

three beans all day menu

"the average adult daily energy intake is 8700 kjs"

toast	5.0
with your choice of seasonal jam, honey, peanut butter or vegemite sourdough, turkish, wholemeal, white, raisin, rye gluten free add 1.0	
banana bread 2000kj	5.5
made in the three beans kitchen to our secret recipe, served toasted with our praline butter	
sourdough with extra 1880kj	13.9
with avocado, our marinated feta and semi dried tomatoes on sourdough	
pancakes 3830kj	17.9
with ice cream, honey nut clusters, maple syrup and berries	
breakfast wrap 2760kj	11.9
made with 2 free range eggs, cheese, bacon, tomato relish and rocket	
bacon and eggs on toast 2200kj	14.9
2 free range eggs and free range bacon on toast (poached, scrambled or fried)	
bacon & egg roll 2150kj	10.5
with a free range egg and bacon on brioche make it deluxe - add cheese and avocado	14.0
eggs benedict 3340kj	12.0
poached eggs with hollandaise on toast with ham 4.5, bacon 5.0, salmon 6.0	
vegetarian stack 2660kj	17.9
with poached eggs, baby spinach, smashed avocado, sauteed mushrooms, haloumi and toast	
poached egg & salmon 2610kj	14.9
smoked salmon with dill dressing, smashed avocado, rocket and capers topped with a poached egg served on rye toast	
keto breakfast 3860kj 🌿	23.9
with eggs, bacon, chicken, avocado, grilled tomato, mushrooms and haloumi	
🌿 = made from gluten free ingredients but not in a gluten free kitchen	

healthy bowls	
acai smoothie bowl 2550kj 🌿	16.5
acai berry blended with banana & coconut water topped with toasted granola, coconut, seasonal fruit	
green breakfast bowl 1420kj 🌿	17.5
with avocado, quinoa, kale, peas, toasted seeds, haloumi, basil pesto and a poached free range egg	
superfood 2000kj 🌿	16.5
chickpeas, peas, marinated feta, parsley, avocado cucumber, toasted seeds & lemon dressing	
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	
soba noodle salad 1570kj	17.0
with soba noodles, avocado, red cabbage, kale, cucumber, pickled carrot, spring onion, sesame dressing and roasted sesame dust	
kids menu	
fairy bread 964kj	3.0
sandwich 1150kj, 1150kj, 768kj, 1070kj	5.5
with your choice of homemade seasonal jam , honey, vegemite or peanut butter	
toasties 860kj, 1050kj, 920kj	7.0
your choice of cheese, ham and cheese or tomato and cheese	
kids pancakes 2200kj	10.9
with maple syrup icecream and fruit	
add to your dish	
- 1 egg	3.0
- grilled tomato	3.0
- mushrooms	4.0
- haloumi	4.0
- poached chicken	5.0
- hollandaise	3.0
- avocado	4.0
- marinated feta	4.0
- ham	4.5
- free range bacon	5.0
- smoked salmon	6.0

smashed avocado	14.9
with grilled haloumi, pesto and semi dried tomatos on sourdough 2080kj or with native macadamia & finger lime bush dust, feta and herbs served on sourdough 2120kj	
corn and zucchini fritters 1010kj 🌿	14.9
with spicy tomato relish, avocado and rocket	
warm gluten free tart 983kj 🌿	11.9
pumpkin, sweet potato, pinenut and feta tart served with a rocket, toasted seed and feta salad	
vegie burger/ wrap 2810kj	13.9
with corn and zucchini pattie, tomato, cabbage, avocado, rocket, sour cream and sweet chilli	
cheese burger 2540kj	11.9
100 % beef pattie w/ cheese, lettuce and special burger sauce served on a brioche bun make it deluxe add bacon and tomato add 4.0	
sandwiches and wraps	
haloumi turkish 1940kj	12.9
grilled haloumi, fresh tomato, spinach and pesto on turkish bread	
turkey and brie 2230kj	13.9
shaved turkey, brie, avocado, cranberry sauce and rocket on turkish bread	
BRAT 2380kj	12.9
with free range bacon, avocado, tomato, mayo and rocket on turkish	
classic chicken sandwich 2010kj	11.9
with free range poached chicken, mayo, swiss cheese, tomato and rocket on sourdough make it a club s/w - add bacon and avocado	15.9
salmon on rye 2140kj	13.9
smoked salmon, cream cheese, spinach, pickled onion and avocado on rye	

PLEASE ORDER AT THE COUNTER

three beans

coffee

our own sustainable blend sourced from farmers we know and trust

S 4.0
L 4.6

chocolate

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

S 4.0
L 4.6

extra shot/ bonsoy/ flavour shot/ moccha

0.6

malabar chai 910kj

chai leaves brewed with milk, served with honey and cinnamon

5.5

turmeric latte 727kj/ 1080kj

golden latte with all the spice

S 5.0
L 6.0

matcha latte 727kj/ 1080kj

green matcha latte

S 4.0
L 4.6

tea drop organic teas 2kj

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

4.5

iced drinks

8.0

iced coffee 1450kj iced chocolate 1460kj

iced moccha 1460kj

iced latte 780kj

6.0

iced long black 20kj

5.5

frappes

8.5

matcha frappe 1220kj

matcha powder, icecream, milk and Ice

taro frappe 1220kj

taro powder, icecream, milk and Ice

coffee frappe 1490kj

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

dairy free smoothies

8.5

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 banana

coconut berry 1640kj

berries blended with coconut water, coconut yoghurt and banana

smoothies

7.9

blended fruit, yoghurt and honey

banana 1240kj mixed berry 1240kj

milkshakes

kids 4.0

6.5

available in the classic flavours

premium shakes

7.9

cookies & cream 945kj, 1220kj

cookies, vanilla ice cream, chocolate

peanut butter 1480kj, 1730kj

peanut butter, vanilla ice cream, chocolate

fresh juice

6.5

spring water

3.0

sparkling water

4.5

affogato 935kj

6.0

double espresso shot, vanilla ice cream and a flavour shot (vanilla, hazelnut or caramel)



something sweet

selection of cakes and cookies

please see our cakes and cookies at the counter, all made in the three beans kitchen using free range eggs - lots of gluten free options

PLEASE ORDER AT THE COUNTER



threebeanscaves



threebeanscoffee

threebeans.com.au

