

three beans all day menu

the average adult daily energy intake is 8700 kjs

toast 4.9

with your choice of seasonal jam, honey, peanut butter or vegemite
sourdough, turkish, raisin, croissant
gluten free add 2.0

toasted muesli 2540kj 12.0

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

bacon and egg roll 2150kj 7.0

with a free range egg and bacon on brioche
make it a deluxe 2550kj - add a hash brown, cheese and tomato relish

ham and cheese croissant 2170kj 6.5

made with free range ham and cheese toasted

french toast 3830kj 14.5

with marscapone, honey roasted nuts, maple syrup and berries

bacon and eggs on toast 1690kj 13.0

2 free range eggs and bacon on toast (poached, scrambled or fried)

eggs benedict 3340kj 15.5

poached eggs with free range bacon, ham or slamon and hollandaise on toast

vegetarian breakfast 2660kj 16.9

with poached eggs, avocado, tomato, mushroom and hash browns on sourdough

big breakfast 3860kj 18.5

with eggs, bacon, grilled tomato, mushrooms, sausages, hash brown & toast

extras

- 1 egg	3.0	- avocado	3.0
- haloumi	4.0	- sausage	4.0
- hash brown	2.0	- free range bacon	5.0
- poached chicken	5.0	- smoked salmon	5.0
- mushrooms	3.5		

smoothie bowls

acai 2550kj 13.5

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

healthy bowls - add something from extra's

green breakfast bowl 1420kj 14.5

with avocado, quinoa, kale, peas, toasted seeds, haloumi, coriander, basil pesto and a free range egg

japanese chicken bowl 1770kj 15.5

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 7.0

served with aioli or ketchup

KIDS MENU

fairy bread 964kj 2.0

sandwich 1150kj, 1150kj, 768kj, 1070kj 5.0

with your choice of homemade seasonal jam , honey, vegemite or peanut butter

cheese cheese toasty 860kj 5.5

babycino 199kj 0

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

cheese melt 1980kj 9.0

served on sourdough with our sweet and spicy tomato relish

add chicken and avocado 5.0

smashed avocado 2610kj 12.5

with native macadamia & finger lime bush dust, feta and herbs served on sourdough rye

haloumi avocado 2080kj 14.5

with grilled haloumi, smashed avocado, pesto and semi dried tomatoes on sourdough

chicken katsu burger 2530kj 11.0

crumbed chicken breast with shredded cos, mayonnaise and katsu BBQ sauce
add fries 4.5

cheese burger 2540kj 11.0

100 % beef pattie w/ cheese, lettuce and special burger sauce served on a brioche bun
add fries 4.5

grilled cheese 1880kj 7.0

classic grilled cheese toastie with jalapeno & gherkin relish

haloumi turkish 1940kj 11.9

grilled haloumi, fresh tomato, spinach and pesto on turkish bread

vegetarian wrap 1810kj 12.0

with corn and zucchini pattie, tomato, beetroot, avocado, rocket, sour cream and sweet chilli

salmon on rye 2140kj 12.9

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

classic chicken sandwich 2010kj 11.9

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

BBQ pulled pork sourdough 3770kj 12.9

BBQ pulled pork, red cabbage, coriander, pickled onion and mayonnaise on sourdough

three beans

coffee

our own sustainable blend sourced from farmers we know and trust

S 3.7
L 4.7

chocolate 590kj, 1120kj

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

S 3.7
L 4.7

extra shot/ bonsoy/ almond/ moccha/ flavour shot

0.7

malabar chai 910kj

chai leaves brewed with milk, served with honey and cinnamon

4.7

turmeric latte 727kj/ 1030kj

golden latte with all the spice

S 4.0
L 5.0

matcha latte 727kj/ 1030kj

green matcha latte

S 4.0
L 5.0

tea drop organic teas 2kj

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

4.0

iced drinks

7.0

iced coffee 1330kj iced latte 1100kj

iced moccha 1460kj

iced long black 130kj

5.0

smoothies

blended fruit, yoghurt, milk and honey

7.0

banana 1240kj mixed berry 1240kj

dairy free smoothies

8.5

acai smoothie 1420kj

acai berry blended with coconut water and banana

coconut berry 1640kj

berries blended with coconut water, coconut yoghurt and banana

frappes

8.0

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)

milkshakes

6.0

available in the classic flavours

premium shakes

7.5

cookies & cream 1220kj

cookies, vanilla ice cream, chocolate

peanut butter 1730kj

peanut butter, vanilla ice cream, chocolate



SCAN HERE TO PLACE YOUR ORDER

