrooms, marinated feta, bush dust and a poached egg served on sourdough	<b>16</b>
<b>bacon &amp; egg roll</b> with a free range egg, free range bacon, cheese, hash brown, spinach and BBQ sauce	<b>14.5</b>				

## BOWLS

<b>acai VG</b> acai berry blended with banana & coconut water topped with toasted granola, coconut, seasonal fruit	<b>19</b>	<b>japanese bowl V</b> with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, umami dust, and ponzu dressing with poached chicken or smoked salmon	<b>17.5</b>
<b>falafel bliss bowl V,GF</b> house made falafels on a bed of ancient grains, carrot, red cabbage, beetroot hummus, hazelnut dukkah and lemon pesto dressing	<b>17.5</b>	<b>BBQ brisket bowl GF</b> with BBQ brisket, brown rice, quinoa, spinach, corn and black bean salsa, sour cream and coriander <b>add avocado 2, add bacon 6</b>	<b>17.5</b>
<b>mexican chicken bowl GF</b> with brown rice, quinoa, spinach, tomato, corn and black bean salsa, sour cream and coriander <b>add avocado 2</b>	<b>17.5</b>	<b>fries</b> french fries	<b>side 4.5</b> <b>bowl 6.0</b>

**GF = made from gluten free ingredients but not in a gluten free kitchen**  
**V = vegetarian VG = vegan**

## SANDWICHES . WRAPS . BURGERS

<b>haloumi turkish</b> grilled haloumi, fresh tomato, spinach and pesto on turkish bread	<b>13.5</b>	<b>mexican chicken wrap</b> mexican chicken, spinach, tomato, sour cream, salsa, cheese and avocado	<b>13.5</b>	<b>cheese burger</b> grilled beef patty, american cheese and dijon mustard on a milk bun <b>add fries 4.5</b>	<b>14</b>
<b>classic chicken</b> with free range poached chicken, mayo, swiss cheese, tomato and spinach on sourdough	<b>13.5</b>	<b>falafel wrap</b> house made falafels with ancient grains, carrot, red cabbage, beetroot hummus, dukkah and pesto dressing	<b>13.5</b>	<b>12 hour brisket burger</b> slow roast beef brisket, slaw, premium cheddar, BBQ sauce <b>add fries 4.5</b>	<b>14</b>
<b>rueben sandwich</b> with slow cooked beef, sauerkraut, dijon, swiss cheese and pickle	<b>13.5</b>	<b>pesto chicken club</b> poached chicken, free range bacon, cos, tasty cheese, pesto and mayo on sourdough	<b>13.5</b>	<b>chicken schnitzel burger</b> chicken schnitzel, swiss cheese, tomato, mayo and lettuce <b>add fries 4.5</b>	<b>14</b>

Please Order at the Counter when ready

### Sides

**1 EGG . GRILLED TOMATO . HASH BROWN 4**

**POACHED CHICKEN . FALAFEL . BACON 6 . SMOKED SALMON 7**

**MUSHROOMS . AVOCADO . HALOUMI 5**

**HAM 5**