



THREE LITTLE BEANS



MENU

- All Day Breakfast
- All Day Lunch / Dinner
- Salad / Bowl
- Kids Menu
- Hot Beverage
- Cold Beverage

M • Member V • Visitor
🌿 Vegetarian GF • Gluten Free

All Day Breakfast

Toast or Fruit Toast **M 6.0**
V 7.0
Bread options include sourdough, ciabatta, white, and wholemeal. Served with your selection of butter, peanut butter, jam, vegemite, or honey

Granola and Coconut Yogurt Bowl **M 16.90**
V 18.90
Seasonal fruits, coconut flakes, chia seeds, granola topped with nut butter drizzle. Choice of milk

Buttermilk Pancake **M 15.90**
V 17.90
Choice of seasonal fruit, ice cream, cream, and maple syrup

Egg Tomato on Toast **M 12.90**
V 13.90
Two eggs cooked your way, grilled tomato, and toasted sourdough bread
(Add 2 bacon rashers: \$6.00)

Brekkie Burger **M 13.90**
V 15.90
Bacon, fried egg, hashbrown with BBQ sauce on milk bun

Bacon Egg Toasted Tortilla **M 13.90**
V 15.90
Bacon pieces scrambled eggs, spinach, tomato relish and mozzarella cheese in toasted tortilla bread

Italian Scrambled Eggs on Croissant **M 17.90**
V 19.90
Scrambled eggs infused with a combination of mozzarella cheese, parmesan cheese, chopped chives, parsley and roasted cherry tomatoes, served on a toasted croissant

Omelette
Served with toasted sourdough and your choice of
Choose any 3 for M: \$16.90 V: \$18.90
Choose any 4 for M: \$18.90 V: \$20.90
Cheese | Bacon | Halloumi | Tomato | Spinach
Feta | Mushrooms | Ham | Smoked salmon

Eggs Benedict **M 20.90**
V 22.90
Served two poached eggs, spinach, choice of ham / bacon / smoked salmon halloumi, hollandaise on ciabatta

Classic Avo on Sourdough **M 16.90**
V 17.90
Smashed avo, cherry tomato, feta, rocket, roasted pumpkin seed, balsamic glaze and lemon

Corn & Zucchini Fritters **M 20.90**
V 22.90
Two golden fritters with spinach, tomatoes, freshly smashed avo, poached egg, tomato relish and chives

Breakfast Hot Pot **M 22.90**
V 24.90



Chipolata, bacon, baked bean, chickpeas, onion, napolitano sauce freshly baked in a zuma pot, served with a poached egg and ciabatta bread

The Big Breakfast **M 24.90**
V 26.90



Bacon, eggs, mushroom, chipolata, hashbrown, grilled tomato, freshly smashed avocado, tomato relish served with toasted ciabatta

The Veggie Big Breakfast **M 24.90**
V 26.90
Eggs, halloumi, mushroom, spinach, freshly smashed avocado, hashbrown, grilled tomato, tomato relish served with toasted sourdough

Add On
Bacon rashers (2) / Smoked salmon / Halloumi
Ham / Beer battered fish (1) / Chicken / Chipolatas (2) **6.00**
Avocado / Mushroom / Side salad **4.50**
Bacon rash (1) / Egg / Hashbrown **3.80**
Spinach / Grilled tomato / Grilled onion / Feta / Cheese **3.00**
Hollandaise / Garlic aioli / Tomato relish **2.00**
Sour cream/ Sweet chilli / Chipotle mayo
Tartare sauce / Mayonnaise
Swap to low gluten bread **1.00**

All Day Lunch / Dinner

Quesadilla with Salad

M 16.90
V 18.90



Flat toasted tortilla with choice of:

Chicken & cheese & avo, spinach and aioli

Chicken & sweet potato & pesto, mozzarella, feta cheese, and cherry tomato

Camembert & chicken & bacon, onion, spinach, and hollandaise sauce

Mushroom & spinach & pesto , cherry tomato, onion and with vegan garlic aioli
(Add chips \$4.00 / Add sweet potato chips \$5.00)

Classic Cheeseburger

M 19.90
V 21.90

Beef patty, lettuce, tomato, cheese, grilled onion, burger sauce, tomato sauce on toasted burger bun served with chips

Crispy Chicken Fillet Burger

M 19.90
V 21.90

Tender fried chicken fillet, tomato, lettuce, onion, aioli and chipotle mayo on toasted burger bun served with chips

Fish Burger

M 19.90
V 21.90

Beer-battered fish fillets, cos lettuce, tomato, onion, tartare sauce on toasted burger bun served with chips

