

## COFFEE.TEA

<b>coffee</b>	S	4.5
our own sustainable blend sourced from farmers we know and trust	L	5.5
<b>hot chocolate</b>	S	4.5
our hot chocolates and mocchas are made with our own blend of 40 % cocoa	L	5.5
<b>alternate milk</b>		0.7
<b>chai brew</b>		5.5
chai leaves brewed with milk, served with honey and cinnamon		
<b>cold brew</b>		5.5
<b>chai latte</b>	S	5.5
	L	6.5
<b>tumeric latte</b>	S	5.5
	L	6.5
<b>matcha latte</b>	S	5.5
green matcha blend with milk	L	6.5
<b>tea drop organic teas</b>		4.5
english breakfast, earl grey, chamomile, spring green, peppermint, lemongrass & ginger		

## ICED DRINKS

	S	L
<b>iced coffee, moccha, chocolate</b>	6	7.5
<b>iced latte, iced long black</b>	5.5	7
<b>iced matcha</b>		8.5

## SMOOTHIES

### Dairy Free

<b>acai smoothie</b>	10.5
acai berry blended with banana and coconut water	
<b>cocoa banana</b>	10.5
banana, peanut butter, cocoa nibs, almond milk, coconut yoghurt and honey	
<b>green machine</b>	10.5
kale, lemon, avocado, coconut water, mint and apple juice	
<b>snickers</b>	10.5
cocoa powder, banana, almond milk, peanut butter and peanuts	

<b>regular smoothies</b>	9.5
fruit blended with yoghurt and honey	
<b>strawberry, banana, mixed berry</b>	

## MILKSHAKES

<b>regular shakes</b>	S	5.5
available in all the classic flavours, blended with milk and ice cream, thickshake + 2	L	8.5

## FRAPPE

<b>blended iced drinks</b>	9
coffee blended with ice and your choice of syrup - hazelnut, caramel, vanilla, chocolate	



## FROM THE BAR

<b>beer</b>	ask staff for varieties	8
<b>wine</b>	chardonnay, sauvignon blanc, pinot noir, shiraz	G 9 B 40
<b>sparkling rose</b>	picolo bottle	18



threebeanscafes



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# BREAKFAST

- toast V** 6  
with your choice of jam, marmalade, honey, vegemite or peanut butter on sourdough  
gluten free + 1.5
- avo on toast V** 9.9  
with toasted seeds and our marinated feta
- eggs on toast V** 11.5  
2 free range eggs (poached, fried or scrambled)  
on toast - add sides
- bacon and egg roll** 10  
with a free range egg and free range bacon on a milk bun, **make it deluxe** - add a hash brown, cheese, spinach and relish 4.5
- breakfast wrap** 15.5  
made with 2 free range scrambled eggs, cheese, bacon, hash brown, spinach and tomato relish
- green breakfast bowl 1420kj** 17  
with avocado, quinoa, kale, peas, toasted seeds, haloumi, basil pesto, spinach and a free range egg
- eggs benedict** 15  
poached eggs with wilted spinach and hollandaise on an english muffin  
add salmon, bacon, brisket 6
- chilli scrambled** 15.5  
scrambled eggs on sourdough with mainated feta, crispy shallots and house made chilli oil
- vegetarian breakfast** 17.5  
with eggs, avocado, mushrooms, grilled tomato, haloumi and toast

# SANDWICHES & WRAPS

- reuben sandwich** 14  
slow cooked beef, cabbage, dijon, swiss cheese, spinach and gherkin and jalapeno relish
- falafel wrap** 14  
house made falafels with ancient grains, carrot, red cabbage, beetroot hummus, spinach & pesto
- classic chicken** 14  
free range chicken, aioli, swiss cheese, tomato and mixed leaves on sourdough
- the schnitty wrap** 14  
chicken schnitzel, tomato, spinach, cheese and mayonnaise on a wrap
- pesto chicken club** 14  
poached chicken, bacon, cos, tasty cheese, pesto and aioli on sourdough
- chipotle beef burrito** 14  
chipotle beef, cheese, corn, black bean, spinach, avocado, tomato, sour cream and jalapeno relish on a wrap

*Sides*

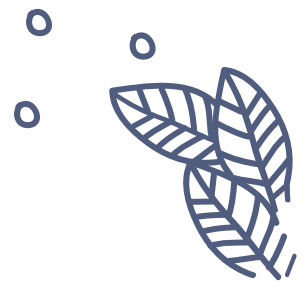
- 1 EGG, GRILLED TOMATO, HASH BROWN 3.5
- MUSHROOMS, HALOUMI, MARINATED FETA, AVOCADO 4.5
- POACHED FREE RANGE CHICKEN, FREE RANGE BACON 6
- SMOKED SALMON, BRISKET 6
- BOWL OF FRIES 7.5

# SOMETHING ELSE

- smashed avocado with grilled haloumi V** 16  
with grilled haloumi, pesto and semi dried tomatoes on toasted sourdough
- smashed avocado with bush dust V** 16  
with native macadamia & finger lime bush dust, feta and herbs, served on toasted sourdough

= gluten free

V = vegetarian



# BURGERS

- cheese burger** 14  
beef pattie with cheese, cos, tomato and special burger sauce served on a milk bun  
**add a side of fries 4.5**
- katsu chicken burger** 14  
crumbed chicken breast with shredded cos, american cheese, mayonnaise and katsu BBQ sauce on a milk bun  
**add a side of fries 4.5**
- steak sandwich** 15  
grilled steak, american cheese, tomato, cos, aioli and bbq sauce  
**add a side of fries 4.5**

# BOWLS

- acai VG** 19  
acai berry blended with banana topped with toasted granola, coconut and fresh fruit
- falafel bliss bowl V** 16.5  
house made falafels on a bed of ancient grains, carrot and cabbage, beetroot hummus, spinach and lemon pesto dressing
- californian salad V** 15  
kale, blackbeans, corn, cabbage, honey roasted walnuts, grains, tomato, lemon and feta, add chicken 5
- japanese bowl** 17.5  
with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, umami dust and ponzu dressing with poached chicken or smoked salmon
- bbq brisket bowl** 17.5  
with bbq brisket, brown rice, quinoa, spinach, corn and black bean salsa, sour cream, tomato and coriander  
add avocado 2
- chicken katsu bowl** 16.5  
brown rice, cabbage, pickled carrot, ponzu, katsu BBQ sauce, mayo, chicken schnitzel and sesame dust

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 SATURDAYS, 15% SURCHARGE PUBLIC HOLIDAYS

*Please Order at the counter*