

three beans all day menu

“the average daily energy intake is 8700 kjs”

toast 5.5

with your choice of seasonal jam, marmalade, honey, peanut butter or vegemite
sourdough, turkish, rye, raisin **gluten free add 2.0**

banana bread 2000kj 5.5

made in the three beans kitchen to our secret recipe, served toasted with our whipped praline butter

toasted granola 2540kj 12.5

our paleo granola served with coconut yoghurt, seasonal fresh fruit and berry coulis

pancakes 3830kj 16.5

with marscapone, honey roasted nuts, maple syrup and berries

bacon & egg roll 2150kj 10.0

with a free range egg and bacon on brioche

eggs on toast 1690kj 10.0

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

eggs benedict 3340kj 16.0

poached eggs with either spinach, bacon or smoked salmon with hollandaise on toast

vegetarian breakfast 2660kj 18.0

with eggs, baby spinach, avocado, mushrooms, tomatoes, haloumi and toast

french toast 2570kj 12.0

with berry coulis and maple syrup and bacon

add to your dish

- 1 egg	3.5	- avocado	3.5
- grilled tomato	3.5	- poached chicken	5.0
- mushrooms	4.0	- ham	5.0
- haloumi	4.0	- free range bacon	5.0
- marinated feta	3.5	- smoked salmon	5.0

smoothie bowl

acai 2550kj 15.0

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

healthy bowls

green breakfast bowl 1420kj 17.5

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

mexican bowl 3030kj 18.0

with pulled chicken, brown rice, spinach, tomato, corn and black bean slasa, avocado, sour cream and coriander

japanese chicken bowl 1770kj 18.0

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

vegan soul bowl 2010kj 18.0

grilled marinated tofu, brown rice, cabbage, kale, avocado, pickled carrot, umami, sesame and ponzu

burgers

chicken burger 2540kj 13.0

with cheese, tomato, avocado, aioli and peri peri sauce on a brioche bun with a side of crisps

cheese burger 13.0

beef pattie, cheese, smokey BBQ sauce, mayo, tomato and rocket with a side of crisps

KIDS MENU

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

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

pancakes 1210kj 7.5

with maple syrup and icecream

babycino 199kj 2.5

cheese melt 1980kj 13.0

served on sourdough with our sweet and spicy tomato relish

smashed avocado 14.5

with grilled haloumi, pesto and semi dried tomatos on sourdough **2480kj**

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

corn and zucchini fritters 1010kj 14.5

with spicy tomato relish, avocado and rocket

warm gluten free tart 983kj 12.0

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

grilled cheese 1880kj 9.5

classic grilled cheese toastie with jalapeno & gherkin relish

croque monsieur 1880kj 9.5

smoked free range ham, cheese and aioli served on turkish

spicy schnitzel panini 2040kj 9.5

chicken schnitzel, tomato, rocket, mayonaisse and sriracha sauce

classic chicken sandwich 2010kj 13.0

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

salmon on rye 2140kj 14.0

smoked salmon, dill creme fraiche, pickled onion and micro herbs and rye

roast beef on sourdough 2980kj 13.0

roast beef, swiss cheese, mayo, rocket and jalapeno relish for a bit of a kick

club sandwich 2540kj 16.0

with free range poached chicken, mayo, swiss cheese, tomato, free range bacon, avocado and rocket on sourdough, served with crisps

three beans

coffee

our own sustainable blend sourced from farmers we know and trust

S	3.8
L	4.8
XL	5.8

chocolate

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

S	4.0
L	5.0
XL	6.0

extra shot/ bonsoy/ almond

0.7

malabar chai 910kj

chai leaves brewed with milk, served with honey and cinnamon

5.8

matcha latte 727kj

green matcha latte

4.0

tea drop organic teas 2kj

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

4.5

iced drinks

iced latte **1350kj**

6.0

iced coffee **1450kj** iced chocolate **1460kj**

6.9

iced moccha **1460kj**

7.2

frappes

7.6

berry crush 1020kj

berries blended with apple juice and ice

coffee frappe 709kj

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

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

5.8

6.9

blended fruit, yoghurt and honey

strawberry 1290kj mixed berry 1240kj

banana 1240kj

milkshakes

4.2

6.2

available in the classic flavours

