

# COFFEE.TEA

## coffee

our own sustainable blend sourced from farmers we know and trust

S 5  
L 6

## hot chocolate

our hot chocolates and moccas are made with our own blend of 40% cocoa

S 5  
L 6

alternate milk / flavour shot / decaf

1

## malabar chai 910KJ

chai leaves brewed with milk, served with honey and cinnamon

7

## tumeric latte 727KJ

golden latte with all the spice

5.5

## matcha latte 727KJ

green matcha blend with milk

5.5

## tea drop organic teas

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

4.5

# ICED DRINKS

## iced coffee/moccha/chocolate 7

## iced latte, iced chai latte 7

## iced long black 7

## berry crush 1020KJ 7

berries blended with apple juice and ice

## coffee frappe 709KJ 7

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

# SMOOTHIES

## Dairy Free

### acai smoothie 1420KJ 8.5

acai berry blended with banana and coconut water

### cocoa banana 2080KJ 8.5

banana, peanut butter, cocoa nibs, almond milk, coconut yoghurt and honey

### green machine 828KJ 8.5

kale, lemon, avocado, coconut water, mint and apple juice

### coconut berry 1640KJ 8.5

berries blended with coconut water, coconut yoghurt and banana

### regular smoothies 6.5

fruit blended with yoghurt and honey  
strawberry, banana, mixed berry



# MILKSHAKES

## regular shakes 6.5

available in all the classic flavours, blended with milk and ice cream

## cookies and cream 1220KJ 8

cookies, ice cream, chocolate syrup and milk

## peanut butter 1480KJ 8

peanut butter, ice cream and chocolate syrup

## biscoff 1490KJ 8

lotus biscuit, biscoff cream, ice cream and milk



threebeanscafes



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# BREAKFAST

- toast 6**  
with your choice of jam, marmalade, honey, vegemite or peanut butter (turkish, sourdough, rye)  
gluten free +1
- banana bread 2000kj 7**  
made to our secret recipe, toasted, served with butter
- toasted muesli 2540kj 16**  
infinity toasted muesli with fresh fruit & yoghurt
- bacon and egg roll 2150kj 13**  
with a free range egg and free range bacon on a milk bun  
make it deluxe - add a hash brown, cheese and relish 3
- breakfast wrap 2760kj 15**  
made with 2 free range scrambled eggs, cheese, bacon and tomato relish
- eggs on toast 1690kj 12**  
2 free range eggs (poached, fried or scrambled) with and toast
- chilli scrambled 1790kj 18**  
scrambled free range eggs with crispy chilli oil and crumbled marinated feta on sourdough
- mushroom sourdough 2660kj 23**  
with sauteed mushrooms, marinated feta, bush dust and a poached egg on sourdough
- eggs benedict 3340kj 22**  
poached eggs with hollandaise, spinach and bacon on toast

*Free Range*  
Eggs, Bacon, Chicken

*Please Order at the counter*

# SANDWICHES & WRAPS

- za'atar chicken 2380kj 15**  
za'atar spiced chicken with garlic, chilli pickles, tomatoes, cucumber and lettuce on turkish
- brat 2380kj 15**  
with free range bacon, avocado, tomato, mayonnaise and rocket on turkish
- classic chicken 2010kj 15**  
free range chicken, mayo, swiss cheese, tomato and mixed leaves on sourdough  
make it a club - add bacon and avocado 4
- mortadella 2450kj 16**  
mortadella, provolone, mayo, jalapeno relish, american mustard and rocket on turkish
- haloumi turkish 1940kj 13**  
grilled haloumi, fresh tomato, spinach and pesto on turkish
- pesto chicken 2460kj 15**  
poached chicken, basil mayonnaise, avocado and rocket on sourdough
- falafel turkish 2770kj 15**  
with garlic, tahini, pickles, tomatoes and cucumber on turkish bread
- chicken waldorf 2020kj 15**  
free range poached chicken, walnuts, celery, mayo and avocado on sourdough or a wrap

*Sides*

1 EGG 2 . GRILLED HALOUMI 4  
MARINATED FETA, HAM 3.5  
MUSHROOMS, AVOCADO 5  
POACHED FREE RANGE CHICKEN, FREE RANGE BACON 6

# SOMETHING ELSE

- corn and zucchini fritters 1010kj 16**  
our corn and zucchini fritters served with spicy tomato relish, avocado and rocket, add a poached egg 2 or bacon 5
- smashed avocado with bush dust 2610kj 16.5**  
with native macadamia & finger lime bush dust, feta and herbs, served on toasted sourdough add an egg 2 or bacon 5
- haloumi stack 2280kj 20**  
grilled haloumi, avocado, pesto and semi dried tomatoes on sourdough
- smashed avocado with honey, chilli haloumi 2080kj 19**  
with grilled haloumi, smashed avo, hot honey and crispy chilli oil on toasted sourdough

Please be aware that the food we serve may contain, egg, soy, tree nuts, peanuts, dairy. if you have any allergies, please let the staff know

CREDIT CARD SURCHARGE APPLIES - 10 % SURCHARGE SUNDAYS, 15% SURCHARGE PUBLIC HOLIDAYS

# BURGERS

- cheese burger 2540kj 14**  
beef pattie with cheese, lettuce and special burger sauce served on a milk bun  
add a side of fries 4
- katsu chicken burger 2530kj 14**  
crumbed chicken breast with shredded cos, mayonnaise and katsu BBQ sauce on a milk bun  
add a side of fries 4

# BOWLS

- acai 2550kj 15.5**  
acai berry blended with banana topped with toasted granola, coconut and fresh fruit  
add warm peanut butter 3
- green breakfast bowl 1420kj 18**  
with avocado, quinoa, kale, peas, toasted seeds, haloumi, basil pesto and a free range egg
- vegan bliss bowl 2160kj 20**  
falafel, beetroot hummus, quinoa, kale, toasted seeds, tomato, tahini, mint, pickled onion & micro herbs
- japanese chicken bowl 1770kj 20**  
with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing

= gluten free

