

three beans all day menu

toast	6.5
with your choice of seasonal jam, marmalade, honey, peanut butter or vegemite sourdough, turkish, rye, 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	
pancakes 3830kj	18.5
with marscapone, honey roasted nuts, fresh berries, maple syrup and berries	
kickstarter bowl 2150kj	14.0
seasonal fruit salad, granola and coconut yoghurt	
bacon & egg roll 2150kj	12.0
with a free range egg and bacon on brioche	
eggs and bacon on toast 1890kj	13.0
2 free range eggs and free range bacon on toast (poached, scrambled or fried)	
eggs benedict 3340kj	18.5
poached eggs with hollandaise on english muffin with your choice of ham, bacon or smoked salmon	
vegetarian breakfast 2660kj	21.0
with eggs, baby spinach, avocado, mushrooms, tomatoes, baked beans, hash brown, haloumi and toast	
big breakfast 3860kj	22.9
with eggs, bacon, grilled tomato, mushrooms, hash browns, baked beans, avocado, sausages & your choice of toast	

add to your dish

- 1 egg	2.0	- ham	3.5
- grilled tomato	3.0	- free range bacon	5.0
- mushrooms	3.5	- smoked salmon	5.0
- haloumi	4.0	- baked beans	3.0
- avocado	4.0	- poached chicken	4.5
- marinated feta	3.5	- hash brown	3.0

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

smoothie bowl

acai 2550kj 🌿	15.5
acai berry blended with banana & coconut water topped with toasted granola, coconut, seasonal fruit	

healthy bowls

soba noodle salad 1570kj	18.0
with soba noodles, avocado, red cabbage, kale, cucumber, pickled carrot, spring onion, sesame dressing and roasted sesame dust	

green breakfast bowl 1420kj 🌿	
with avocado, quinoa, kale, peas, toasted seeds, haloumi, coriander, basil pesto and a free range egg	

japanese chicken bowl 1770kj 🌿	
with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing	

nourish bowl 2040kj 🌿	
our bowl of goodness with smoked salmon, grains, peas, kale, avocado, red cabbage, carrot, onion, coriander and egg with ponzu dressing	

chicken caesar salad 2080kj	
our caesar salad with cos lettuce, kale, avocado, bacon and crouton crumb, caesar dressing and chicken schnitzel	



kids menu

happy, healthy kids box	12.0
with your choice of a toastie or chicken nuggets, fresh fruit, orange juice and a surprise toy	
toasties 860kj, 1050kj, 920kj	7.0
your choice of cheese, ham and cheese or tomato and cheese	
pancakes 1210kj	8.5
with maple syrup and icecream	

“the average adult daily energy intake is 8700 kjs”

burgers - served with fries

beef burger 2540kj	19.0
with free range bacon, cheddar cheese, tomato, beetroot, lettuce, aioli, pickled cucumber and smokey BBQ sauce	

peri- peri chicken burger 2540kj	19.0
grilled chicken with cheddar cheese, tomato, lettuce, grilled onion, bacon and peri- peri sauce	

club sandwich 2460kj	16.5
free range bacon, poached chicken, tomato, avocado, swiss cheese, fried egg, mesclun & aioli	

corn and zucchini fritters 1010kj 🌿	17.5
with spicy tomato relish, avocado and rocket	

smashed avocado 2080kj	16.0
with semi dried tomatoes and marinated feta with haloumi or poached egg on sourdough	

warm gluten free tart 983kj 🌿	11.0
with pumpkin, sweet potato, pinenuts and feta served with a rocket, toasted seed and feta salad	

sandwiches lightly toasted with a side salad

haloumi turkish 1940kj	13.5
grilled haloumi, fresh tomato, spinach and pesto on turkish bread	

vegetarian wrap 1810kj	13.5
with corn and zucchini pattie, tomato, beetroot, avocado, rocket, pickled onion, sour cream & sweet chilli	

smoked salmon bagel 2140kj	13.5
smoked salmon, dill creme fraiche, pickled onion and micro herbs on a toasted bagel	

croque monsieur 1880kj	11.5
smoked free range ham, cheese and aioli toasted on turkish bread	

classic chicken sandwich 2010kj	13.5
with free range poached chicken, mayo, swiss cheese, tomato and rocket on sourdough	

BBQ pulled pork sourdough 3770kj	13.5
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

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

S 3.7
L 4.7

extra shot/ bonsoy/ decaf/ almond

0.7

malabar chai 910kj

chai leaves brewed with milk, served with honey and cinnamon

5.0

turmeric latte 727kj

golden latte with all the spice

5.0

tea drop organic teas 2kj

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

4.0

iced drinks

iced coffee 1330kj

S 6.0
L 7.0

iced moccha 1460kj

iced chocolate 1460kj

frappes

S 6.5

berry crush 1020kj

berries blended with apple juice and Ice

L 8.5

coffee frappe 709kj

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

milkshakes

available in the classic flavours

S 5.5
L 7.0

dairy free smoothies

8.5

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 protein machine 828kj

avocado, spinach, coconut water, almonds, banana, chia seeds, honey and protein powder

coconut berry 1640kj

berries blended with coconut water, coconut yoghurt and banana

smoothies

blended fruit, icecream and honey

fresh mango 1340kj

8.5

banana 1240kj mixed berry 1240kj

7.0

iced tea

6.5

freshly brewed iced tea - check for flavour

fresh juice

8.0

choose your own flavour or one of our suggestions below

tropical sunrise

watermelon, pineapple and orange

daily booster

apple, carrot, beetroot, orange, celery and ginger

green detox

apple, mint, celery, kale, cucumber and tumeric



something sweet

selection of cakes and cookies

please see our cakes and cookies at the counter, all made in the three beans kitchen using free range eggs - lots of gluten free options