

# 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.”

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

## extras

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



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

## healthy bowls- add something from extras

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

## kids menu

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

## wraps and sandwiches- served with a side salad

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

“the average daily energy intake is 8700 kjs”

# three beans

## coffee

our own sustainable blend sourced from farmers we know and trust

S	4.0
L	4.9

## chocolate

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

S	4.0
L	4.9

**extra shot/ bonsoy** 0.7

**malabar chai 910kj** 5.5

chai leaves brewed with milk, served with honey and cinnamon

**turmeric latte 727kj** 5.5

golden latte with all the spice

**matcha latte 727kj** 5.5

green matcha latte

**tea drop organic teas 2kj** 4.5

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

**iced drinks** 6.5

iced coffee 1450kj iced chocolate 1460kj

iced moccha 1460kj

**frappes** 8.5

**berry crush 1020kj**

berries blended with apple juice and ice

**coffee frappe 709kj**

espresso, milk, ice and your choice of syrup (vanilla, caramel, hazelnut)

**premium shakes** 8.5

**cookies & cream 1220kj**

cookies, vanilla ice cream, chocolate

**peanut butter 1730kj**

peanut butter, vanilla ice cream, chocolate

**dairy free smoothies** 9.0

**acai smoothie 1420kj**

acai berry blended with coconut water and banana

**cocoa banana 2080kj**

banana, peanut butter, cocoa nibs, almond milk, coconut yoghurt and honey

**green machine 828kj**

kale, lemon, avocado, coconut water, mint and apple juice

**coconut berry 1640kj**

berries blended with coconut water, coconut yoghurt and banana

**add protein powder** 3.0

**smoothies** 8.5

blended fruit, yoghurt and honey

**strawberry 1290kj mixed berry 1240kj**

**banana 1240kj**

**milkshakes** 4.5 6.5

available in the classic flavours

## beers

**balters XPA** 10

**coopers pale ale** 8

**dos equis** 8

**coopers light** 6

**stone and wood pacific ale** 9

## bubbles

**the anchorage**, riverland SA 8/ 32

## whites

**wicks pinot gris**, adelaide hills SA 10/ 40

**rhythm and rhyme chardonnay**, nanya SA 8/ 35

**kissing booth sauvignon blanc**, marlborough NZ 9/ 36

**rhythm and rhyme rose**, mclaren vale SA 8/ 35

## reds

**the anchorage cabernet merlot**, riverland SA 8/ 32

**schild estate merlot**, barossa valley SA 42

**TBW preservative free pinot noir**, eden valley SA 11/ 42

**water wheel cabernet sauvignon**, bendigo VIC 12/ 50

**AMV-X whole bunch shiraz**, mclaren vale SA 60

## cocktails

**uncle sam** 16.5

vodka, vanilla galliano, lemon and passionfruit

**aviation** 18.5

blackcurrant, vodka, lavender, lemon, egg white

**dirty kermit** 16.5

gin, lemon, aloe, cucumber and mint

**espresso martini** 16.5

vodka, espresso shot, kahlua shaken over ice

**margarita** 16.5

cuervo gold tequila, cointreau, lime, salt

**strawberry daiquiri** 16.5

strawberries, rum, lime and ice

SCAN HERE TO  
PLACE YOUR ORDER

