

three beans

toast	5.0
with your choice of seasonal jam, marmalade, honey, peanut butter or vegemite sourdough, grain, turkish, rye, raisin, gluten free add 1.0	
banana bread 2000kj	5.0
made in the three beans kitchen to our secret recipe, served toasted with our praline butter	
pancakes 3830kj	15.0
with marscapone, honey roasted nuts, maple syrup and berries	
cheese melt 1980kj	11.0
served on sourdough with our sweet and spicy tomato relish	
BRAT 2560kj	12.0
w/ free range bacon, tomato, rocket, avocado and aioli	
eggs and bacon on toast 1690kj	14.0
2 free range eggs on toast and free range bacon (poached, scrambled or fried) big breakfast add tomato, mushroom, hash brown 5.0	
eggs benedict 3340kj	17.0
poached eggs with spinach & Hollandaise on toast with choice of ham, bacon or salmon	
breakfast wrap 2760kj	12.0
made with 2 free range eggs, cheese, bacon, tomato relish and rocket add hash brown 2.0t	
breakfast burger 2640kj	12.0
with a free range egg, free range bacon, tomato relish, mayonnaise, spinach and avocado on brioche	
vegetarian breakfast 2660kj	18.5
with eggs, avocado, mushrooms, tomatoes, haloumi on rye	

breakfast available until 3pm

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

smoothie bowl 	14.0
acai 2550kj	
acai berry blended with banana & coconut water topped with toasted granola, coconut, seasonal fruit	
healthy bowls - add something from extras 	
green breakfast bowl 1420kj	15.0
with avocado, quinoa, kale, peas, toasted seeds, haloumi, coriander, basil pesto and a free range egg	
superfood 2000kj	14.5
chickpeas, peas, marinated feta, parsley, avocado cucumber, toasted seeds & lemon dressing add chicken 5.0	
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	



SCAN HERE TO PLACE YOUR ORDER

extras

- 1 egg	3.0	- avocado	3.5
- grilled tomato	3.0	- poached chicken	5.0
- mushrooms	3.0	- ham	4.0
- haloumi	3.0	- free range bacon	5.0
- hollandaise	3.0	- smoked salmon	5.0
- marinated feta	3.0	- sausage	4.0
- corn fritter	4.5		

“the average adult daily energy intake is 8700 kjs”

warm gluten free tart 1300kj 	9.5
pumpkin, sweet potato, pinenuts and feta served with a rocket, toasted seed and feta salad	
smashed avocado with bush dust 2610kj	12.5
with native macadamia & finger lime bush dust, feta and herbs served on sourdough rye	
the OG smashed avocado 2080kj	12.5
with our marinated feta and semi dried tomatoes on sourdough	
corn and zucchini fritters 1010kj 	13.5
with tomato relish, avocado and rocket	
cheese burger with fries 2540kj	17.0
beef pattie, cheese, smokey BBQ sauce, mayo, tomato and rocket	
schnitty wrap with fries 2560kj	17.0
chicken schnitzel, rocket, tomato, avocado, cheese, mayo and swet chilli	
croque monsieur 1880kj	9.0
smoked free range ham, cheese and aioli toasted on turkish bread	
classic chicken sandwich 2010kj	12.0
with free range poached chicken, mayo, swiss cheese, tomato and mesculun on granary make it a club, add bacon, egg and avo 4.0	
smoked salmon on rye 2140kj	12.0
smoked salmon, dill creme fraiche, pickled onion and micro herbs on rye	
vegetarian wrap 1810kj	12.5
with corn and zucchini pattie, tomato, beetroot, avocado, rocket, pickled onion, sour cream & sweet chilli	
turkey sandwich 2150kj	12.0
with shaved turkey, brie cheese, cranberry sauce, rocket and avocado on turkish	