

## BREAKFAST available all day

"the average adult daily energy intake is 8700kj"

<b>toast</b> with your choice of jam, marmalade, honey, peanut butter or vegemite (turkish, rye raisin, sourdough) <b>gluten free 1.0</b>	<b>5.5</b>	<b>breakfast wrap 2760kj</b> made with 2 scrambled free range eggs, cheese, bacon, tomato relish and rocket	<b>14</b>	<b>eggs benedict 3340kj</b> poached eggs with hollandaise and your choice of ham, bacon or salmon on toast add spinach 4	<b>22</b>
<b>banana bread 2000kj</b> made to our secret recipe, toasted and served with praline butter	<b>6</b>	<b>big breakfast 3860kj</b> with 2 eggs, bacon, grilled tomato, mushrooms, hash browns and toast	<b>25</b>	<b>mushroom sourdough 2660kj</b> with sauteed mushrooms, marinated feta, bush dust and a poached egg served on sourdough	<b>17</b>
<b>croissant 1200kj</b> served with butter and jam	<b>6.5</b>	<b>breakfast burger 2580k</b> with a free range egg and free range bacon, avocado, hash brown and hollandaise on a milk bun	<b>15</b>	<b>french toast 2570kj</b> with berry coulis, fresh berries, maple syrup, bacon and grilled banana	<b>20</b>
<b>toasted muesli 2540kj</b> three beans toasted muesli with yoghurt, seasonal fruit and berry coulis	<b>15</b>	<b>eggs on toast 1390kj</b> 2 free range eggs on toast (poached, fried or scrambled)	<b>11.5</b>	<b>chilli scrambled 1790kj</b> scrambled free range eggs with crispy chilli oil and marinated feta on sourdough	<b>17</b>

## Sides

HASH BROWN, MUSHROOMS, HALOUMI, HOLLANDAISE, MARINATED FETA, BAKED BEANS, AVOCADO 4.5  
GRILLED TOMATO, SPINACH 4.5. HAM, GRILLED CHICKEN, FREE RANGE BACON 6. SMOKED SALMON 7

## BOWLS

## LUNCH OPTIONS

<b>acai bowl 2550kj</b> 🌿 acai berry blended with banana & coconut water topped with toasted granola, coconut and seasonal fruit	<b>19</b>	<b>corn and zucchini fritters 1010kj</b> 🌿 with spicy tomato relish, avocado and rocket <b>add an egg 3 or bacon 5</b>	<b>16</b>
<b>green breakfast bowl 1420kj</b> 🌿 with avocado, quinoa, kale, peas, toasted seeds, haloumi, basil pesto and a free range egg	<b>19</b>	<b>salmon bruschetta 2140kj</b> open sandwich of smoked salmon, rocket, feta, spanish onion and capers on sourdough	<b>17</b>
<b>spicy chicken umami salad 2870kj</b> 🌿 with spicy umami chicken tenderloin, quinoa, tomato, avocado, cucumber, red cabbage, mixed leaves and sriracha mayo	<b>19</b>	<b>sourdough with extra 2080kj</b> smashed avocado with our marinated feta and grilled tomatoes on sourdough, <b>add an egg 3, bacon 6.0</b>	<b>17</b>
<b>superfood chop salad 2160kj</b> 🌿 with cos, chickpeas, peas, avocado, toasted seeds, marinated feta and vinaigrette <b>add chicken 6</b>	<b>16</b>	<b>club sandwich 2460kj</b> free range bacon, poached chicken, tomato, avocado, swiss cheese, fried egg, mixed lettuce, aioli, served with fries	<b>21</b>
<b>Add some protein to your bowl</b> grilled chicken 6, free range bacon 6, smoked salmon 7		<b>cheese burger 2540kj</b> beef pattie with cheese, lettuce, tomato, aioli and smokey BBQ sauce served on a milk bun with fries	<b>21</b>
<b>beer battered fries 981kj</b> served with aioli or ketchup or sweet chilli and sour cream	<b>8</b>	<b>chicken katsu burger 2530kj</b> crumbed chicken breast with lettuce, mayonnaise, avocado and katsu BBQ sauce, served with fries	<b>21</b>

