three beans all day menu

the average adult daily energy intake is 8700 kjs

toast 4.9
with your choice of seasonal jam, honey, peanut butter or vegemite
sourdough, turkish, raisin, croissant
gluten free add 2.0

toasted muesli 2540kj 12.0
three beans toasted muesli with yoghurt, berry compote, roasted honey nuts and fresh berries

bacon and egg roll 2150kj 7.0
with a free range egg and bacon on brioche
make it a deluxe 2550kj - add a hash brown, cheese and tomato relish 10.0

ham and cheese croissant 2170kj 6.5
made with free range ham and cheese toasted

french toast 3830kj 14.5
with marscapone, honey roasted nuts, maple syrup and berries

bacon and eggs on toast 1690kj 13.0
2 free range eggs and bacon on toast (poached, scrambled or fried)

eggs benedict 3340kj 15.5
poached eggs with free range bacon, ham or slamon and hollandaise on toast

vegetarian breakfast 2660kj 16.9
with poached eggs, avocado, tomato, mushroom and hash browns on sourdough

big breakfast 3860kj 18.5
with eggs, bacon, grilled tomato, mushrooms, sausages, hash brown & toast

extras

- 1 egg	3.0	- avocado	3.0
- haloumi	4.0	- sausage	4.0
- hash brown	2.0	- free range bacon	5.0
- poached chicken	5.0	- smoked salmon	5.0
- mushrooms	3.5		

smoothie bowls 13.5

acai 2550kj
acai berry blended with banana & coconut water topped with toasted granola, coconut, seasonal fruit

healthy bowls - add something from extra's

green breakfast bowl 1420kj 14.5
with avocado, quinoa, kale, peas, toasted seeds, haloumi, coriander, basil pesto, lemon dressing and a free range egg

japanese chicken bowl 1770kj 15.5
with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing

bliss bowl 1700kj 16.0
falafel, hummus, tzatziki, quinoa, kale, seeds, tomato, herbs , haloumi, pickled onion and lemon dressing

fries 981kj 7.0
served with aioli or ketchup

KIDS MENU

fairy bread 964kj 2.0

sandwich 1150kj, 1150kj, 768kj, 1070kj 5.5
with your choice of homemade seasonal jam , honey, vegemite or peanut butter

cheese toasties 860kj 6.0

babycino 199kj 0

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

cheese melt 1980kj 9.0
served on sourdough with our sweet and spicy tomato relish
add chicken and avocado 5.0

smashed avocado 2610kj 12.5
with native macadamia & finger lime bush dust, feta and herbs served on sourdough rye

haloumi avocado 2080kj 13.5
with grilled haloumi, smashed avocado, pesto and semi dried tomatoes on sourdough

corn and zucchini fritters 1010kj 11.0
with spicy tomato relish, avocado and rocket

cheese and bacon burger 2540kj 11.0
grilled beef pattie, with cheese, tomato, lettuce, free range bacon and BBQ sauce
add fries 4.5

spicy schnitzel panini 2040kj 9.5
chicken schnitzel, tomato, rocket, mayonaisse and sriracha sauce

falafel wrap 1340kj 12.5
falafel, hummus, tomato, pickled onions, purple cabbage and kale

vegetarian wrap 1810kj 12.0
with corn and zucchini pattie, tomato, beetroot, avocado, rocket, sour cream and sweet chilli

smoked salmon bagel 2140kj 12.9
smoked salmon, dill creme fraiche, pickled onion and micro herbs on a toasted bagel

chicken club sandwich 2460kj 14.5
free range bacon, poached chicken, tomato, onion, kale and basil mayo

lamb wrap 1880kj 13.0
slow roasted harissa lamb, hummus, tzatziki, tomato, spanish onion, parsley and rocket