

three beans all day menu

10% surcharge for public holidays

“the average adult 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 2.0**

eggs on toast 1690kj 11.0

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

bacon & egg roll 2150kj 11.0

with a free range egg and bacon on brioche
make it deluxe - add hash brown, cheese and relish 14.0

breakfast wrap 2760kj 12.5

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

toasted muesli 2540kj 14.0

three beans toasted muesli with yoghurt, berry compote, roasted honey nuts and fresh berries

pancakes 3830kj 18.0

with marscapone, honey roasted nuts, maple syrup and seasonal fruit

eggs benedict 3340kj 18.0

poached eggs with hollandaise, spinach and your choice of bacon, salmon or ham on toast

vegetarian breakfast 2660kj 20.0

with eggs, baby spinach, avocado, mushrooms, grilled tomato, haloumi and toast

big breakfast 3860kj 21.0

with eggs, bacon, grilled tomato, mushrooms, hash brown, sausages and toast

add to your dish

- 1 egg	3.0	- avocado	3.5
- grilled tomato	3.0	- poached chicken	5.0
- mushrooms	3.5	- ham	4.0
- haloumi	5.0	- free range bacon	5.0
- hash brown x 2	4.0	- smoked salmon	5.0

healthy bowls

acai smoothie bowl 2550kj 16.5

acai berry blended with banana & coconut water topped with toasted granola, coconut, seasonal fruit

green breakfast bowl 1420kj 16.5

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

superfood bowl 2000kj 16.5

chickpeas, peas, marinated feta, parsley, avocado cucumber, toasted seeds & lemon dressing

soba noodle salad 1570kj 16.5

with soba noodles, avocado, red cabbage, kale, cucumber, pickled carrot, spring onion, sesame dressing and roasted sesame dust

chicken caesar salad 2080kj 17.5

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

japanese chicken bowl 1770kj 18.5

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

fries 981kj with ketchup or aioli (side of fries 4.5) 9.0

sweet potato fries 1200kj 11.5

with sweet chilli & sour cream

KIDS MENU

fairy bread 964kj 4.0

sandwich 1150kj, 1150kj, 768kj, 1070kj 5.5

with your choice of homemade seasonal jam, honey, vegemite or peanut butter

toasties 860kj, 1050kj, 920kj 7.5

your choice of cheese, ham and cheese or tomato and cheese

kids pancakes 1210kj 10.0

with maple syrup, fresh berries and icecream

cheese melt 1980kj 11.0

served on sourdough with our sweet and spicy tomato relish

smashed avocado 18.0

with grilled haloumi, pesto and semi dried tomatoes on sourdough **2080kj**

or
with our marinated feta and semi dried tomatoes on sourdough **2080kj** 14.5

corn and zucchini fritters 1010kj 15.0

with spicy tomato relish, avocado and rocket

warm gluten free tart 983kj 14.0

with pumpkin, sweet potato, pinenuts and feta served with a rocket, toasted seed and feta salad

chicken katsu burger 2530kj 18.0

crumbed chicken breast with shredded cos, mayonnaise and katsu BBQ sauce served with sweet potato fries

sandwiches & wraps (prefer a wrap - no problem)

vegetarian wrap 2380kj 14.0

with corn and zucchini fritter, tomato, purple cabbage, rocket, avocado, sour cream and sweet chilli

classic chicken sandwich 2010kj 14.0

with free range poached chicken, mayo, swiss cheese, tomato and rocket on sourdough

make it a club - add bacon and avocado 4.0

haloumi turkish 1940kj 14.0

grilled haloumi, fresh tomato, spinach and pesto on turkish bread

turkey and brie 2230kj 14.5

shaved turkey, brie, avocado, cranberry sauce and rocket on turkish bread

BBQ pulled pork sourdough 3770kj 14.0

BBQ pulled pork, red cabbage, coriander, pickled onion and mayonnaise on sourdough

salmon on rye 2140kj 15.0

smoked salmon, cream cheese, spinach, pickled onion and avocado on rye

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

three beans

coffee

our own sustainable blend sourced from farmers we know and trust

S	3.8
L	4.6

chocolate

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

S	3.8
L	4.6

extra shot/ bonsoy/ almond/ flavour 0.7

malabar chai 910kj 5.5

chai leaves brewed with milk, served with honey and cinnamon

turmeric latte 727k, 1090kj S 4.5

golden latte with all the spice L 5.5

matcha latte 727kj, 1090kj 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 6.8

iced coffee **1330kj** iced chocolate **1460kj**

iced moccha **1460kj**

frappes 7.5

berry crush 1020kj

berries blended with apple juice and Ice

coffee frappe 709kj

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

affogato 935kj 6.5

double espresso shot, vanilla ice cream and a flavour shot (vanilla, hazelnut or caramel)

dairy free smoothies 8.8

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 7.0

blended fruit, milk, yoghurt and honey

strawberry 1290kj mixed berry 1240kj

banana 1240kj

milkshakes S 4.5

available in the classic flavours L 6.5

premium shakes S 5.5

cookies & cream 945kj, 1220kj L 7.5

cookies, vanilla ice cream, chocolate

peanut butter 1480kj, 1730kj

peanut butter, vanilla ice cream, chocolate



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

SCAN HERE TO PLACE YOUR ORDER



threebeans.com.au

