

# COFFEE.TEA

**coffee** S 4.3

our own sustainable blend sourced from farmers we know and trust

L 5.2

XL 6.3

**hot chocolate** S 4.6

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

L 5.5

XL 6.3

**alternate milk / flavour shot / decaf** 0.8

**malabar chai 910KJ** 7.9

chai leaves brewed with milk, served with honey and cinnamon

**matcha latte 727KJ** 4.6

green matcha blended with milk

**tea drop organic teas** 5.3

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

# ICED DRINKS

**iced latte** 7.8

**iced coffee / iced chocolate** 8.5

**iced moccha** 8.8

**berry crush 1020KJ** 8.8

berries blended with apple juice and ice

**coffee frappe 709KJ** 8.8

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

**iced tea 1020KJ** 7.8

**orange juice** 7.5

# SMOOTHIES

*Dairy Free*

**acai smoothie 1420KJ** 9.8

acai berry blended with banana and coconut water

**cocoa banana 2080KJ** 9.8

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

**green machine 828KJ** 9.8

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

**coconut berry 1640KJ** 9.8

berries blended with coconut water, coconut yoghurt and banana

**regular smoothies** 8.8

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



# MILKSHAKES

**regular shakes** S 5.2

available in all the classic flavours, blended with milk and ice cream, make it a thickshake 8.5

L 7.5

**cookies and cream 1220KJ** 9.3

cookies, ice cream, chocolate syrup and milk

**peanut butter 1480KJ** 9.3

peanut butter, ice cream and chocolate syrup

**biscoff 1490KJ** 9.3

lotus biscuit, biscoff cream, ice cream and milk

# FOR THE LITTLE ONES

**babycino** 2.5

**kids fresh sandwich** 7.5

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

**kids pancakes 1210J** 12

with maple syrup and ice cream



threebeanscafes



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# BREAKFAST

<b>toast</b>	<b>7.8</b>
with your choice of jam, marmalade, honey, vegemite or peanut butter (turkish, sourdough) gluten free, rye +2	
<b>banana bread 2000kj</b>	<b>7.8</b>
made to our secret recipe, toasted, served with butter	
<b>bacon and egg roll 2150kj</b>	<b>11.5</b>
with a free range egg and free range bacon on a milk bun	
<b>breakfast burger 2580kj</b>	<b>15</b>
with a free range egg and free range bacon, hash brown, spinach and hollandaise on a milk bun	
<b>eggs on toast 1690kj</b>	<b>11.5</b>
2 free range eggs (poached, fried or scrambled) on toast	
<b>chilli scrambled 1790kj</b>	<b>16</b>
scrambled free range eggs with crispy chilli oil and crumbled marinated feta on sourdough	
<b>eggs benedict 3340kj</b>	<b>15.5</b>
poached eggs with hollandaise on toast add ham or bacon 5, add salmon 7	
<b>biscoff pancakes 3830kj</b>	<b>20</b>
pancakes with biscoff cream, roasted nuts, ice cream and fresh berries	
<b>french toast 3460kj</b>	<b>20</b>
sourdough french toast served with crispy bacon and maple syrup	
<b>vegetarian breakfast 2660kj</b>	<b>21</b>
with eggs, avocado, mushrooms, grilled tomato, haloumi, spinach and toast	

*Please Order at the counter*

# SANDWICHES & WRAPS

<b>croque monsieur 1880kj</b>	<b>11.5</b>	<b>haloumi turkish 1940kj</b>	<b>15</b>	<b>salmon on rye 2140kj</b>	<b>17.5</b>
smoked ham, cheese and aioli on turkish		grilled haloumi, fresh tomato, spinach and pesto on turkish		smoked salmon, cream cheese, spinach, pickled onion and avocado on rye	
<b>vegetarian wrap 1810kj</b>	<b>15</b>	<b>turkey and brie 2150kj</b>	<b>15.8</b>	<b>chicken waldorf 2020kj</b>	<b>15.8</b>
with a corn and zucchini pattie, tomato, beetroot hummus, avocado, lettuce sour cream and sweet chilli sauce		with shaved turkey, brie cheese, cranberry sauce, rocket and avocado		free range poached chicken, walnuts, celery, mayo and avocado on turkish	
		<b>classic chicken 2010kj</b>	<b>15.8</b>		
		free range chicken, mayo, swiss cheese, tomato and mixed leaves on sourdough make it a club add bacon and avocado 3			

*Sides*

1 EGG, GRILLED TOMATO, AVOCADO, MARINATED FETA 3.5  
MUSHROOMS, HALOUMI, HASH BROWN 4  
HAM, POACHED FREE RANGE CHICKEN, FREE RANGE BACON 5  
SMOKED SALMON 7

# SOMETHING ELSE

<b>cheese melt 1980kj</b>	<b>15</b>
on sourdough with spicy tomato relish	
<b>corn and zucchini fritters 1010kj</b>	<b>15</b>
our corn and zucchini fritters served with spicy tomato relish, avocado and rocket, add an egg 3.5 or bacon 5	
<b>smashed avocado with grilled haloumi 2080kj</b>	<b>18</b>
with grilled haloumi, pesto and semi dried tomatoes on toasted sourdough	
<b>the OG smashed avocado 2080kj</b>	<b>18</b>
smashed avocado with our marinated feta and semi dried tomatoes on toasted sourdough	
<b>mushroom sourdough 2660kj</b>	<b>16.8</b>
with sauteed mushrooms, marinated feta, bush dust and a poached egg on sourdough	
<b>pumpkin and feta frittata 1980kj</b>	<b>16</b>
served with a mesculun, feta and toasted seed salad, served without salad 11	

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

# BURGERS

<b>cheese burger 2540kj</b>	<b>15.5</b>
beef pattie with cheese, lettuce and special burger sauce served on a milk bun	
<b>katsu chicken burger 2530kj</b>	<b>15.5</b>
crumbed chicken breast with shredded cos, mayonnaise and katsu BBQ sauce on a milk bun	

# BOWLS

<b>acai 2550kj</b>	<b>22</b>
acai berry blended with banana topped with toasted granola, coconut and fresh fruit	
<b>green breakfast bowl 1420kj</b>	<b>20</b>
with avocado, quinoa, rice, kale, peas, toasted seeds, haloumi, basil pesto and a free range egg	
<b>japanese chicken bowl 1770kj</b>	<b>23</b>
with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing swap chicken for smoked salmon 26	

= gluten free

