

three beans

"the average adult daily energy intake is 8700 kjs"

toast - infinity sourdough bread 5.0
with your choice of seasonal jam, marmalade, honey, peanut butter or vegemite
sourdough, grain, sciaccata, miche or raisin
gluten free add 1.0

banana bread 2000kj 5.0
made in the three beans kitchen to our secret recipe, served toasted with our praline butter

eggs on toast 1490kj 10.0
2 free range eggs your way on toast
(poached, scrambled or fried)

breakfast wrap 2760kj 13.0
made with scrambled free range eggs, cheese, bacon, tomato relish and rocket

french toast 2570kj 16.0
with berry coulis, fresh berries, maple syrup and bacon

breakfast burger 2580kj 14.0
with free range bacon, free range egg, avocado, hash brown and hollandaise served on a brioche bun

eggs benedict 3340kj 17.0
poached eggs and hollandaise on toast with your choice of either spinach, ham, salmon or bacon

sourdough with extra 2080kj 14.0
with our marinated feta and grilled tomatoes and avocado on sourdough

vegetarian breakfast 2660kj 19.0
with eggs, avocado, mushrooms, grilled tomatoes, haloumi on toast

big breakfast 3860kj 24.0
with eggs, bacon, grilled tomato, mushrooms, avocado and hash brown & toast

smoothie bowl 14.5
acai 2550kj 
acai berry blended with banana & coconut water topped with paleo granola, coconut and summer fruit

healthy bowls

add some protein to your bowl

grilled chicken 5.0
free range bacon 5.0
smoked salmon 5.0

green breakfast bowl 1420kj  14.5
with avocado, quinoa, kale, peas, toasted seeds, haloumi, basil pesto and a poached egg

superfood 2000kj  14.0
chickpeas, peas, marinated feta, rocket, avocado cucumber, toasted seeds & lemon dressing

vegan soul bowl 2010kj 16.0
grilled marinated tofu, brown rice, cabbage, kale, avocado, pickled carrot, umami, sesame and ponzu

spicy chicken umami salad 2870kj  17.0
with spicy umami chicken tenderloin, quinoa, tomato, avocado, cucumber, red cabbage mixed leaves and viniagrette dressing

add to your dish

- grilled tomato	3.0	- avocado	4.0
- mushrooms	4.0	- grilled chicken	5.0
- haloumi	4.0	- ham	4.0
- hollandaise	4.0	- free range bacon	5.0
- marinated feta	4.0	- smoked salmon	5.0
- baked beans	4.0	- spinach	4.0
- hash brown x 2	4.0		

beer battered fries 981kj 8.0
served with aioli, sweet chilli and sour cream or ketchup

burgers and club served with fries 19.0

club sandwich 2460kj
free range bacon, poached chicken, tomato, avocado, swiss cheese, fried egg, mesclun & aioli

chicken burger 2190kj
with grilled chicken tenderloins, avocado, aioli, cheese and rocket

beef burger 2540kj
free range beef w/ bacon, cheese, tomato, salad greens, aioli and smokey BBQ sauce add egg 2.0

sandwiches add a side of fries 4.0

grilled cheese 1880kj 8.0
classic grilled cheese toastie with jalapeno & gherkin relish

vegan tofu wrap 2520kj 12.0
soy marinated tofu, brown rice, cabbage, kale, avocado, umami, pickled carrot and ponzu

roast beef on sourdough 2980kj 13.0
roast beef, swiss cheese, mayo, rocket and jalapeno relish for a bit of a kick

salmon bruschetta 2140kj 13.0
open sandwich of smoked salmon, rocket, feta, spanish onion, and capers on wood fired bread

classic chicken sandwich 2010kj 12.0
with free range poached chicken, mayo, swiss cheese, tomato and mesclun

mexican chicken wrap 2670kj 15.0
marinated chicken, sour cream, cheese, corn and black bean salsa, brown rice, quinoa and avocado

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

please understand, we dont split bills