Steak Sandwich

M 22.90
V 24.90

Rump steak, lettuce, tomato, grilled onion, garlic aioli, tomato sauce on toasted ciabatta served with chips

Club Sandwich

M 21.90
V 23.90

Chicken, bacon, cos lettuce, tomato, cheese, fresh avo, caesar dressing on toasted sourdough served with chips

Beer-Battered Fish and Chips

M 21.90
V 23.90

Served with side salad, tartare sauce and lemon

Lemon pepper Calamari and Chips

M 21.90
V 23.90



Served with side salad, tartare sauce and lemon
Swap chips to sweet potato chips \$2.00

Salad / Bowl

Chris Chicken Salad • GF

M 18.90
V 20.90

Grilled chicken breast, avocado, onion, cherry tomatoes, spinach, mixed lettuces, quinoa, and Italian dressing

Chicken / Calamari Caesar Salad

M 20.90
V 22.90

Crispy baby cos lettuce, bacon, croutons, shaved parmesan cheese, poached egg in a creamy caesar dressing; with choice of grilled chicken or lemon pepper calamari

Warm Roasted Beef

M 20.90
V 22.90

& Spice Garden Bowl • GF



Cos lettuce, tomato, red onion, cucumber, capsicum, radish, carrot with herbs, topped with sliced medium roasted rump steak and Thai dressing

Smoked Salmon

M 22.90
V 24.90


Silhouette Salad • GF

Smoked salmon, avocado, mixed lettuce, rocket, red onion, radish, capsicum, roasted pumpkin seed with honey dill yogurt dressing

Green Protein Bowl • GF

M 22.90
V 24.90



Quinoa, broccoli, avocado, spinach, green hummus, chickpeas, poached egg topped with sesame dressing with choice of grilled chicken or halloumi 

To Share

Bowl of Chips

M 7.00
V 8.00

Served with tomato sauce

Bowl of Sweet Potato Chips

M 9.90
V 11.90

Served with garlic aioli

Potato Wedges

M 12.90
V 14.90

Served with sweet chilli and sour cream

Hot Beverage

Short black / Ristretto	M 4.00 V 4.40
Piccolo / Macchiato	M 4.20 V 4.60
Cappuccino / Flat White / Latte Long Black / Chai Latte	M 4.50 V 4.90
Dirty Chai	M 5.60 V 6.10
Belgian Hot Chocolate / Mocha Matcha Latte / Affogato	M 6.50 V 7.50
Premium Tea Selection	
English Breakfast / Peppermint Jasmine / Earl Grey / Chamomile Rooibos / Lemongrass & Ginger	M 4.10 V 4.60
Spiced Chai Tea	M 4.50 V 5.00
Alternative Milk Almond / Soy / Lactose free / Oat	0.80
Mug Size Extra shot: \$0.80 / Decaf: No extra charge	1.00

Kids Menu

Kids Rainbow Pancake 	M 10.90 V 11.90
Served with maple syrup and ice cream	
Kids Egg on Toast	M 10.90 V 11.90
Egg cooked your way, served with golden hashbrown	
Kids Cheesy Ham Flat Grill	M 11.90 V 12.90
Ham, cheese, on a toasted tortilla	
Kids Nuggets & Chips	M 12.90 V 13.90
6 Chicken nuggets served with chips and tomato sauce	
Kids Cheeseburger & Chips	M 12.90 V 13.90
Beef patty, cheese, chips, and tomato sauce	
Kids Fish & Chips	M 13.90 V 14.90
Beer-battered fish, chips, and tomato sauce	

Cold Beverage

MILK SHAKE	M 7.00 V 8.00
Chocolate / Vanilla / Caramel / Strawberry	
MAKE IT THICK +1.5	
FRAPPE	M 7.10 V 8.10
Mango / Strawberry lemonade Coffee / Mocha / Chocolate Salted caramel espresso	
Hand Craft ICED TEA	M 6.00 V 6.50
Lemon / Peach	
ICED BEVERAGE	M 5.50 V 6.50 M 6.50 V 7.50
Iced long black / Iced latte Ice coffee / Iced chai / Iced matcha	
SMOOTHIE	M 8.50 V 9.50
Coffee Kick Espresso, banana, vanilla protein, almond milk	
Green Vitality Avocado, spinach, banana, honey, coconut water	
Acai Boost Acai, granola, banana, blueberry, coconut water	
Coconut Sunset Pineapple, mango, banana, coconut yogurt, coconut flake, coconut water	
StrawNana Strawberry, banana, ice cream, honey, coconut milk	
Muscle Nut Protein powder, peanut butter, chocolate, banana, pistachio, soy milk	
MAKE IT LARGE	1.50
Add Ice cream	2.00

