

# 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
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**malabar chai 910kj**  
chai leaves brewed with milk, served with honey and cinnamon

	5.5
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**matcha/ turmeric latte 727kj**

S	4.0
L	4.5

**tea drop organic teas 2kj**  
english breakfast, earl grey, chamomile, spring green, peppermint, lemongrass & ginger

	4.0
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**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
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**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
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**dairy free smoothies**

	8.5
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**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
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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
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**cookies & cream 1220kj**  
cookies, vanilla ice cream, chocolate

**peanut butter 1730kj**  
peanut butter, vanilla ice cream, chocolate

**affagato 935kj**

	5.5
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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

