

BREAKFAST

"the average adult daily energy intake is 8700kj"

toast with your choice of jam, marmalade, honey, peanut butter or vegemite (sourdough, turkish, rye, raisin, multigrain) gluten free +2	5.5	bacon & egg roll 2150k with a free range egg and free range bacon on a milk bun or Turkish bread make it deluxe -hash brown, cheese, relish 3.0	9.5	eggs benedict 3340kj poached eggs with hollandaise and spinach on toast. add bacon or salmon 5	15.5
banana bread 2000kj made to our secret recipe, toasted and served with praline butter	6	eggs on toast 1690kj 2 free range eggs on toast (poached, fried or scrambled)	11	biscoff french toast 5555kj sourdough with biscoff cream, honey roasted nuts, ice cream, strawberries and a side of warm biscoff cream	19.5
toasted muesli 2540kj three beans toasted muesli with yoghurt, seasonal fruit and roasted honey nuts	12.5	chilli scrambled 1790kj scrambled free range eggs with crispy chilli oil and marinated feta on sourdough	14.5	big breakfast 3860kj with 2 eggs, bacon, grilled tomato, avocado, mushrooms, hash browns and toast	19.5
breakfast wrap 2760kj made with 2 free range eggs, cheese, bacon, tomato relish and rocket	12.5	vegetarian breakfast 2660kj with poached eggs, avocado, mushrooms, haloumi, spinach and toast	18		

BOWLS

SOMETHING ELSE

chicken katsu bowl 2560kj brown rice, cabbage, pickled carrot, ponzu, katsu BBQ sauce and mayo topped with chicken schnitzel and sesame dust	20	smashed avocado with grilled haloumi 2080kj with grilled haloumi, pesto and semi dried tomatoes on toasted sourdough	16
green breakfast bowl 1420kj 🌿 with avocado, quinoa, kale, peas, toasted seeds, haloumi, coriander, basil pesto and a free range egg	18.5	smashed avocado with bush dust 2610kj with native macadamia & finger lime bush dust, feta, and herbs served on sourdough rye	15.5
japanese chicken bowl 1770kj 🌿 with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing	20	corn and zucchini fritters 1010kj 🌿 with spicy tomato relish, avocado and rocket add an egg 3 or bacon 5	15.5
chicken caesar salad 2080kj our caesar salad with cos lettuce, kale, avocado, bacon and crouton crumb, caesar dressing and chicken schnitzel	18	fries 981kj served with aioli or ketchup	7
superfood chop salad 2160kj 🌿 with cos, chickpeas, peas, avocado, toasted seeds, marinated feta and vinaigrette add chicken 5	14		

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

10% surcharge for public holidays

SANDWICHES

WRAPS

BURGERS

croque monsieur 1880kj smoked free range ham, cheese, aioli toasted on turkish bread	10	chicken caesar wrap 2800kj crumbed chicken, cos lettuce, kale, avocado, free range bacon, croutons and caesar dressing	15	cheese burger 2540kj 100% beef pattie with cheese, lettuce and special burger sauce served on a brioche bun add fries 4	14
classic chicken s/w 2010kj with free range chicken, mayo, swiss cheese, tomato and rocket on sourdough	13	tandoori chicken wrap 2720kj tandoori chicken, rocket, cabbage, cucumber, tomato, coriander, cashew, tzatziki and chilli jam	14.5	chicken katsu burger 2530kj crumbed chicken breast with shredded cos, mayonnaise and katsu BBQ sauce, add fries 4	14
spicy schnitzel 2040kj chicken schnitzel, mayonnaise and sriracha sauce on turkish	13			salmon on rye 2140kj smoked salmon, cream cheese, spinach, pickled onion and avocado on rye	16

credit card surcharge applies

Sides

1 EGG, GRILLED TOMATO, HASH BROWN, MUSHROOMS 3
HALOUMI, SPINACH, AVOCADO, HAM 4

POACHED CHICKEN, BACON, SMOKED SALMON 5

three beans

COFFEE

coffee

our own sustainable blend sourced from farmers we know and trust

S 4
L 5

chocolate

our hot chocolates and moccha's are made with 40% cocoa

S 4
L 5

extra shot/ bonsoy/ almond/ flavour

0.7

Dairy Free

SMOOTHIES

acai smoothie 1420kj

acai berry blended with coconut water and banana

9

cocoa banana 2080kj

banana, peanut butter, cocoa nibs, almond milk, coconut yoghurt and honey

9

green machine 828kj

kale, lemon, avocado and apple juice

9

coconut berry 1640kj

berries blended with coconut water, coconut yoghurt and banana

9

CHOCOLATE

malabar chai 910kj

chai leaves brewed with milk, served with honey and cinnamon

5.5

turmeric latte 727kj

golden latte made with our spiced tumeric

5.5

matcha latte 727kj

green matcha latte

5.5

tea drop organic teas 2kj

english breakfast, earl grey, chamomile, spring green, peppermint, lemongrass and ginger

4.5

SHAKES

milkshakes

available in all the classic flavours

S 5
L 7

Premium Shakes

cookies and cream 1220kj

cookies, vanilla ice cream, chocolate and milk

8.5

peanut butter shake 1480kj

peanut butter, vanilla ice cream and chocolate

8.5

biscoff shake 1490kj

lotus biscuit, biscoff cream, vanilla ice cream and milk

8.5

SMOOTHIES

smoothies

blended fruit, yoghurt and honey

8.5

mixed berry 1240kj, banana 1240kj

FOR THE LITTLE ONES

fairy bread 964kj

4.9

pancakes 1210kj

with maple syrup and ice cream

10

toasties

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

8.9

babycino

1.5

ICED DRINKS

iced drinks 1460kj

iced coffee, iced chocolate

iced mocha, iced long black

iced latte add a flavour shot 0.5

6.5

frappes

berry crush 1020kj

berries blended with apple juice and ice

8.5

coffee frappe 709kj

espresso, milk, ice, ice cream and syrup (vanilla, caramel or hazelnut)

8.5

Please order at the counter when ready

 threebeanscafes



 threebeanscoffee