

three beans all day menu

“When ready please order at the counter or scan the QR code. a surcharge of 1.5% may apply to all credit card transactions.”

toast	5.5
with your choice of seasonal jam, marmalade, honey, peanut butter or vegemite sourdough, turkish, wholemeal, raisin gluten free add 2.0	
banana bread 2000kj	6.5
made in the three beans kitchen to our secret recipe, served toasted with our praline butter	
bacon & egg roll 2150kj	9.5
with a free range egg and free range bacon make it a deluxe - add hash, relish and cheese 3.0	
breakfast wrap 2760kj	12.5
made with 2 free range eggs, cheese, bacon, tomato relish and rocket	
eggs on toast 1690kj	11.0
2 free range eggs on toast (poached, scrambled or fried)	
eggs benedict 3340kj	15.5
poached eggs, wilted spinach with hollandaise on toast	
pancakes 3830kj	18.5
with ice cream, honey roasted nuts, maple syrup and berries	
vegetarian breakfast 2660kj	18.0
with 2 eggs, wilted spinach, avocado, marinated mushrooms, tomatoes, haloumi and toast	

extras

- 1 egg	3.5	- avocado	4.0
- grilled tomato	3.0	- mushrooms	3.5
- haloumi	4.0	- ham	4.5
- hash brown	3.5	- free range bacon	5.0
- wilted spinach	4.0	- smoked salmon	5.0
- marinated feta	4.0	- poached chicken	4.5



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

healthy bowls- add something from extras

acai 2550kj	18.0
acai berry blended with banana & coconut water topped with toasted granola, coconut, seasonal fruit	
green breakfast bowl 1420kj	18.5
with avocado, quinoa, kale, peas, toasted seeds, haloumi, coriander, basil pesto and a free range egg	
chicken caesar salad 2080kj	16.5
our caesar salad with cos lettuce, kale, avocado, bacon and crouton crumb, caesar dressing and chicken schnitzel	
japanese chicken bowl 1770kj	18.5
with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing	
superfood 2000kj	16.5
chickpeas, peas, marinated feta, parsley, avocado cucumber, toasted seeds & lemon dressing	
soba noodle salad 1570kj	16.5
with soba noodles, avocado, red cabbage, kale, cucumber, pickled carrot, spring onion, sesame dressing and roasted sesame dust	
sweet potato fries 1280kj	9.0
served with sweet chilli and sour cream	
fries 981kj served with aioli or ketchup	7.0

kids menu

fairy bread 964kj	4.9
sandwich 1150kj, 1150kj, 768kj, 1070kj	5.9
with your choice of homemade seasonal jam , honey, vegemite or peanut butter	
toasties 860kj, 1050kj, 920kj	8.9
your choice of cheese, ham and cheese or tomato and cheese toasted	
pancakes 1210kj	10.0
with maple syrup and icecream	

wraps and sandwiches- served with a side salad

salmon on rye 2140kj	14.0
smoked salmon, cream cheese, spinach, pickled onion and avocado on rye	
superfood wrap 2240kj	15.5
our famous classic superfood salad combined with poached chicken, basil aioli and rocket	
chicken caesar wrap 2800kj	14.0
crumbed chicken, cos lettuce, kale, avocado, bacon and crouton crumb and caesar dressing	
spicy schnitzel panini 2040kj	9.5
chicken schnitzel, tomato, rocket, mayonnaise and sriracha sauce	
classic chicken sandwich 2010kj	11.9
with free range poached chicken, mayo, swiss cheese, tomato and rocket on sourdough	
BBQ pulled pork sourdough 3770kj	12.5
BBQ pulled pork, red cabbage, coriander, pickled onion and mayonnaise on sourdough	
smashed avocado 2080kj	14.5
with grilled haloumi, pesto and semi dried tomatoes on sourdough	
corn and zucchini fritters 1010kj	14.5
with spicy tomato relish, avocado and rocket	
warm gluten free tart 983kj	11.5
with pumpkin, sweet potato, pinenuts and feta served with a rocket, toasted seed and feta salad	
chicken katsu burger 2530kj	13.9
crumbed chicken breast with shredded cos, mayonnaise and katsu BBQ sauce add side of fries 3.5	
cheese burger 2540kj	12.9
100 % beef pattie w/ cheese, lettuce and special burger sauce served on a brioche bun add bacon 4.0, add side of fries 3.5	

“the average daily energy intake is 8700 kjs”

