

## COFFEE.TEA

<b>coffee</b>	S	4.7
our own sustainable blend sourced from farmers we know and trust	L	5.4
<b>hot chocolate</b>	S	4.7
our hot chocolates and mocchas are made with our own blend of 40 % cocoa	L	5.4
<b>alternate milk/ extra shot/ flavour</b>		0.7
<b>malabar chai 910KJ</b>		6.1
chai leaves brewed with milk, served with honey and cinnamon		
<b>tumeric latte 727KJ</b>	S	5.6
golden latte with all the spice	L	6.1
<b>matcha latte 727KJ</b>	S	5.6
green matcha blended with milk	L	6.1
<b>tea drop organic teas</b>		4.7
english breakfast, earl grey, chamomile, spring green, peppermint, lemongrass & ginger		

## ICED DRINKS

<b>iced coffee/ moccha/ chocolate/ long black</b>		7.7
<b>iced choc chai</b>		8.7
<b>berry crush 1020KJ</b>		8.5
berries blended with apple juice and ice		
<b>coffee frappe 709KJ</b>		8.5
espresso, milk, ice and ice cream with your choice of syrup ( vanilla, caramel or hazelnut )		

## SMOOTHIES

### *Dairy Free*

<b>acai smoothie 1420KJ</b>	9.5
acai berry blended with banana and coconut water	
<b>cocoa banana 2080KJ</b>	9.5
banana, peanut butter, cocoa nibs, almond milk, coconut yoghurt and honey	
<b>green machine 828KJ</b>	9.5
kale, lemon, avocado, coconut water, mint and apple juice	
<b>coconut berry 1640KJ</b>	9.5
berries blended with coconut water, coconut yoghurt and banana	
<b>regular smoothies</b>	8
fruit blended with yoghurt and honey	
<b>strawberry, banana, mixed berry</b>	
<b>strawberry matcha 1640KJ</b>	9
strawberries blended with honey, milk and yoghurt, poured over green matcha	

## MILKSHAKES

<b>regular shakes</b>	7.7
available in all the classic flavours, blended with milk and ice cream	
<b>cookies and cream 1220KJ</b>	9
cookies, ice cream, chocolate syrup and milk	
<b>affogato 1020KJ</b>	7.2



## FOR THE LITTLE ONES

<b>fairy bread 964kj</b>	5.9
<b>kids fresh sandwich</b>	6.9
with your choice of jam, vegemite, peanut butter or honey	
<b>kids toasties</b>	10.9
your choice of cheese, ham and cheese or cheese and tomato	



threebeanscafes



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# BREAKFAST

## toast 7.9

with your choice of jam, marmalade, honey, vegemite or peanut butter (turkish, sourdough, rye)  
gluten free +1

## banana bread 2000kj 7.5

made to our secret recipe, toasted, served with butter

## bacon and egg roll 2150kj 11.9

with a free range egg and free range bacon on a milk bun

## ham, cheese croissant 1420kj 12.9

infinity croissant with smoked ham and cheese served toasted

## eggs on toast 1690kj 12.9

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

## breakfast wrap 2760kj 14.9

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

## sesame scrambled 1790kj 15.9

scrambled free range eggs and sesame avocado on sourdough

## eggs benedict 3340kj 20.9

poached eggs with hollandaise on toast with your choice of ham, bacon or salmon

## vegetarian breakfast 2660kj 22.9

with poached eggs, avocado, mushrooms, grilled tomato, haloumi, spinach and toast

## big breakfast 3860kj 22.9

with 2 eggs, bacon, grilled tomato, chorizo mushrooms, hash brown and toast

# SANDWICHES & WRAPS

## croque monsieur 1880kj 15.9

smoked ham, cheese and aioli on turkish

## grilled veg turkish 1690kj 15.9

grilled sweet potato, red pepper pesto, tomato, spinach and feta on turkish bread

## chicken waldorf 2020kj 16.9

free range poached chicken, walnuts, celery, mayo and avocado on sourdough

## the schnitty 2200kj 16.9

chicken schnitzel, tomato, rocket and mayonnaise on turkish

## turkey and brie 2150kj 16.9

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

## salmon on rye 2140kj 16.9

smoked salmon, cream cheese, spinach, pickled onion and avocado on rye

served lightly toasted with side salad

## super green 2050kj 16.9

with smashed avo, green peas, pickled onion, mayo and crunchy chilli oil

## chicken caesar wrap 2800kj 16.9

poached chicken, cos lettuce, kale, avocado, bacon, croutons and caesar dressing

*Sides*

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

# SOMETHING ELSE

## bacon, avocado and cheese melt 1980kj 21.9

on sourdough with spicy tomato relish, avocado and free range bacon

## smashed avocado with grilled haloumi 2080kj 17.9

with grilled haloumi, pesto and semi dried tomatoes on toasted sourdough

## the OG smashed avocado 2080kj 17.9

smashed avocado with our marinated feta and semi dried tomatoes on toasted sourdough

## pumpkin and feta frittata 1980kj 16.9

served with a mesculun, feta and toasted seed salad, served without salad 11

# BOWLS

## acai 2550kj 18.9

acai berry blended with banana topped with toasted granola, coconut and fresh fruit

## green breakfast bowl 1420kj 22.9

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

## japanese chicken bowl 1770kj 22.9

with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing  
swap chicken for smoked salmon 26.9

## californian 1860kj 22.9

quinoa, brown rice, avocado, kale, tomato, black beans, corn, feta, candied walnuts, jalapeno relish and lemon dressing

## chicken caesar 2080kj 22.9

our caesar salad with cos lettuce, kale, avocado, bacon, croutons, caesar dressing and chicken schnitzel  
swap chicken for salmon 26.9

*Please Order at the counter*

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

= gluten free

