

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

	4.7
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**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
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**iced drinks**

iced coffee 1330kj	iced latte 1100kj		7.0
iced moccha 1460kj			

iced long black 130kj

	5.0
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**smoothies** 7.0  
blended fruit, yoghurt, milk and honey

banana 1240kj	mixed berry 1240kj		
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**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