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

10% surcharge Sunday, 15% surcharge public holidays

lightly toasted

## SANDWICHES & WRAPS - add a side of fries 4.5

<b>croque monsieur 1880kj</b> smoked free range ham, cheese, aioli toasted on croissant	<b>12</b>	<b>BRAT 2380kj</b> with free range bacon, avocado, tomato, mayo and rocket on turkish	<b>14</b>	<b>salmon wrap 2140kj</b> smoked salmon, rocket, avocado, capers, onion, feta and lemon	<b>17</b>
<b>classic chicken 2010kj</b> with free range chicken, mayo, swiss cheese, tomato and mixed lettuce on sourdough	<b>14</b>	<b>vegetarian wrap 1810kj</b> with corn and zucchini pattie, tomato, cucumber, avocado, lettuce, sour cream & sweet chilli	<b>15</b>	<b>superfood chicken wrap 2100kj</b> chickpeas, cos, peas, toasted seeds, marinated feta, poached chicken and avocado on a wrap	<b>15</b>
		<b>grilled veg turkish 1690kj</b> grilled sweet potato, red pepper pesto, tomato, spinach, feta and mayo on turkish	<b>15</b>		

Please be aware the food we serve may contain egg, soy, tree nuts, peanuts, dairy. If you have any allergies please let the staff know

# three beans

## COFFEE

### coffee

our own sustainable blend sourced from farmers we know and trust

S 4.3  
L 5.3

### chocolate

our hot chocolates and mocha's are made with 40% cocoa

S 4.3  
L 5.3

extra shot/ bonsoy/ oat/ almond/  
flavourings

0.7

babycino

1.5

*Dairy Free*

## CHOCOLATE

### malabar chai 910kj

chai leaves brewed with milk, served with honey and cinnamon

6

### turmeric latte 727kj

golden latte made with our spiced turmeric

S 5  
L 6

### chai latte 1020kj

S 4.3  
L 5.3

### tea drop organic teas 2kj

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

4.5

## SMOOTHIES

### acai smoothie 1420kj

acai berry blended with coconut water and banana

9

### cocoa banana 2080kj

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

9

### green machine 828kj

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

9

### coconut berry 1640kj

berries blended with coconut water, coconut yoghurt and banana

9

### berry crush 1020kj

berries blended with orange juice

9

## SHAKES

### milkshakes

chocolate, vanilla, caramel, strawberry

thick shake add 2

7

### *Premium shakes*

#### cookies and cream 1220kj

cookies, vanilla ice cream, chocolate and milk

9

#### peanut butter 1730kj

peanut butter, vanilla ice cream, chocolate and milk

9

## SMOOTHIES

### smoothies

blended fruit, yoghurt and honey

### mixed berry 1240kj, banana 1240kj

7.5

### orange crush 1160kj

orange juice blended with ice, vanilla and vanilla icecream

8

### affogato 935kj

double espresso shot served over ice cream with your choice of caramel, hazelnut or vanilla syrup

6

## ICED DRINKS

### iced drinks 1460kj

iced coffee, iced chocolate, iced mocha (served over ice cream)

iced latte, iced long black (served over ice)

7

5.5

### iced choc chai 1560kj

chocolate and chai with milk and icecream

8

### summer iced tea 1020kj

iced strawberry guava tea with lemon and berries

8.5

### frappes

#### coffee frappe 709kj

espresso, milk, ice cream, ice and syrup (vanilla, caramel or hazelnut)

7.5

#### mocha frappe 1460kj

espresso, chocolate, milk, ice cream and ice

7.5

#### orange juice 559kj

7

#### mineral water 500ml

750ml

5.5  
8

