

BREAKFAST

toast 6

with your choice of jam, marmalade, honey, vegemite or peanut butter (turkish, sourdough, rye)
gluten free +1

banana bread 2000kj 6

made to our secret recipe, toasted, served with butter

bacon and egg roll 2150kj 12

with a free range egg and free range bacon on a milk bun
make it deluxe - add a hash brown, cheese and relish 3

breakfast wrap 2760kj 13

made with 2 free range scrambled eggs, cheese, bacon and tomato relish

breakfast burrito 2880kj 16.5

with eggs, chorizo, hash brown, avocado, tomato, rocket, cheese, sriracha and chipotle mayo

eggs on toast 1690kj 12

2 free range eggs (poached, fried or scrambled) and toast

chilli scrambled 1790kj 14

scrambled free range eggs with crispy chilli oil and crumbled marinated feta on sourdough

eggs benedict 3340kj 14

poached eggs with hollandaise
add bacon or ham 4

nutella pancakes 3830kj 18

with strawberries, maple syrup, ice cream and cocoa crumb

vegetarian breakfast 2660kj 19

with poached eggs, avocado, mushrooms, grilled tomato, haloumi and toast

SANDWICHES & WRAPS

croque monsieur 1880kj 9

smoked ham, cheese and aioli on turkish

brat 2380kj 13.9

with free range bacon, avocado, tomato, mayonnaise and rocket on turkish

turkey and brie 2150kj 14

with shaved turkey, brie cheese, cranberry sauce, rocket and avocado

the schnitty wrap 2200kj 12

chicken schnitzel, tomato, rocket and mayonnaise on a wrap

classic chicken 2010kj 14

free range chicken, mayo, swiss cheese, tomato and mixed leaves on sourdough
make it a club - add bacon and avocado 4

chipotle beef burrito 2540kj 14.5

chipotle beef, cheese, corn, black bean, spinach, avocado, sour cream and jalapeno relish on a wrap

BURGERS

cheese burger 2540kj 14

beef patty with cheese, lettuce and special burger sauce served on a milk bun
add a side of fries 4

katsu chicken burger 2530kj 14

crumbed chicken breast with shredded cos, mayonnaise and katsu BBQ sauce on a milk bun
add a side of fries 4

BOWLS

green breakfast bowl 1420kj 18

with avocado, quinoa, kale, peas, toasted seeds, haloumi, basil pesto and a free range egg

mexican bowl 2620kj 18.5

brown rice, chipotle beef, corn, black bean, tomato, sour cream, avocado, spinach and jalapeno relish

soup 13.5

served with toasted sourdough, please ask for varieties available

Sides

- 1 EGG, HASH BROWN 5.5
- HALOUMI, MUSHROOMS, AVOCADO, MARINATED FETA 3.5
- HAM, POACHED FREE RANGE CHICKEN, FREE RANGE BACON 5
- SIDE OF FRIES 4

SOMETHING ELSE

cheese melt 1980kj 13

on sourdough with spicy tomato relish

corn and zucchini fritters 1010kj 14

our corn and zucchini fritters served with spicy tomato relish, avocado and rocket, add a poached egg 2

smashed avocado with bush dust 2610kj 15

with native macadamia & finger lime bush dust, feta and herbs, served on toasted sourdough

smashed avocado with grilled haloumi 2080kj 15

with grilled haloumi, pesto and semi dried tomatoes on toasted sourdough

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

CREDIT CARD SURCHARGE APPLIES - 10 % SURCHARGE SUNDAYS, 15% SURCHARGE PUBLIC HOLIDAYS

Please Order at the counter

= gluten free



COFFEE.TEA

coffee	S	4.2
our own sustainable blend sourced from farmers we know and trust	L	5.2
hot chocolate	S	4.2
our hot chocolates and mocchas are made with our own blend of 40 % cocoa	L	5.2
alternate milk / flavour shot / decaf		0.8
malabar chai 910KJ		5.5
chai leaves brewed with milk, served with honey and cinnamon		
matcha latte 727KJ		5.5
green matcha blend with milk		
matcha latte 727KJ		5.5
green matcha blend with milk		
tea drop organic teas		4.5
english breakfast, earl grey, chamomile, spring green, peppermint, lemongrass & ginger		

ICED DRINKS

iced coffee / ice chocolate	6.5
iced moccha / latte	6.5
iced long black	5.5
berry crush 1020KJ	7
berries blended with apple juice and ice	
coffee frappe 709KJ	7
espresso, milk, ice and ice cream with your choice of syrup (vanilla, caramel or hazelnut)	

SMOOTHIES

Dairy Free

acai smoothie 1420KJ	8.5
acai berry blended with banana and coconut water	
cocoa banana 2080KJ	8.5
banana, peanut butter, cocoa nibs, almond milk, coconut yoghurt and honey	
green machine 828KJ	8.5
kale, lemon, avocado, coconut water, mint and apple juice	
coconut berry 1640KJ	8.5
berries blended with coconut water, coconut yoghurt and banana	
regular smoothies	7.5
fruit blended with yoghurt and honey	
strawberry, banana, mixed berry	

MILKSHAKES

regular shakes	S 4.5
available in all the classic flavours, blended with milk and ice cream, make it a thickshake 8.5	L 6.5
cookies and cream 1220KJ	9
cookies, ice cream, chocolate syrup and milk	



FOR THE LITTLE ONES

babycino	1
toasties	7
toasted sandwich with any combination of ham, cheese and tomato on your choice of bread	
kids pancakes 1210kj	10
with maple syrup and ice cream	
scrambled eggs & bacon	10
served with 1 slice of toast	



threebeanscafes



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