

three beans all day menu

“the average daily energy intake is 8700 kjs”

toast	5.0
with your choice of seasonal jam, marmalade, honey, peanut butter or vegemite sourdough, turkish, rye, raisin gluten free add 0.5, croissant add 0.5	
banana bread 2000kj	5.0
made in the three beans kitchen to our secret recipe, served toasted with our whipped praline butter	
toasted muesli 2540kj	13.0
three beans toasted muesli with yoghurt, berry compote, roasted honey nuts and fresh berries	
pancakes 3830kj	17.5
with marscapone, honey roasted nuts, maple syrup and berries	
ham and cheese croissant 2170kj	8.9
made with free range ham and cheese toasted	
bacon & egg roll or sandwich 2150kj	8.9
with a free range egg and bacon on brioche bun or turkish bread	
breakfast wrap 2760kj	10.9
made with 2 free range eggs, cheese, bacon, tomato relish and spinach	
eggs on toast 1690kj	9.5
2 free range eggs on toast (poached, scrambled or fried) add bacon 4.5 or salmon 5.0	
eggs benedict 3340kj	10.5
poached eggs with hollandaise on toast add bacon 4.5, add salmon 5.0 add spinach 2.0	
vegetarian stack 2660kj	15.5
with eggs, avocado, mushrooms, haloumi and toast	
big breakfast 3860kj	19.9
with 2 poached eggs, bacon, grilled tomato, mushrooms, hash browns, avocado & toast	

healthy bowls - add something from extras	
acai smoothie bowl 2550kj 	15.5
acai berry blended with banana & coconut water topped with toasted granola, coconut, seasonal fruit	
green breakfast bowl 1420kj 	15.0
with avocado, quinoa, kale, peas, toasted seeds, haloumi, coriander, basil pesto and a free range egg and lemon dressing	
superfood 2000kj 	14.5
chickpeas, peas, marinated feta, parsley, avocado cucumber, toasted seeds & lemon dressing	
japanese chicken bowl 1770kj 	17.0
with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing	
chicken caesar salad 2080kj	15.5
our caesar salad with cos lettuce, kale, avocado, bacon and crouton crumb, caesar dressing and chicken schnitzel	
KIDS MENU	
pancakes 1210kj	7.5
with maple syrup and icecream	
toasties 860kj, 1050kj, 920kj	6.0
your choice of cheese, ham and cheese or tomato and cheese	
extra's	
- 1 egg	2.5
- avocado	3.5
- grilled tomato	2.5
- marinated feta	3.0
- mushrooms	3.0
- ham	4.0
- haloumi	3.0
- free range bacon	4.5
- hash brown	3.0
- smoked salmon	5.0
- poached chicken	4.5
- hollandaise	2.0
- gluten free bread	0.5
- spinach	2.0
fries 981kj served with aioli or ketchup	6.0
sweet potato fries 1280kj	8.0
served with sweet chilli and sour cream	

cheese melt 1980kj	9.9
on sourdough with our spicy tomato relish	
smashed avocado	13.9
with native macadamia & finger lime bush dust, feta and herbs served on sourdough 2610kj or with grilled haloumi, pesto and semi dried tomatos on sourdough 2080kj	
corn and zucchini fritters 1010kj 	12.9
with spicy tomato relish, avocado and rocket	
cheese burger and fries 2540kj	15.5
100 % beef pattie w/ cheese, lettuce and special burger sauce served on a brioche bun, served with fries	
chicken katsu burger and fries 2530kj	15.5
crumbed chicken breast with shredded cos, mayonnaise and katsu BBQ sauce served with sweet potato fries	
chicken caesar wrap 2800kj	12.9
crumbed chicken, cos lettuce, kale, avocado, bacon and crouton crumb and caesar dressing	
croque monsieur 1880kj	9.9
smoked free range ham, cheese and aioli served on turkish	
salmon on rye 2140kj	12.9
smoked salmon, cream cheese, spinach, pickled onion and avocado on rye	
turkey and brie 2230kj	12.9
shaved turkey, brie, avocado, cranberry sauce and rocket on turkish bread	
classic chicken sandwich 2010kj	12.9
with free range poached chicken, mayo, swiss cheese, tomato and rocket on sourdough	
chicken waldorf sandwich or wrap 2020kj	12.9
free range poached chicken, walnuts, mayo, avocado & celery	
vegetarian wrap 2380kj	12.9
with corn and zucchini pattie, tomato, purple cabbage, avocado, sour cream and sweet chilli	



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

three beans

coffee S 4.0
our own sustainable blend sourced M 4.6
from farmers we know and trust L 5.2

chocolate S 4.0
our hot chocolates and moccha's M 4.6
are made with 40% cocoa or our L 5.2
new white chocolate

**extra shot/ bonsoy/ almond/
lactose free/ oat** 0.6

malabar chai 910kj 5.5
chai leaves brewed with milk, served with
honey and cinnamon

matcha or taro latte 727kj S 4.0
green matcha latte L 4.6

tea drop organic teas 2kj 4.0
english breakfast, earl grey, chamomile, spring
green, peppermint, lemongrass & ginger

iced drinks
iced coffee **1330kj** iced chocolate **1460kj** 6.0
iced moccha **1460kj** iced cappucino **1560kj**
iced long black **20kj** iced latte **770kj** 5.0

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)

matcha or taro frappe 1290kj
matcha or taro , milk, ice and icecream

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 machine 828kj
kale, lemon, avocado, coconut water, mint and apple juice

coconut berry 1640kj
berries blended with coconut water, coconut
yoghurt and banana

smoothies 6.5
blended fruit, yoghurt and honey

strawberry 1290kj mixed berry 1240kj
banana 1240k mango 1260kj

milkshakes S 5.0
available in the classic flavours L 7.0

premium shakes 8.5
cookies & cream 1220kj
cookies, vanilla ice cream, chocolate

peanut butter 1730kj
peanut butter, vanilla ice cream, chocolate

affagato 935kj 5.5
double espresso shot, vanilla ice cream and a
flavour shot (vanilla, hazelnut or caramel)

