

# three beans all day menu

“the average adult daily energy intake is 8700 kjs”

<b>toast</b>	<b>5.9</b>		
with your choice of seasonal jam, honey, peanut butter or vegemite sourdough, turkish, rye, raisin <b>gluten free add 2.0</b>			
<b>croque monsieur 1880kj</b>	<b>9.9</b>		
free range ham, cheese and aioli served on turkish			
<b>chia and oat porridge 2700kj</b>	<b>12.9</b>		
with peanut butter, banana, almond and honey			
<b>bacon &amp; egg roll 2150kj</b>	<b>9.9</b>		
with a free range egg and bacon on turkish <b>add a hash brown and cheese 2.0</b>			
<b>breakfast wrap 2760kj</b>	<b>11.9</b>		
made with 2 free range eggs, cheese, bacon, tomato relish and rocket			
<b>eggs on toast 1690kj</b>	<b>11.9</b>		
2 free range eggs on toast ( poached, scrambled or fried)			
<b>chef's special omelette 2140kj</b>	<b>17.5</b>		
made with free range eggs, mushrooms, cheese. spanish onion, tomato & parsley with sourdough			
<b>vegetarian breakfast 2660kj</b>	<b>20.9</b>		
poached eggs, avocado, mushrooms, semi dried tomatoes, marinated feta and hash brown on sourdough			
<b>eggs benedict 3340kj</b>	<b>17.9</b>		
poached eggs with hollandaise on toast with either, ham, bacon or smoked salmon			
<b>big breakfast 3860kj</b>	<b>20.9</b>		
with eggs, bacon, semi dried tomato, mushrooms, hash browns, sausages & your choice of toast			
<b>extras</b>			
- 1 egg	<b>3.0</b>	- avocado	<b>4.0</b>
- mushrooms	<b>4.0</b>	- ham	<b>4.0</b>
- hash brown x 2	<b>4.0</b>	- free range bacon	<b>5.0</b>
- poached chicken	<b>5.0</b>	- smoked salmon	<b>5.0</b>

<b>smoothie bowls</b> 🌿	<b>15.9</b>
<b>peanut butter and banana 2910kj</b>	
blended banana, peanut butter, coconut yoghurt and honey topped with granola, coconut, cocoa nibs & fruit	
<b>acai 2550kj</b>	
acai berry blended with banana & coconut water topped with toasted granola, coconut and summer fruit	
<b>healthy bowls</b> 🌿	
<b>green breakfast bowl 1420kj</b>	<b>16.9</b>
with avocado, ancient grains, kale, peas, toasted seeds, haloumi, coriander, basil pesto and a free range egg	
<b>superfood 2000kj</b>	<b>16.9</b>
chickpeas, peas, marinated feta, parsley, avocado cucumber, toasted seeds & lemon dressing	
<b>winter bliss bowl 1700kj</b>	<b>16.9</b>
falafel, pumpkin hummus, tzatziki, quinoa, kale, seeds, tomato, herbs, haloumi and lemon dressing	
<b>soup</b>	<b>12.5</b>
served with toasted sourdough (ask for varieties)	
<b>fries 690kj/ 981kj</b>	<b>s 4.9 L 7.0</b>
served with aioli or ketchup	
<b>KIDS MENU</b>	
<b>fairy bread 964kj</b>	<b>4.5</b>
<b>sandwich 1150kj, 1150kj, 768kj, 1070kj</b>	<b>5.5</b>
with your choice of homemade seasonal jam , honey, vegemite or peanut butter	
<b>toasties 860kj, 1050kj, 920kj</b>	<b>6.5</b>
your choice of cheese, ham and cheese or tomato and cheese	
<b>babycino 199kj</b>	<b>1.5</b>
🌿 = made from gluten free ingredients but not in a gluten free kitchen	

<b>cheese melt 1980kj</b>	<b>12.9</b>
served on sourdough with our sweet and spicy tomato relish <b>add tomato 2.0 or avocado 4.0</b>	
<b>sourdough with extra 2080kj</b>	<b>14.9</b>
with our marinated feta and semi dried tomatoes on sourdough	
<b>haloumi smashed avo 2580kj</b>	<b>20.9</b>
with grilled haloumi, avocado, tomato, poached eggs and pesto on 2 pieces of sourdough	
<b>corn and zucchini fritters 1010kj</b> 🌿	<b>14.9</b>
with spicy tomato relish, avocado and rocket <b>add bacon or smoked salmon 5.0</b>	
<b>vegetarian burger 2310kj</b>	<b>15.5</b>
with corn and zucchini pattie, tomato, beetroot, avocado, kale, sour cream and sweet chilli served with fries and salad	
<b>beef burger 2540kj</b>	<b>18.5</b>
grilled angus beef pattie with bacon, beetroot, pickles, salad and our special sauce served with fries and salad	
<b>vegetarian wrap 2800kj</b>	<b>12.0</b>
with corn and zucchini pattie, tomato, beetroot, avocado, rocket, sour cream and sweet chilli	
<b>salmon on rye 1890kj</b>	<b>12.0</b>
smoked salmon, dill creme fraiche, spanish onion and rocket	
<b>falafel wrap 1340kj</b>	<b>12.0</b>
falafel, pumpkin hummus, tomato, pickled onions, purple cabbage and kale	
<b>classic chicken sandwich 2010kj</b>	<b>12.0</b>
with free range poached chicken, mayo, swiss cheese, tomato and rocket on sourdough	
<b>superfood wrap 2240kj</b>	<b>13.9</b>
our famous classic superfood salad combined with poached chicken, basil aioli and rocket	
<b>lamb wrap 1880kj</b>	<b>12.9</b>
slow roasted harissa lamb, hummus, tzatziki, tomato, spanish onion, parsley and rocket	