

# BREAKFAST

<b>toast</b>	<b>6</b>
with your choice of jam, marmalade, honey, vegemite or peanut butter (turkish, sourdough, rye) gluten free +1	
<b>porridge 2700kj</b>	<b>12.9</b>
served with peanut butter, banana and honey OR with berry coulis, banana and honey	
<b>bacon and egg roll 2150kj</b>	<b>10.9</b>
with a free range egg and free range bacon on a milk bun or turkish bread	
<b>breakfast wrap 2760kj</b>	<b>12.9</b>
made with 2 free range scrambled eggs, cheese, bacon, spinach and tomato relish	
<b>breakfast burrito 3160kj</b>	<b>18.9</b>
free range eggs, grilled chorizo, hash brown, avocado, spinach, cheese and chipotle mayo	
<b>eggs on toast 1690kj</b>	<b>11.9</b>
2 free range eggs (poached, fried or scrambled) on toast -add bacon 5.5, salmon 6, spinach 3	
<b>chilli scrambled 1790kj</b>	<b>16.5</b>
scrambled free range eggs with crispy chilli oil and crumbled marinated feta on sourdough	
<b>eggs benedict 3340kj</b>	<b>12.9</b>
poached eggs with hollandaise served on sourdough add bacon 5.5, salmon 6, spinach 3	
<b>pancakes</b>	<b>19.9</b>
with ice cream, maple syrup, honey nuts and berries	
<b>vegetarian breakfast 2660kj</b>	<b>18.9</b>
with poached eggs, avocado, mushrooms, haloumi and toast	
<b>big breakfast 3863kj</b>	<b>21.9</b>
with 2 eggs, bacon, grilled tomato, mushrooms, hash brown, avocado and toast	
<b>omelette 1840kj</b>	<b>19.9</b>
with mushrooms, spinach, ham, and cheese served with a slice of sourdough toast	

# SANDWICHES & WRAPS BURGERS

<b>toasties</b>	<b>7.9</b>	<b>vegetarian wrap 1810kj</b>	<b>15.9</b>
with your choice of ham and cheese or cheese and tomato		with a corn and zucchini pattie, tomato, avocado, lettuce sour cream and sweet chilli sauce	
<b>croque monsieur 1880kj</b>	<b>11.9</b>	<b>turkey and brie 2150kj</b>	<b>15.9</b>
smoked ham, cheese and aioli on turkish		with shaved turkey, brie cheese, cranberry sauce, rocket and avocado on turkish	
<b>classic chicken 2010kj</b>	<b>15.9</b>	<b>ham, cheese croissant 1420kj</b>	<b>10.9</b>
free range chicken, mayo, swiss cheese, tomato and mixed leaves on sourdough make it a club - add bacon and avocado 4		with smoked ham and cheese served toasted	

<b>cheese burger 2540kj</b>	<b>17.9</b>
beef pattie with cheese, lettuce and special burger sauce served on a milk bun served with fries	
<b>katsu chicken burger 2530kj</b>	<b>17.9</b>
crumbed chicken breast with shredded cos, mayonnaise and katsu BBQ sauce on a milk bun served with fries	

# BOWLS

<b>superfood chop salad 2550kj</b>	<b>18.9</b>
with cos, chickpeas, peas, avocado, toasted seeds, marinated feta and vinaigrette - add chicken 5.5	
<b>green breakfast bowl 1420kj</b>	<b>18.9</b>
with avocado, quinoa, kale, peas, toasted seeds, haloumi, basil pesto and a free range egg	
<b>japanese bowl 1770kj</b>	<b>20.9</b>
with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, umami dust and ponzu dressing. choice of chicken or smoked salmon	
<b>mexican bowl 2620kj</b>	<b>18.9</b>
brown rice, chipotle beef, corn, black bean, tomato, sour cream, avocado, spinach and jalapeno relish	
<b>chicken katsu bowl 2560kj</b>	<b>19.9</b>
brown rice, cabbage, pickled carrot, ponzu, katsu BBQ sauce, mayo, chicken schnitzel and sesame dust	
<b>chicken caesar 2080kj</b>	<b>18.9</b>
our caesar salad with cos lettuce, kale, avocado, bacon, croutons, caesar dressing and chicken schnitzel	

*Sides*

- GRILLED TOMATO, 1 EGG, SPINACH, HASH BROWN, MUSHROOMS 3.
- HALOUMI, AVOCADO, MARINATED FETA 3.5
- HAM, POACHED FREE RANGE CHICKEN, FREE RANGE BACON 5.5
- SMOKED SALMON 6
- BOWL OF FRIES with aioli or ketchup 8
- BOWL OF SWEET POTATO FRIES served with sweet chilli and sour cream 10

# SOMETHING ELSE

<b>cheese melt 1980kj</b>	<b>14.9</b>
on sourdough with spicy tomato relish	
<b>corn and zucchini fritters 1010kj</b>	<b>16.5</b>
our corn and zucchini fritters served with spicy tomato relish, avocado and rocket, add a poached egg 3	
<b>smashed avocado with bush dust 2610kj</b>	<b>16.5</b>
with native macadamia & finger lime bush dust, feta and herbs, served on toasted sourdough	
<b>smashed avocado with grilled haloumi 2080kj</b>	<b>16.5</b>
with grilled haloumi, pesto and semi dried tomatoes on toasted sourdough	
<b>soup</b>	<b>13.9</b>
served with toasted sourdough, please ask for varieties available	

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

*Please Order at the counter*

= gluten free



# COFFEE.TEA

## coffee

our own sustainable blend sourced from farmers we know and trust

S 4.5  
M 5.3  
L 6.1

## hot chocolate

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

S 4.5  
M 5.3  
L 6.1

alternate milk/ extra shot/ flavour/ decaf

0.7

## malabar chai 910KJ

chai leaves brewed with milk, served with honey and cinnamon

6.5

## taro latte 727KJ

4.5

## matcha latte 727KJ

green matcha blend with milk

4.5

## tea drop organic teas

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

5.5

# ICED DRINKS

iced coffee/moccha/chocolate 6.5

iced latte, iced chai latte 5.5

iced long black 5.5

berry crush 1020KJ 8.5

berries blended with apple juice and ice

coffee frappe 709KJ 8.5

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

# SMOOTHIES

## Dairy Free

acai smoothie 1420KJ 9

acai berry blended with banana and coconut water

cocoa banana 2080KJ 9

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

green machine 828KJ 9

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

coconut berry 1640KJ 9

berries blended with coconut water, coconut yoghurt and banana

regular smoothies 8

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

strawberry matcha 1640KJ 8

our classic strawberry smoothie poured over green matcha

# MILKSHAKES

regular shakes S 6

available in all the classic flavours, blended with milk and ice cream L 8

cookies and cream 1220KJ 9

cookies, ice cream, chocolate syrup and milk

peanut butter 1480KJ 9

peanut butter, ice cream and chocolate syrup

biscoff 1490KJ 9

lotus biscuit, biscoff cream, ice cream and milk



# FOR THE LITTLE ONES

babycino 2

kids egg on toast 7.5

with one free range egg cooked your way on toast

kids pancakes 1210J 7.5

with maple syrup and ice cream



threebeanscafes



threebeanscoffee

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