

# three beans

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

breakfast available until 3pm

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

<b>smoothie bowl</b> 	<b>14.0</b>
<b>acai 2550kj</b>	
acai berry blended with banana & coconut water topped with toasted granola, coconut, seasonal fruit	
<b>healthy bowls - add something from extras</b> 	
<b>green breakfast bowl 1420kj</b>	<b>15.0</b>
with avocado, quinoa, kale, peas, toasted seeds, haloumi, coriander, basil pesto and a free range egg	
<b>superfood 2000kj</b>	<b>14.5</b>
chickpeas, peas, marinated feta, parsley, avocado cucumber, toasted seeds & lemon dressing add chicken 5.0	
<b>japanese chicken bowl 1770kj</b>	<b>17.0</b>
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	<b>3.0</b>	- avocado	<b>3.5</b>
- grilled tomato	<b>3.0</b>	- poached chicken	<b>5.0</b>
- mushrooms	<b>3.0</b>	- ham	<b>4.0</b>
- haloumi	<b>3.0</b>	- free range bacon	<b>5.0</b>
- hollandaise	<b>3.0</b>	- smoked salmon	<b>5.0</b>
- marinated feta	<b>3.0</b>	- sausage	<b>4.0</b>
- corn fritter	<b>4.5</b>		

“the average adult daily energy intake is 8700 kjs”

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