

# three beans all day menu

"the average adult daily energy intake is 8700 kjs"

## toast 6.0

with your choice of seasonal jam, marmalade, honey, peanut butter or vegemite  
sourdough, turkish, rye, raisin

## banana bread 2000kj 5.5

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

## pancakes 3830kj 16.5

with marscapone, honey roasted nuts, maple syrup and berries

## bacon & egg sandwich 2150kj 11.5

with 2 free range egg and double bacon with your choice of sauce

## eggs on toast 1690kj 11.0

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

## eggs benedict 3340kj 16.9

poached eggs with hollandaise on toast with your choice of ham or spinach

## vegetarian breakfast 2660kj 18.9

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

## breakfast wrap 2760kj 12.5

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

## big breakfast 3860kj 20.9

with free range eggs, bacon or salmon, grilled tomato, mushrooms, spinach, hash brown and toast

### extras

- 1 egg	3.0	- avocado	3.5
- grilled tomato	3.0	- marinated feta	3.5
- mushrooms	3.5	- ham	4.5
- haloumi	4.5	- free range bacon	4.5
- hash brown	3.0	- smoked salmon	4.5
- poached chicken	4.5	- chorizo	4.5

## smoothie bowl 🌿 14.9

### acai 2550kj

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

### healthy bowls - add something from extras

## green breakfast bowl 1420kj 🌿 15.9

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

## superfood 2000kj 🌿 14.9

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

## vegan soul bowl 2010kj 15.9

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

## soup 12.0

served with toasted sourdough (ask for varieties)

## fries 981kj 7.0

served with aioli or ketchup

## sweet potato fries 1280kj 8.9

served with sweet chilli and sour cream

### KIDS MENU

## fairy bread 964kj 4.0

## sandwich 1150kj, 1150kj, 768kj, 1070kj 4.0

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

## toasties 860kj, 1050kj, 920kj 7.9

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

## babycino 199kj 1.5

## cheese melt 1980kj 10.9

served on sourdough with our sweet and spicy tomato relish

## smashed avocado 15.5

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

## or 15.9

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

## or 15.9

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

## corn and zucchini fritters 1010kj 🌿 14.9

with spicy tomato relish, avocado and rocket

## beef burger with fries 2540kj 16.9

grilled beef pattie with bacon, cheese, tomato, salad greens, aioli and smokey BBQ sauce

## vegetarian wrap 2800kj 13.9

with corn and zucchini pattie, tomato, beetroot, avocado, rocket, sour cream and sweet chilli

## classic chicken sandwich 2010kj 13.5

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

## superfood wrap 2240kj 13.9

our famous classic superfood salad combined with poached chicken, basil aioli and rocket

## turkey sandwich 2150kj 12.9

with shaved turkey, brie cheese, cranberry sauce, rocket and avocado

## roast beef on sourdough 2980kj 12.9

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

🌿 = 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 4.0  
L 4.5

## chocolate

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

S 4.0  
L 4.5

## extra shot/ bonsoy

0.5

## malabar chai 910kj

chai leaves brewed with milk, served with honey and cinnamon

5.5

## turmeric latte 727kj

golden latte with all the spice

S 4.5  
L 5.5

## matcha latte 727kj

green matcha latte

S 4.5  
L 5.5

## tea drop organic teas 2kj

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

4.5

## iced drinks

7.0

iced coffee **1450kj** iced chocolate **1460kj**  
iced moccha **1460kj** long black **60kj**

## dairy free smoothies

9.5

### 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, yoghurt and honey

banana 1240kj mixed berry 1240kj

## milkshakes

7.0

available in the classic flavours

## fresh juices

S 7.0  
L 9.0



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threebeanscafes



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threebeans.com.au

