

three beans all day menu

toast 5.0

with your choice of seasonal jam, marmalade, honey, peanut butter or vegemite
sourdough, turkish, raisin **gluten free add 1.0**

banana bread / carrot loaf 2000kj 5.0

served toasted with our whipped praline butter

toasted muesli 2540kj 13.0

three beans toasted muesli with yoghurt, berry compote, roasted honey nuts and fresh berries

pancakes 3830kj 17.0

with marscapone, honey roasted nuts, berry coulis, maple syrup and berries

bacon & egg roll 2150kj 10.0

with a free range egg and bacon on brioche add a hash brown 3.0

eggs on toast 1690kj 10.5

2 free range eggs on toast (poached, scrambled or fried) add bacon or salmon 4.5

breakfast wrap 2760kj 11.5

made with 2 free range eggs, cheese, bacon, tomato relish and rocket

eggs benedict 3340kj 16.5

poached eggs with hollandaise on toast with bacon or salmon or spinach

vegetarian breakfast 2660kj 17.0

with eggs, baby spinach, avocado, mushrooms, grilled tomato, haloumi and toast

big breakfast 3860kj 20.0

with eggs, bacon, sausages, mushrooms, hash browns, avocado & toast

extras

- 1 egg	3.0	- avocado	3.5
- grilled tomato	3.0	- poached chicken	4.5
- mushrooms	3.0	- ham	4.0
- haloumi	4.0	- free range bacon	4.5
- hash brown	3.0	- smoked salmon	4.5
- spinach	2.0		

smoothie bowl

acai 2550kj 15.5

acai berry blended with banana & coconut water topped with toasted granola, coconut and summer fruit

healthy bowls - add something from extras

chicken caesar salad 2080kj 14.5

our caesar salad with cos lettuce, kale, avocado, bacon and crouton crumb, caesar dressing and chicken schnitzel

green breakfast bowl 1420kj 16.0

with avocado, brown rice, kale, peas, toasted seeds, haloumi, coriander, basil pesto and a free range egg and lemon dressing

japanese chicken bowl 1770kj 17.0

with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing

soba noodle salad 1570kj 14.5

with soba noodles, avocado, red cabbage, kale, cucumber, pickled carrot, spring onion, sesame dressing and roasted sesame dust

fries 981kj 6.0

served with aioli or ketchup

sweet potato fries 1280kj 8.5

served with sweet chilli and sour cream

KIDS MENU

fairy bread 964kj 4.5

pancakes 1210kj 10.0

with maple syrup and ice cream

toasties 860kj, 1050kj, 920kj 7.5

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

chicken nuggets and chips 2080kj 8.5

babycino 264kj 1.5

“the average adult daily energy intake is 8700 kjs”

three cheese melt 1980kj 10.0

served on sourdough with our sweet and spicy tomato relish - add avocado and chicken 6.0

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 14.0

with spicy tomato relish, avocado and rocket - add bacon 4.5

smashed avocado 16.5

with grilled haloumi or feta, pesto and semi dried tomatoes on sourdough 2080kj

chicken katsu burger and fries 2730kj 15.5

crumbed chicken breast with shredded cos, mayonnaise and katsu BBQ sauce

cheese burger & fries 2540kj 15.5

100 % beef pattie w/ cheese, lettuce and special burger sauce served on a brioche bun

classic chicken sandwich 2010kj 11.5

with free range poached chicken, mayo, swiss cheese, tomato and rocket on sourdough

spicy schnitzel panini 2040kj 10.5

chicken schnitzel, tomato, rocket, mayonnaise and sriracha sauce

salmon on rye 2140kj 13.0

smoked salmon, cream cheese, spinach, pickled onion and avocado on rye

turkey and brie 2230kj 13.0

shaved turkey, brie, avocado, cranberry sauce and rocket on turkish bread

chicken caesar wrap 2800kj 13.5

crumbed chicken, cos lettuce, kale, avocado, bacon and crouton crumb and caesar dressing

BBQ pulled pork sourdough 3770kj 12.5

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 3.8
L 4.5

chocolate

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

S 3.8
L 4.5

extra shot/ bonsoy/ almond/ lactose free

0.7

malabar chai 910kj

chai leaves brewed with milk, served with honey and cinnamon

5.5

matcha/ turmeric latte 727kj

green matcha latte/ turmeric latte

S 4.0
L 4.5

tea drop organic teas 2kj

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

4.0

iced drinks

iced coffee 1330kj iced chocolate 1460kj

6.0

iced moccha 1460kj

iced long black 20kj iced latte 770kj

5.0

add whipped cream 0.70

frappes

8.5

berry crush 1020kj

berries blended with apple juice and Ice

coffee frappe 709kj

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

freshly squeezed juice

6.0

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

6.5

blended fruit, yoghurt and honey

strawberry 1290kj mixed berry 1240kj

banana 1240kj

milkshakes

S 5.0
L 7.0

available in the classic flavours

premium shakes

8.5

cookies & cream 1220kj

cookies, vanilla ice cream, chocolate

peanut butter 1730kj

peanut butter, vanilla ice cream, chocolate

affagato 935kj

5.5

double espresso shot, vanilla ice cream and a flavour shot (vanilla, hazelnut or caramel)



something sweet

selection of cakes and cookies

please see our cakes and cookies at the counter, all made in the three beans kitchen using free range eggs - lots of gluten free options



threebeans.com.au

