

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	6.9
made in the three beans kitchen to our secret recipe, served toasted with our praline butter	
croissant with ham and cheese 2170kj	8.9
made with free range ham and cheese and toasted	
bacon & egg roll 2150kj	13.9
with a free range egg and free range bacon	
croque monsieur 1880kj	13.9
smoked free range ham, cheese and aioli served on turkish	



extras			
- 1 free range egg	3.0	- poached chicken	5.0
- marinated feta	3.5	- ham	5.0
- haloumi	4.0	- free range bacon	5.0
- avocado	3.5	- semi dried tomatos	3.5
- smoked salmon	5.0		

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

healthy bowls- add something from extras	
green breakfast bowl 1420kj 	17.9
with avocado, quinoa, kale, peas, toasted seeds, haloumi, coriander, basil pesto and a free range egg	
japanese chicken bowl 1770kj 	19.9
with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing	
chicken caesar salad 2080kj	18.9
our caesar salad with cos lettuce, kale, avocado, bacon and crouton crumb, caesar dressing and chicken schnitzel	

something else

smashed avocado 2080kj	
with smashed avo, grilled haloumi, pesto and semi dried tomatoes on sourdough	
or	
smashed avocado with our marinated feta and semi dried tomatos on sourdough	
warm gluten free tart 983kj 	13.9
with pumpkin, sweet potato, pinenuts and feta served with a rocket, toasted seed and feta salad	
cheese melt 1980kj	13.9
served on sourdough with our sweet and spicy tomato relish	

“the average daily energy intake is 8700 kjs”

wraps and sandwiches- served with a side salad

salmon on rye 2140kj	16.9
smoked salmon, cream cheese, spinach, pickled onion and avocado on rye	
classic chicken sandwich 2010kj	15.9
with free range poached chicken, mayo, swiss cheese, tomato and rocket on sourdough	
BBQ pulled pork sourdough 3770kj	16.9
BBQ pulled pork, red cabbage, coriander, pickled onion and mayonnaise on sourdough	
chicken caesar wrap 2800kj	16.9
crumbed chicken, cos lettuce, kale, avocado, bacon and crouton crumb and caesar dressing	



kids menu

fairy bread 964kj	3.0
sandwich 1150kj, 1150kj, 768kj, 1070kj	6.5
with your choice of homemade seasonal jam, honey, vegemite or peanut butter	
toasties 860kj, 1050kj, 920kj	8.9
your choice of cheese, ham and cheese or tomato and cheese toasted on white, (sourdough, turkish, rye, gluten free) add 2.0	
babycino 199kj	1.5

three beans

coffee		
our own sustainable blend sourced from farmers we know and trust	S	4.0
	L	5.0
chocolate		
our hot chocolates and moccha's are made with 40% cocoa or with our new white chocolate	S	4.2
	L	5.2
extra shot/ bonsoy/ almond/ lactose free		0.7
malabar chai 910kj		5.0
chai leaves brewed with milk, served with honey and cinnamon		
turmeric latte 727kj, 1030kj	S	4.5
golden latte with all the spice	L	5.5
matcha latte 727kj, 1030kj	S	4.5
green matcha latte	L	5.5
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		
smoothies		7.0
blended fruit, yoghurt and honey		
banana 1240kj mixed berry 1240kj		
milkshakes	S	5.0
available in the classic flavours	L	6.0



please see our selection of cakes, cookies and muffins at the counter



threebeans.com.au

