



three beans all day menu

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| 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 | |



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|--------------------|------------|----------------------|------------|
| 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

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| 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

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| 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

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|--|-------------|
| 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

| | |
|---|------------|
| fairly 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

